U DE'S
COOKERY.

FOURTEENTH EDITION,
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—the universal supplication of all people in all times and places.

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THE KATHERINE GOLDEN BITTING
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THE

FRENCH COOK;

A

SYSTEM OF FASHIONABLE, ECONOMICAL, AND

Practical Cookery.

By LOUIS EUSTACHE UDE.

Drawn by Maclise. Engraved by W & F Holl

Louis Eustache Ude

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THE

FRENCH COOK;

A SYSTEM OF

FASHIONABLE, PRACTICAL, AND ECONOMICAL

Cookery,

ADAPTED TO THE

USE OF ENGLISH FAMILIES.

By LOUIS EUSTACHE UDE,

CI-DEVANT COOK TO LOUIS XVI., CHARLES X., AND THE EARL OF SEFTON; PROJECTOR OF THE ORIGINAL COFFEE-ROOM HELD IN THE UNITED SERVICE CLUB-HOUSE IN ALBEMARLE-STREET; STEWARD TO HIS LATE ROYAL HIGHNESS THE DUKE OF YORK; AND FOR TWELVE SUCCESSIVE YEARS STEWARD AND MANAGER OF THE ST. JAMES'S CLUB.

FOURTEENTH EDITION,

CORRECTED AND REVISED THROUGHOUT BY THE AUTHOR;

IN WHICH ARE INTRODUCED

A PRACTICAL METHOD OF ECONOMY, AND A SYSTEM OF CLEANLINESS—

OBSERVATIONS ON THE ADVANTAGE OF GOOD COOKERY—

THE MEALS OF THE DAY—

NEW METHOD OF GIVING GOOD AND EXTREMELY CHEAP FASHIONABLE SUPPERS AT ROUTS AND SOIREES, AS PRACTISED BY THE AUTHOR WHEN WITH THE EARL OF SEFTON—

MUCH GOOD ADVICE—ANECDOTES—RULES FOR CARVING—CHOICE OF MEAT—

AND AN ADDITIONAL

LIST OF SEVERAL NEW DISHES,

LATELY INTRODUCED INTO THIS COUNTRY BY THE AUTHOR.

LONDON:

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1841.

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ONE WORD ON THIS NEW EDITION.

WHEN the first edition of this work was published I was not capable of making the necessary corrections in the proof-sheets as they came from the printer's hands; and the translator (a major in the army), although well instructed in his own profession, knew little of mine. The book therefore, on its appearance, obtained the reputation due to the author's name, but with the deplorable errors of the translator. Since that time I could never fancy the reperusal of my production; but being by chance apprised of the inaccuracy of the translation, which caused a degree of ridicule to attach to the work, I, for the sake of my own reputation, offered to revise it, and confess was much ashamed at finding that this most useful work had been so mutilated that scarcely anything in it was intelligible. I have with great care corrected the errors in language and explanation. I entreat the reader to familiarise himself with the technical names, which will shorten explanation and assist him in making his bill of fare, which, by a good cook, either French or English, is always written in French. The practitioner must not disdain to learn the words indispensable to his trade. Every word of a language has its origin, and only becomes national through habit and time. It is a great fault in learners that they never study this work, but merely refer to it when they have occasion to make use

of it; whereas, by reading it several times, they would become acquainted with the references, and practise its precepts with greater facility. The great difficulty of the translation lay in the culinary terms, which are unknown to society; and the poor consideration in which the profession is held deprives even the best-informed cook of the opportunity of explaining or defending his cause. For myself, I am an example of the general opinion formed of my profession, and of the consideration which is really due to it. I cannot boast of high birth, but I received an education suitable to the son of a respectable tradesman. Through the unsettled temper of my father I was apprenticed to several different branches of general industry: first I was a printer, then a ladies' hair-dresser, afterwards a jeweller and engraver (on stone as well as metal); I likewise gained several prizes in the National School of Design: but after exhibiting considerable intelligence in these various trades, I was compelled to abandon my former employments, and to learn in a hurry the art of cookery, in order to succeed my father in his situation at court, as a means of providing for my family. When I had become settled in my new capacity, the outbreak of the Revolution again destroyed my prospects. I then turned my industry to speculation. As all the nobles left Paris, and trade was ruined, I obtained a large salary as superintendent of an extensive gambling-house under Perrin; but circumstances compelling me to abandon this also in its turn, I became a speculator on the *Bourse*, and was very successful for two years; at the end of which time Buonaparte was made First Consul, which was a new

source of misfortune to me; for, not having it in my power to purchase the licence of *Agent de Change*, created by him, I was again thrown out of employment; and, searching for a place, obtained that of Maître d'hôtel to Madame Letitia Bonaparte, whose great parsimony, however, did not permit me to remain in her service more than two years, during which time I collected materials for my future work. Here I witnessed many vicissitudes, and here I had many opportunities of becoming acquainted with the secrets of the Cabinet. All this, however, is out of place in a cookery-book; but it proved useful, as my situation subsequently was for a time one of considerable elevation. I mixed with the best society, dined sometimes with dukes and princes, at others with *parvenus*, *filles entretenues*, actresses, gamblers, &c. I now learned in what estimation a cook is held by the great. I can prove that my intelligence made me master of the trades above mentioned, and none of them require so much as is necessary to form a good cook—a business which brings so little consideration to its professor, but which ought at least to be appreciated by the epicure, for he must know the difficulty of finding a really good artist. A scraper of catgut in an orchestra calls himself *an artist;* another, who makes pirouettes and jumps like a kangaroo on the stage, is dignified with the same title. I have myself seen, at the *Concert Spirituel*, a young violinist, at the age of fourteen, execute a work of Viotti's. Show me a cook who has overcome the difficulties of his profession before a much more advanced age, and without great experience! And yet to a man who has had under his sole direction

those great feasts given by the nobility of England to the Sovereigns who visited London with Platoff and Blucher—who has more recently superintended the grand banquet at Crockford's, on the occasion of the coronation of our amiable and beloved sovereign Victoria —and who, from the multiplicity of his engagements, has conversed with nearly all the members of the upper classes of English society;—to such a man is denied that title of *artist* which has been so prodigally showered on singers, dancers, and comedians, who are so proud of the patronage they receive, but whose share of favour, if allotted in proportion to their merit, would be almost imperceptible, and whose only quality not requiring the aid of a microscope to discover, is *pride*.

1841. L. E. UDE.

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ON CARVING.

"Consider, Sir, the great utility of the decorums of life. Cease to disparage them; and let me no longer hear your sneers against the art of carving. You should praise, not ridicule your friend, who carves with as much earnestness of purpose as though he were legislating. Whatever is to be done at all should always be well done."—*Dr. Johnson's Table Talk.*

THE Art of Carving is, in two respects, too nearly allied to the interests of a family to be neglected; first, that by cutting the meat in its proper place it is more tender and palatable; and secondly, that when the joint is judiciously carved there will remain enough of it to be again presented at table. On the other hand, a joint badly carved is utterly spoiled: for instance, in the case of roast beef, if you do not like the outside, cut off the brown part on one side, and afterwards carve what you want; by proceeding in this manner the joint will have a good appearance so long as it remains at table, and when put in the larder, the meat will retain the gravy; but if you attack the joint in the middle, as some persons do, the gravy will run out on both sides, the meat become dry and good for nothing, and the joint consequently shrink and be no more presentable.

I have heard many gentlemen complain that they could not have cold meat when they wanted. The main cause of this deficiency is the bad mode of carving; for, in large families, where many joints are served, often not one is presentable.—As the servants like to adopt the fashions of their masters, they carve their meat exactly like them, and, exactly like their masters, spoil every joint. The unfortunate cook has all the blame of this, whereas, were he to roast all the produce of Smithfield

market, he could scarcely remedy what a little attention to the niceties would readily obviate.

A lady in the first rank of the nobility* was good enough to suggest to me the propriety of teaching young ladies and gentlemen a useful method of carving.—The elegance and gracefulness which some ladies display who do the honours of the table consist, first, in a peculiar manner of placing their guests at table, and also in the great judgment which they show in recommending dishes in their proper course. Cookery is one art; carving, though inferior in kind, is another. The *order* of the repast should also be understood; for, suppose you have on the table some dressed fish under a cover which your butler neglects to remove, it will not be noticed in time nor be touched after the pâtés, croquettes, and rissolles. Again, all strong dishes should be eaten last; for if you commence upon salmi, poivrade, tomata, &c., before a suprème, a sauté aux truffes, or any other mild dish, they will taste flat and insipid. As a rule, take the light-coloured sauce first; for a high colour is always obtained by intense reduction of meat, and it is easy to conclude that the brown sauce must be the stronger.

ROUND OF BEEF.

This great joint, an emblem of English hospitality, must not be unnoticed in a work like the present; therefore, when the round appears at table, cut some small slices from it, and have a plate from the sideboard to place them on. Never put these trimmings in the dish, they look ragged, and have a bad appearance amongst the vegetables which garnish the round. Carve thin slices, judiciously mixing the fat and lean; add a spoonful of gravy and some of the vegetables that garnish the meat.

Do not forget, when the joint is sent to the larder, to

* The Hon. Dowager Countess of Sefton.

turn it, so as to let all the gravy run to that part which you intend to eat cold.

RUMP OF BEEF.

The rump of beef, if good, is always well covered with fat, and the part which eats best boiled is also best when roasted. Mind the meat under the fat, and present your knife crossways; do not press too hard, but cut lightly a single stroke about three inches deep, then another incision two lines distant. The top is generally very fat, but this may always be easily remedied by directing the cook not to send it up too fat; indeed it will never occur with an experienced cook. When the fat slice is taken off, remember that the narrow side is infinitely the best meat. This part of the joint is very juicy and succulent, and nothing in cookery is so tender and flavorous; it is preferable to any other meat. Do not cut the slices too thick: meat so carved never eats well.

BREAST OF BEEF GLAZED, COMMONLY CALLED THE TREMBLING PART.

This part of the breast is not inferior to the rump, though many persons prefer the former, as it appears long, square, and unsightly.

Do not begin, as is the vulgar custom, in the middle of the joint, but first cut a slice on the left side, and continue to carve thin slices, taking care to help an equal portion of lean and fat. As this joint is always garnished with vegetables, help some of them with the meat, and pour the sauce over the vegetables only; never cover the meat with the sauce: if the eater likes it, he can dip his meat in the sauce himself.

ROAST SIRLOIN OF BEEF.

As this piece of beef is always tenderer than any other part, and likewise looks better, it is not surprising to find it on most tables, although it may be considered the re-

presentative of the national cookery of this country. At the table of an epicure of fashion this elephantine joint gets no other place than the sideboard, where it is the province of the maître-d'hôtel to carve it as follows:—

In the first place, if an amateur of beef likes it very tender, you must turn the beef on one side, and then cut a thin slice out of the thick part, with a small bit of fat, adding a spoonful of gravy. Whenever fat meat is carved, it is always necessary to have a hot plate, otherwise the fat will freeze directly. The upper part should always be carved at the end, either on one side or the other; but the meat should never be carved in the middle, unless you wish to destroy the joint in revenge. The middle of a large joint is very seldom done enough. Some persons are afraid of finding the outside too dry; but cut out a slice or two, and you will find what will be satisfactory.

If you have a clever person in the kitchen, he will help you, by (before putting the joint to the spit) removing those little flat bones which impede the action of the knife. Be careful, in carving, always to cut down straight to the bone; by this method you never spoil the joint, and can help a great many with little meat; what remains looks well and is good to eat.

These observations are highly necessary to be attended to by those who keep large establishments; and when those persons who carve badly come to keep house themselves they will soon find, to their cost, the numerous expenses which occur from bad carving and bad management.

In a public establishment like a club, nothing is so prejudicial as bad carving. A joint badly carved at first by one is alway disregarded by the other members: and very frequently, from this circumstance, a piece of meat, of great weight and great price, is no longer presentable, and is left, to the loss of the establishment.

SADDLE OF MUTTON.

This joint is by no means an economical one, as no meat from the butcher's shop is so excessively dear, considering the little meat you can cut from it, and the great waste there is in skin, fat, and bone; and that, above all, it produces no cold meat for future use, and can only be used again in the shape of hash.

The method usually adopted in carving this joint is contrary to taste and judgment. To have your meat in the grain, pass your knife straight to one side of the chine, as close as possible to the bone; then turn the knife straight from you, and cut the first slice out; then cut slices of lean and fat. By disengaging the slices from the flat bone in this manner, it will have a better appearance, and you will be enabled to assist more guests.

The amateur of tender meat will, by turning the saddle upside down, find that the under fillets are most excellent, and worthy to be offered to the first epicure of the day.

LEG OF MUTTON.

This joint finds its way as well to the tables of the rich as to those of the poor. It may be observed here that the outer skin of prime mutton should be very brown, and the nerves very small; to be of good flavour it should be at least five years old. Another proof of the goodness of the meat is, when the grain is small, the gravy brown, and the leg short.

To carve this meat, you must always slice it lightly, otherwise, if you press too hard, the knife will not cut, and you squeeze out all the gravy, and serve your guests with dry meat. This joint is too easy to carve to render it necessary to give a long description about it; suffice it to say, that if you carve lightly as above directed the meat will retain all its goodness.

SIRLOIN OF VEAL.

This joint appears frequently at dinner, and gains as much as a saddle of mutton from a judicious method of carving.

Pass your knife first close and straight to the chine-bone, then cut, in a direction straight from you, some slices of lean and fat. By this means you give a better form to the pieces you help with, and what is left retains its savour and gravy to the last.

FILLET OF VEAL.

This joint is not one which I would recommend to the epicure, for nothing, in my opinion, is so dry as a fillet of veal. Veal is a meat difficult of digestion, as are lamb and pork; if not well done it is not eatable, and if too much done it is dry. Between these difficulties how can perfection be obtained, where all is left to chance and the skill of the cook? Take notice that the stuffing is always in the fat part of this joint.

Always carve this joint flat, not cutting here and there, as some persons do, acting as if they wanted a diploma to spoil the meat intrusted to their care.

The fillet of veal should always be taken from a cow-calf; the udder is a substance which may induce one to eat it. The sirloin, however, is far preferable and more delicate.

HAM AND TONGUE

Always appear at table, to relish the insipidity of white meat, whether veal or poultry. To carve ham, commence with the knuckle and cut down to the bone, observing that ham or tongue should always be cut delicately thin. The tongue must be begun at the thickest end, cut in thin slices likewise; remember what I have previously said as to using the knife lightly; if you press on it, you will not cut neatly, and will certainly spoil whatever you have undertaken to carve.

CALF'S HEAD.

This remove seldom appears at the table of an English gentleman; but I must give a rule for carving it, in case it should make its appearance at the table of any of my readers.

The parts most delicate in the head are the bits under the ears, next the eyes, and the side of the cheek. When you help anybody, always take care to keep the side of the skin uppermost; and put no sauce over the meat of those you assist; if they like it, they will dip the meat into it themselves: it is usual to give those whom you may help a small portion of the brain and a little bit of the tongue.

SUCKING PIG.

This dish seldom appears at table in town, as the manner of feeding pigs all round London has disgusted everybody; but a little one presented by a farmer may be permitted to show itself, and will give me an opportunity to describe the manner of cutting it up.

Cut off the head in the first place; then proceed from the neck to the tail, carving neatly; cut the half into quarters (the fore-quarter is the most delicate piece) and divide these quarters into small bits, and be particular in dividing the skin equally with the meat; you may find some difficulty in cutting the skin, but as it is the best part, you must never neglect to help it. Never fail to add sauce and gravy.

If you split the head in two, and scatter over it plenty of salt and pepper, and send it to be devilled in the kitchen, you will find it most relishing.

TURKEY.

If you carve a turkey at the table of a nobleman, you must only cut thin slices from the breast; some persons, however, like the wing.—Mind and always give a little

of the stuffing with the meat, a little gravy or sauce, but never put the gravy over the meat; white meat must retain its colour. A turkey well managed will serve a large company.

First cut one wing and then the other, next the two legs, and divide the breast from the back. Carve the breast into several bits according to the size of the bird: in general, ladies should be helped to a smaller piece than the gentlemen, as the latter are for the most part endowed with larger appetites. The leg must be cut first in two, then divided into two pieces again; if the turkey is very large, cut the meat from the bone, as the bits will appear too big in a plate.—Observe that in roasted fowl the breast is the best part; in boiled fowl the leg is preferable.

HARE AND RABBIT.

The first thing to be considered in carving the above animals is the sharpness of your steel, as nothing appears at table presenting more difficulties in carving than hare: rabbit is not quite so troublesome, because more tender.

Mind that the servant always puts the hare on the table with the head on your left; then thrust in the point of your knife a little above the shoulder, and close to the middle bone; slice down to the bottom, so as to detach the flesh from the bone; then cut the shoulder off and divide one side-fillet into about three or four pieces. When you assist your guest, add some of the stuffing, a little gravy, and offer the currant jelly. The legs of hare are in general dry and tough; but if, in consequence of the number of your party, you are necessitated to offer some, cut off some of the outer part, but never give the bone, as it would be vulgar and a breach of good manners.

Rabbit must be carved in the same manner; but as it

contains no stuffing, there should be some gravy, and parsley and butter, with the liver chopped in the sauce. The shoulder of rabbit is very delicate, and the brain is a titbit for a lady. Cut the head, therefore in two, and help her to it.

FOWL.

In helping ladies, cut first a small bit of the breast, or from a wing, which they sometimes prefer; for, as they eat little, they like to pick the bone: then another small part of the breast, as far as you can; if more be wanted, sever the leg from the body, and divide it in two; always offer the thick part first, keeping to the very last the pinion, vulgarly called the drumstick. In case of a scarcity, then divide the breast carcase from the back; cut the back in two, and offer the rump first, keeping a little for the carver if you can.

PHEASANT.

Cut the breast of the pheasant into small slices, which help immediately to the guests, that they may eat it in perfection; add a small drop of gravy, a little bread-sauce, and some of the cresses it is garnished with.

PARTRIDGE.

This excellent bird may serve to display the dexterity of a host.

First stick your fork into the breast, then cut one wing close to the back, then the other, and next the two legs. The breast must be divided from the back, making in all six pieces.

Help the wing, in the first place, to the person you esteem most, but always give the leg and back to the amateurs of game. A little gravy, a little bread-sauce, and some of the cress, if there be any for garnish, should be added.

GOOSE, DUCK, AND WILD DUCK.

These birds must always be carved from one end to the other. Cut small slices, and open the inside to get at some of the seasoning within; add a little gravy and some of the apple-sauce. Wild duck is carved by slicing the breast in the first instance, and pouring over the gashes a few spoonsful of sauce, composed of lemon-juice, salt, cayenne pepper, and gravy. Be very particular, when you cut the wild duck in slices, to leave them all on the bird; and take a spoon, in which squeeze the juice of a lemon, salt, cayenne, &c.: mix it with a fork, and pour it on the slices; take some of the gravy and pour some likewise on the bird: detach quickly the fillets from the bird, and serve them with the gravy. Mind to perform all these operations with dexterity and promptitude, otherwise the dish will be cold.

Little more is to be added on the subject of carving, although one of immense importance, as practice alone can give proficiency. The more company you entertain, the more likely are you to be an adept in the art. Were I to write a volume on carving, and spend an infinitude of time and money in designing the situation of the bird in the dish, the manner of holding the knife, &c., I could not effect what practice would do. Suffice it that I repeat in conclusion, that bad carving is alike inconsistent with good manners and economy, and evinces, in those who neglect it, not only a culpable disrespect to the opinion of the world, but carelessness, inaptitude, and indifference to any object of utility.

*** The last edition of this work was superintended by a literary gentleman who understood neither carving nor cookery. The author, however, having himself revised the present edition, the errors (which were formerly numerous throughout) have been as far as possible corrected.

ADVICE TO COOKS.

COOKERY is an art which requires much time, intelligence, and activity, to be acquired in its perfection. Every man is not born with the qualifications necessary to constitute a good cook. The difficulty in attaining to perfection in the art will be best demonstrated by offering a few observations on some others. Music, dancing, fencing, painting, and mechanics in general, possess professors under twenty years of age; whereas, in the first line of cooking, pre-eminence never occurs under thirty. We see daily, at concerts and academies, young men and women who display the greatest abilities; but in our line, nothing but the *most consummate* experience can elevate a man to the rank of chief professor. It must be admitted that there are few good cooks, though there are many who advance themselves as such. This disproportion of talent among them is the cause of the little respect in which they are held; if they were *all* provided with those necessary qualities which I recommend in this work, they would certainly be considered as artists.

What science demands more study than Cookery? You have not only, as in other arts, to satisfy the general eye, but also the individual taste of the persons who employ you; you have to attend to economy, which every one demands; to suit the taste of different persons at the same table; to surmount the difficulty of procuring things which are necessary to your work; to undergo the want of unanimity among the servants of the house, and the mortification of seeing unlimited confidence sometimes reposed in persons who are unqualified to give orders in the kitchen without assuming a consequence and giving themselves airs which are almost out of reason, and which frequently discourage the cook.

In fact, a thousand particulars, too tedious to detail, render this employment at once laborious and unhonoured. Nevertheless, if you are extremely clean, if you are very sober, and have, above all, a great deal of activity and intelligence, you will succeed, one day or other, in acquiring that confidence which these qualities always inspire. You have not the power which other artists and mechanics have, of putting off for another day what cannot be done in this; the hour imperiously commands, and the work must be done at the appointed time. Be ever careful, then, to have all things ready for your work by the time it is required, and proceed without noise or confusion.

If you possess a thorough knowledge of your profession, or enjoy the entire confidence of your employer, do not be so inconsiderately proud of it as to treat any one with disdain, a practice too common among persons in place. Do not take any other advantage of your superiority than to be serviceable to the utmost of your power; although you ought not to be regarded merely as a servant, yet forget not that you have still a duty to fulfil; you are obliged to serve at the precise hour, to anticipate all that can give pleasure to your employer, to have everything ready which he has ordered, and what he frequently will forget to order, and to watch strictly over those in your department.

If you confide anything to persons under your control, be careful always to have it done under your own eye, that you may be able to answer for the fault, if there is any. It often happens that the company who dine together have not the same taste; try as much as possible to furnish them with what they like; and above all, never object to change any dish which is not approved of. Were you even the best cook in the world, if you are obstinate in pursuing your old routine, without seeking to please those who employ you, you will merely exist,

without acquiring either consideration, reputation, or fortune.

Great cleanliness is requisite in the utensils you make use of: intrust to no one but yourself the examination of the copper utensils of the kitchen, which are very dangerous. Every time you use a stewpan or other utensil, see that it has been well scoured and cleaned. The scullery-maids scour the outside of their coppers, and scarcely ever give themselves the trouble to clean the inside; from which circumstance it will happen that the taste will be entirely spoiled, and the persons who eat what has been cooked in dirty vessels are often exposed to colics and other maladies, without knowing the cause of them.

It is on a good first-broth, and good sauce, that you must depend for good cookery: if you have intrusted this part to persons who are negligent, and if your broth has not been well skimmed, you can make but indifferent work; the broth is never clear, and when you are obliged to clarify it, it loses its goodness and savour.

I have remarked elsewhere that anything clarified requires high seasoning, and consequently is not so wholesome. A stock-pot well managed saves a great deal of trouble, for it would be ridiculous in a small dinner to make several broths. When you have put into the stock-pot the articles and ingredients as directed in the Chapter on that subject, the same broth will serve you to make the soup, and white or brown sauce, &c. Economy should be the order of the day, seeing the dearness of everything used in the kitchen. You should be very careful to take off the fat, and skim the soups and sauces: it is an operation which must be repeated again and again: the smallest drop of fat or grease is insufferable; it characterises bad cookery, and a cook without method. The different classes of cookery, viz. the soups, the entrées, the fish, the entremêts, the roasts, the jellies, the decorated entre-

mêts, the pastry, &c., all require the greatest attention. The theory of the kitchen appears trifling, but its practice is extensive: many persons talk of it, yet know nothing of it beyond a mutton-chop or a beef-steak.

Cooks in this country have not the opportunity of instructing their pupils that we have in France, except at the royal palace, where everything is and must be done in perfection, as neither hands nor expense are objects of consideration. The chief cook should be particular in instructing his apprentices in all the branches before mentioned; and that he may be certain of teaching them properly, not the slightest particularity of the art must be omitted. The difficulties to be conquered are a national prejudice which exists against French cookery; and many a young man comes to this employment from school with his taste already settled, and remains a long time in a kitchen before he will attempt to taste anything that he has not been accustomed to; if he does not like cookery himself, he never can be a good cook.

Cookery cannot be done like pharmacy: the pharmacist is obliged to weigh every ingredient that he employs, as he does not like to taste it; the cook, on the contrary, must taste often, as the reduction increases the flavour. It would be blind work, indeed, without tasting: the very best soups or entrées in which you have omitted to put salt are entirely without flavour; seasoning is in cookery what chords are in music; the best instrument, in the hand of the best professor, without its being in tune, is insipid.

I recommend particularly to a cook to bestow great attention on the sauces, which are the soul of cookery. One great difficulty in cooking is the names of the dishes; cooks seldom agree upon this point: some names owe their origin either to the cook who invented them, or to the first epicure who gives them a reputation. Cook-

ery possesses few innovators. I have myself invented several dishes, but have been shy in giving them my name, from a fear of being accused of vanity. I confess there are some ridiculous names: for instance, *soupe au clair de lune, soupe à la jambe de bois, la poularde en bas de soie, les pets de nonne,* &c. &c., with many others equally ludicrous.

As cookery originated in France, it is not astonishing to find most of the names of French extraction—soupe à la reine, à la Condé, à la bonne femme, &c.; entrées à la Richelieu, à la Villeroi, à la dauphine, à la du Barri. Why should we not see in this book the names of those true epicures who have honoured good cookery by their approbation, and have by their good taste and liberality elevated it to a great superiority in this country over what it is now in France? I will venture to affirm that cookery in England, when well done, is superior to that of any country in the world. Béchamel owes its name to a rich financier, who was a great epicure. He is surprised not to find in cookery the names of those who have given a celebrity to that science, such as Apicius, Lucullus, Octavius; and others, of a later day, who patronised it under the reign of Louis XIV. Voltaire exclaims,

> "Qu'un CUISINIER est un mortel divin!
> Cloris, Eglé me versent de leurs mains
> D'un vin d'Ai dont la mousse ou la sève
> Ne gratta pas le triste gosier d'Eve."
>
> "LE MONDAIN" de Voltaire.

Why should we not be proud of our knowledge in cookery? It is the soul of festivity at all times and to all ages. How many marriages have been the consequence of meeting at dinner? How much good fortune has been the result of a good supper? At what moment of our existence are we happier than at table? There

hatred and animosity are lulled to sleep, and pleasure alone reigns. It is at table that an amiable lady or gentleman shines in sallies of wit, where they display the ease and graceful manners with which they perform the honours of the table. Here the cook, by his skill and attention, anticipates their wishes, in the happiest selection of the best dishes and decorations; here their wants are satisfied, their minds and bodies invigorated, and themselves qualified for the high delights of love, music, poetry, dancing, and other pleasures; and is he whose talents have produced these happy effects to rank no higher in the scale of man than a common servant? Yes, if you adopt and attend to the rules that I have laid down, the self-love of mankind will consent at last that cookery shall rank in the class of the sciences, and its professors deserve the name of artists.

The philosophers of the world are divided into two classes, the true and the false. In the doctrines of the latter may be found every dogma which undervalues innocent enjoyment, of whatever nature. Many people rail against attributing much importance to the pleasures of the table; but it is not observable that these moralists are more averse then others to gratifications of the palate when opportunity occurs.

The greatest of modern moralists, Dr. Johnson, not only derived much enjoyment from the dinner-table, but had the manliness to avow it. This is as it should be. Though a Frenchman, I reverence the memory of the illustrious English philosopher who paid so much honour to the art which I profess, and who promised to write a book about it.

It is a poor philosophy whose object is to decrease the means of pleasure and enjoyment. And if cookery is productive of these, why deny to it the merit which is accorded to every other invention and science which tends to the same end?

If you follow my precepts, you will never have any ill luck. Never be afraid of doing too much for your employer; the idle very seldom succeed. Take great care of the company you keep; a bad companionship is of the worst consequences to a man-cook: it makes him take the habit of going out frequently and returning home again too late to attend to his business: these bad principles will be always highly prejudicial to a cook, and will prevent him from attaining the perfection required.

A cook must not take notice of the disrespect too frequently displayed to him by some young noblemen, who affect to depreciate cookery because they are positively ashamed of their ignorance on the subject, and from not knowing the name of a dish they affect a great disdain for it. I have frequently met with young men who pretend to high birth and scientific knowledge, and who are yet unable to judge of anything in cookery beyond boiled chicken and parsley and butter. Never mind. Do as I have done. Do not be frightened by their repulsive manners. You will find, as I have done, some good judges that will advocate your cause, and perseverance in right principles will give to a man of your profession the rank of an artist.

ON THE CHOICE OF MEAT.

BUTCHER'S MEAT.

Beef.—In the choice of a sirloin, let it be well covered, not weighing more than 20 or 24 lbs.; a larger piece can never be well roasted; the time which it requires causes the outside to be too much done, while the middle remains quite raw. Bull-beef, when young, has a very full grain and a deep red colour, the fat of a bright yellowish white; cow-beef, a grain more compact, the flesh less brilliant in colour.

Veal.—The motive of the choice of white veal is that you use a great many of the best parts of veal for entrées, farces, quenelles, tendons, cutlets, &c; and when the quality of the veal is as you like it, you may use it as above; but if it be the least red it is only fit for broth, blond de veau, consommé, &c. Veal should always be white and fat. Very white veal is more wholesome than common veal.

Mutton.—Always choose mutton of a dark colour, and marble-like. Young mutton is very pale and has no flavour. The good qualities of mutton are perceived when it appears very brown, and when the nerves of the leg are small and transparent. Young mutton is larger and whiter, the flesh on the neck being very dark and mixed with fat. At five years old the grain of the meat is fleshy and fine, the fat firm and white, and by keeping becomes tender.

Lamb.—The flesh of a pale red, the fat of a fine white.

Pork.—The flesh ought to be of a fine grain and pliable to the touch; the skin a little thick. The flesh of an old pig is hard and tough.

POULTRY.

Fowls.—In buying fowls choose those with white legs and five claws; their flesh is finer, and the skin more ten-

der; they also look better at table. (For the manner of fattening them, see page 142.)

Pigeons.—Very good in September; when they are full fledged they are soft to the touch.

GAME.

Partridges should be selected from very young birds, the old ones being of no use in cookery. The young birds in general have yellowish claws; but it will sometimes happen that the claws and legs are of a grey or even of a bluish colour, and yet they may be tender. If the extremity of the wing be sharp-pointed and whitish, the bird is still tender, but if none of these marks exist, depend upon it the bird is old and tough.

Pheasant.—If the spur is short and obtuse, the bird is young and good. A sure method to have the bird in perfection is to hold it by the leg, when if blood drops from the beak the bird is ripe.

Rabbit.—Young rabbits may be ascertained by breaking the jaw between the thumb and finger; if they are old they resist the pressure: also by feeling in the joint of the paw for a little nut; if it is gone the rabbit is old.

Hare.—Hares are fit only to be sent to table when they are young. In order to judge of this, feel the first joint of the fore claw; if you find a small nut the animal is still young; should this nut have disappeared, turn the claw sideways, and if the joint cracks that is a sign of its being still tender.

FISH.

Turbot of a middling size is preferable. When very large the meat is tough and thready. A turbot kept three days is much better than a fresh one.

Salmon.—Thames salmon is the best.

Herrings.—Those with soft roes are the most delicate; you know them to be fresh when the eyes are very red and the scales shine bright.

VOCABULARY OF TERMS

IN USE IN THE KITCHEN.

"In all arts, the terms should not only be appropriate in themselves, but explanations of them should be widely disseminated."—*Dr. Johnson.*

Bain marie, a warm-water-bath—Any flat vessel containing hot water; the effect of which is to keep anything contained in a stewpan, and placed in it, of precisely the same heat, without altering the quantity or quality.—(See note to page 20.)

Braise—A manner of stewing meat which greatly improves the taste, by preventing any sensible evaporation.—(For further explanation, see note to page 107.)

Braisière (braising-pan)—A copper vessel tinned, deep and long, with two handles, and a lining inside with two handles to help to take out the contents of the braising-pan; the lid concave on the outside, that fire may be put in it.

Bundle, or bunch—Made with parsley and green onions,—when seasoned, bay-leaves, two bunches of thyme, a bit of sweet basil, two cloves, and six leaves of mace are added.

Buisson, en—Pastry piled thus on a plate.

Cassis—That part which is attached to the tail end of a loin of veal: in beef the same part is called the rump.

Croustades—Fried crusts of bread.

Cuisson—The manner in which meat, vegetables, pastry, or sugar is dressed. It also means the broth or ragoût in which meat or fish has been dressed.

Desserte, Entrée de—Dish made of preceding day's remains.

Entrées—A name given to those dishes which are served in the first course together with the fish-dishes.

Entremêts are the second course, which comes between the roast meat and the desserts.

Escalopes.—Small pieces of meat cut in the form of some kind of coin.

Farce—This word is used in speaking of chopped meat, fish, or herbs, with which poultry and other things are stuffed before they are cooked.

Feuilletage—Puff-paste.

Filets Mignons—Inside small fillets.

Glacer (*to glaze*)—To reduce a sauce, by means of ebullition, to a consistency equal to that of thick sauce. Well-made glaze adheres firmly to the meat.

Gratin—The burnt-to in a saucepan.

Gratiner—To reduce all the liquid of a dish by the action of fire.

Hors d'œuvres—Small dishes which are served with the first course.

Lardoire (*Larding-pin*)—An instrument of wood or steel for larding meat.

Mariner—Is said of meat or fish, when put in oil or vinegar, with strong herbs to preserve it, and seasoned.

Mark—to prepare the meat which is to be dressed in a stewpan or sauté-pan.

Mask—Is to cover with a ragoût, or some sauce of the sort, the articles that are in the dish.

Noix of Veal—The leg of veal is divided into three distinct fleshy parts, besides the middle bone; the larger part, to which the udder is attached, is called the noix; the flat part under it, sous-noix; the side part, contre-noix. The petites noix are to be found in the side of the shoulder of veal.

Pain de beurre—An ounce or an ounce and a half of butter made in the shape of a roll; a small pat of butter.

Paner—To sprinkle with crumbs either fish, cutlets, croquettes, or fillets of any sort; only observe that in anything that is for frying, egg only must be added to the crumbs; but when for broiling, you may add butter, otherwise it will not take a good colour.

Panures—Everything with bread-crumbs over it.

Parer—Is freeing the meat of nerves, skin, and all unnecessary fat. Trimming is the English name.

Paupiettes—Are a sort of fillets, either of soles, of fowls, &c. Lay the fillet on the table, season it with a little salt and pepper; then take some of the farce, either of fish or fowl, and with the

blade of the knife spread the farce thinly on the fillet, and roll it of equal form, and trim the two sides equally.

Piquer—Is to lard with a larding-pin the superficies of veal, beef, fowl, game, &c.; and *to lard* is to cut fat bacon, truffles, tongues, &c., in small square shapes, to lard through, so as to give the appearance of meat galantine, or of a draft-board.

Poêlé—Almost the same operation as braizing; the only difference is, that what is poêlé must be underdone, whereas a braize must be done through.

Quenelles—Meat minced and pounded, as quenelles of meat, game, fowls, and fish.

Sauter—Is to lay fillets, cutlets, &c., in a flat sauté-pan, after having dipped them in melted butter, the least possible; then lay them equally in the sauté-pan with a little salt and pepper; cover this with a round of paper to exclude the dust, and lay them aside till dinner-time: a few minutes before serving, put the sauté-pan on a sharp fire, and when the cutlets or fillets are done on both sides drain them.

Singer—To dust flour from the dredging-box, which is afterwards to be moistened in order to be dressed.

Tamis (*Tammy*)—An instrument to strain broth and sauces.

Tendrons (*Veal*)—Are found near the extremity of the ribs.

THE

FRENCH COOK.

Chapter I.

SAUCES, BROTHS, AND CONSOMMÉS, OR BROTHS FOR GRAVIES.

OBSERVATIONS.

Broth is the foundation of Cookery.

Any trimmings of meat will serve to make the first broth, provided the scum and fat be carefully removed; the broth will otherwise be too highly coloured to mix with the sauce. If this broth be properly prepared it will serve to moisten all the sauces.

When there is a good cook, broth should be always kept in the larder; as the stock-pot must be settled according to the dinner intended to be given. For a small dinner with four entrées (or dishes of the first course), twenty pounds of beef would be required to be used for broth only, independently of the roast; for it should be observed, that any joint roasted in the kitchen is entirely wasted for cooking.

Many families complain, and with reason, of the heavy expense of the kitchen, but do not consider the immense weight of a large joint, particularly before it is trimmed. This expense will be much diminished by attending to the preceding directions.

1. *First Broth.*

Take part of the breast or rump of beef, with some of the trimmings, and put the meat into a stock-pot with cold

water. Set it on the fire, and watch the proper moment to skim it well. If this broth be not clear and bright, the other broths and sauces are sure to be spoiled. Be particular in taking off the black scum; then pour a little cold water into the broth to raise up the white scum. When all the scum has been removed, put in a few carrots, turnips, heads of celery, and leeks, four large onions, one of which is to be stuck with five cloves; and throw a handful of salt into the stock-pot, and let the whole simmer for five hours. Skim away all the fat, then strain the broth through a double silk sieve. Lay the piece of beef in a brazier-pan; pour over it some of the broth to keep it hot till the moment it is served. Broth is made in this manner when the beef is wanted to be used for one of the removes; otherwise, cut the beef smaller, to be sooner done. This first broth will serve to moisten all the other broths, of which the different names are as follow:—

2. *First Consommé, or Stock Broth.*

Put in a stock-pot a large piece of buttock of beef, or other part, along with a knuckle of veal, and the trimmings of meat or fowls, according to the quantity of sauce intended to be made. This broth will admit all sorts of trimmings of veal or poultry. Let the meat stew on a gentle fire. Moisten it with about two large ladlefuls of the first broth; put no vegetables into this broth, except a bunch of parsley and green onions. Let them sweat thoroughly; then thrust a knife into the meat, and if no blood issue it is a sign that it is heated through. Then moisten it with boiling broth to the top, and let it boil gently for about four hours; after which use this broth to make the sauces, or the broths of either poultry or game. Take off the fat and scum of all the various broths, and keep the pots full, in order that the broth be not too high in colour. When the broth remains too long on the fire, it loses its flavour, acquires too brown a colour, and tastes strong and disagreeable.

3. *Consommé, or Stock Broth of Poultry.*

Beef is no longer required in the broths either of poultry or of game. Put a few slices of ham in the bottom of a stewpan, or of any other vessel, with some veal, take the knuckle in preference. Lay over the veal the loins of fowl and trimmings. Then moisten about two inches deep with the first consommé (No. 2), and let it sweat on a fire, so confined that the blaze may not colour the side of the vessel. When the meat is heated through (which is known by thrusting a knife into it, as above), cover it with the first stock broth (No. 2), seasoned with mushrooms, a bunch of parsley, and green onions, with branches of thyme, two leaves of sorrel, and four cloves, taking great care to keep the vessel very full; and let the meat boil till done properly. These broths are better and more savoury when the meat is not overdone. Skim away the fat when the broth is done, strain it through a silken sieve, and use when wanted.

4. *Consommé, or Broth of Game.*

If entrées or first-course dishes of partridges are to be sent up, a consommé or broth of partridges must be in readiness. Put into a stewpan a few bits of veal, the backs, &c., of partridges to be laid over them; to these may be added, if thought proper, a few carcases of rabbits. If you moisten with a broth containing ham, it will not be necessary to put any more; if not, a few slices will not be amiss. If the entrées (or first-course dishes) are with truffles, add the parings of the truffles and a few mushrooms. When the broth is sufficiently done, strain it through a cloth or silk sieve, and use it when you have an opportunity. Do not omit a bundle seasoned.*

* *Bundle*, or *Bunch*, is made with parsley and green onions; when *seasoned* (as in the text), some bay-leaves, or two branches of thyme, a bit of sweet basil, two cloves, and six leaves of mace, should be added to it.

5. *Consommé, or Broth of Rabbits.*

Prepare the various consommés in the way already mentioned, with the bones and trimmings of rabbits. Do the same as for a consommé of partridges; put in trimming of truffles, if the entrées are to be with truffles, and do not omit the bundle.

6. *Veal Gravy, or Blond of Veal.*

Put a few slices of Westmoreland ham (the lean only) into a pretty thick stewpan, and lay over them some fleshy pieces of veal. The rump may be used. Pour into the stewpan a sufficient quantity of stock-broth (No. 2) to cover about half the thickness of the meat. Let it sweat on a stove over a brisk fire. Watch the stewpan and the contents, for fear of burning. When the broth is reduced, thrust a knife into the meat, that all the gravy may run out; then stew the glaze more gently. When the whole is absolutely glazed, of a good colour, let it stew till brown, but take care it does not burn, to prevent which, put it on red-hot ashes. Keep stirring the stewpan over the fire, that the glaze may be all of the same colour, and turn the meat upside down, that it may not stick. When the glaze is of a dark-red colour, moisten with some hot broth, and let the glaze detach before the stewpan is put on the fire, for it might still burn. Season with mushrooms and a bunch of parsley and green onions. When the gravy has boiled for two hours, it will be done. Take off the fat, and strain it through a silken sieve.

7. *Beef Gravy.*

Trim, with layers of fat bacon, the bottom of a thick stewpan; cut four large onions in halves, and lay the flat part over the bacon; take a few pieces of beef, put them in the same manner as in the veal gravy (No. 6), moisten with the first broth only. Let this sweat, to get all the gravy out of the beef, and when the broth is reduced, thrust a knife into the meat; let it stew gently on a slow

fire till the gravy is a light brown colour.* Next moisten with some first broth, throw in a large bunch of parsley and of green onions, a little salt, and a peppercorn. Let the whole boil for an hour; take the fat off, and drain it through a silken sieve, to use when wanted.

8. *The Aspic, a Jelly.*

Take a handful of aromatic herbs, such as burnet, chervil, and tarragon. Boil them in white vinegar; when the vinegar is well scented, pour into the stewpan some consommé of fowl reduced; season well before you clarify. When the aspic is highly seasoned, break the white of four eggs into an earthen pan, and beat them with an osier rod; throw the aspic into the whites of eggs, and put the whole on the fire in a stewpan; keep beating or stirring till the jelly gets white, it is then very near boiling. Put it on the corner of the stove, with a cover over it, and a little fire on the top of it. When quite clear and bright, strain it through a bag, or sieve, or napkin, to be used when wanted.

N.B. If this is wanted for a mayonaise (No. 61), or as a jelly in moulds, make sure of its being stiff enough. Then put a knuckle of veal in a small stock-pot, a small part of a knuckle of ham, and two calves' feet, some trimming of fowl or game. Season this with onions, carrots, and a bunch of herbs well seasoned; pour into it half a bottle of white wine, and moisten with good broth; let it boil gently for four hours, then skim away all the fat, and drain it through a silken sieve; put that in a stewpan, with two spoonsful of tarragon vinegar, and four whites of eggs, salt, and pepper, to clarify; and keep stirring it on the fire till the whole becomes very white, then put this on the side with a little fire over the cover; when you find it clear, drain it in a cloth or jelly-bag, and use it for aspic; if not, do not put in any vinegar: jelly for pie or galantine does not require acid.

* The browner the glaze is the better; but care should be taken not to burn it, as it would then be bitter. If the glaze is not perfectly brown, the gravy will be very pale.

9. *Meat Jelly for Pies.*

The jelly for meat or galantine pies is not to be prepared in the same manner as the aspic. Neither aromatic herbs nor vinegar are to be used. The jelly is to be made as follows:—Put into a stewpan a good piece of beef, two calves' feet, a knuckle of veal, remnants of fowl or game according to the contents of your pies, two onions stuck with cloves, two carrots, four shalots, a bunch of parsley and green onions, some thyme, bay-leaves, spices, &c., and a small piece of ham. Sweat the whole over a very slow fire, then moisten with some good broth; let the stewpan be covered close, and the ingredients stew for four hours, but very gently. When done, taste, and season it well, and clarify it like the aspic. In order that it may keep the better, put it into ice.

10. *The Suage, or l'Empotage.**

Put in a marmite or soup-kettle twenty pounds of beef, a knuckle of veal, a hen, and if you have any remnants of fowl or of veal, you may put them in likewise. Moisten this stock-pot with two large ladlesful of broth. Sweat it over a large fire. Let it boil to glaze without its getting too high in colour. Next fill it up with some first broth that is quite boiling. Put some vegetables into this pot, which is intended for making soup only; but you must put very few into the broths which are to be reduced; *they* would have a bitter taste if they were to retain that of the roots, and accordingly are not fit to be used in delicate cookery. This broth requires no more than five hours to do; strain it through a silken sieve, and use it when you have occasion for it, to moisten anything for soup.

* Remark, that this broth is to be made for a very large dinner only.

11. *Clarified Broth, or Consommé,*

Is to be clarified as specified for the aspic and meat jelly. It must not be forgotten that such articles as are to be clarified require to be more highly seasoned than others, as the clarifying takes away some of the flavour.

12. *Clarified Gravy.*

Veal or beef gravy is to be clarified with whites of eggs. The veal gravy is best suited for the tables of the great. The beef will answer for private families of the middle class.

13. *Le Bouillon de Santé, or wholesome Broth.*

Put into an earthern pot * or stock-pot six pounds of beef, one half of a hen, and a knuckle of veal. Moisten with cold water. Let it boil so that the scum may rise only by degrees; skim it well, that it may be quite clear and limpid. When skimmed, throw into it two carrots, two leeks, a head of celery, two onions stuck with three cloves, and three turnips. Let the whole simmer gently for four hours. Then put a little salt to it, and skim off the grease or fat before you use it.

14. *White Roux* †—*(White Thickening).*

Put a good lump of butter into a stewpan, let it melt over a slow fire, and, when melted, drain the butter and take out the buttermilk; then put in the butter, two or three spoonfuls of good flour, enough to make a thin paste: keep it on the fire for a quarter of an hour, and take care not to let it colour; pour it into an earthen pan to use when wanted.

* In France these broths are generally made in an earthen pot, but such pots cannot be procured in England.

† This is an indispensable article in cookery, and serves to thicken sauces; the brown is for sauces of the same colour; and the colour must be obtained by slow degrees, otherwise the flour will burn and give a bitter taste, and the sauces become spotted with black.

15. *Brown Thickening.*

Put into a stewpan a piece of butter proportionate to the quantity of thickening intended to be prepared. Melt it gently; take out the buttermilk, then put flour enough to make a paste. Fry it on a slow fire, and then put it again over very red ashes, till it be of a nice colour.—Observe, this is to be obtained only by slow degrees. When of a light brown pour it into an earthen pan and keep it for use. It will keep a long time.

16. *The Cullis—(a Brown Jelly).*

Make the cullis in the same manner as the veal gravy (No. 6), with slices of ham and slices of veal, &c. When the glaze is of a nice colour, moisten it, and let it stew entirely. Season it with a bunch of parsley and green onions, mushrooms, &c. Then mix some brown thickening with the veal gravy (No. 15), but do not make it too thick, as the fat could not be got out of the sauce; and a sauce with fat has neither a pleasing appearance nor a good flavour. Let it boil for an hour on the corner of the stove, skim off the fat, and strain it through a tammy, &c.

17. *Grand Espagnole—(Spanish Sauce).*

Besides some slices of ham, put into a stewpan some slices of veal. Moisten the same as for the cullis; sweat them in the like manner; let all the glaze go to the bottom, and when of a nice red colour, moisten with a few spoonsful of stock-broth (No. 2) to detach the glaze: then pour in the cullis. Let the whole boil for half an hour, to remove all the fat. Strain it through a clean tammy. Remember always to put some mushrooms, with a bunch of parsley and green onions, into the sauces. It is necessary to observe to the professors of cookery, that the flavour proceeds from the seasoning, and if the necessary articles are neglected to be put, to a nicety, into the sauces, the flavour will be deficient. Mind that

the sauce or broth, when kept too long on the fire, loses the proper taste, and acquires instead a strong and disagreeable one.

18. *Espagnole of Game*—(*Spanish Sauce with Game*).

The same operation as above, except that in this are introduced the loins and trimmings of either young or old partridges, pheasants, rabbits, &c., that this sauce may taste of game. Put them to sweat. Remember that such sauces, if kept too long on the fire, lose their savour and the game flavour.—This method may be thus shortened: Prepare a small consommé of game, by skinning a couple or more of partridges; fillet them, and take the back, legs, and bones, and put them into a stewpan with a little broth to sweat gently in the stove for one hour; when done, reduce it to glaze; then, by putting a small bit of that glaze in either sauce, it will save time and expense, and will answer much better to give it the taste of game.

19. *Sauce Tournée.**

Take some white thickening† (No. 14), dilute it with some consommé or broth of fowl; neither too thin nor too thick. I must repeat what I have already said, that a sauce when too thick will never admit of the fat being removed. Let it boil on the corner of the stove. Throw in a few mushrooms, with a bunch of parsley and green onions. Skim it well, and when there is no grease left, strain it through a tammy, to use when wanted.

20. *Sauce à l'Allemande*—(*German Sauce*).

This is the same as the last sauce, with the addition of a thickening‡ of eggs well seasoned. This sauce is always

* Sauce tournée is the sauce that the modern cooks call velouté; but velouté, properly so called, will be found hereafter.

† You must adopt the name Roux Blanc, because thickening is made with the yolks of eggs.

‡ This thickening is what is called, in French, liaison; the yolks of two or four eggs.

used for the following sauces or ragouts, viz. blanquettes, or white fricassees, of all descriptions, of veal, of fowl, of game, or palates, ragout, loin of veal, with béchamel, &c. &c.

21. *The Velouté.*

Take much about the same quantity of stock-broth (No. 2), and of the sauce (No. 19), and boil them down over a large fire. When this sauce is very thick, have some thick cream boiling and reduced, which pour into the sauce, and give it a couple of boilings; season with a little salt, and strain through a tammy. If the ham should be too salt, put in a little sugar. Observe, that this sauce is not to be so thick as the béchamel.

22. *Velouté, or Béchamel, a new method.*

As it is not customary in England to allow a principal cook six assistants or deputies, for half a dozen or even ten entrées, I have thought it incumbent on me to abridge, to the best of my abilities, the various preparations of sauces, &c. Put into a stewpan a knuckle of veal, some slices of ham, four or five pounds of beef, the legs and loin of a fowl, all the trimmings of meat or game that you have, and moisten with boiled water sufficient to cover half the meat; make it sweat gently on a slow fire, till the meat is done through; this you may ascertain by thrusting your knife into it; if no blood follows, it is time to moisten with boiling water sufficient to cover all the meat. Then season with a bundle of parsley and green onions, a clove, half a bay-leaf, thyme, a little salt, and trimmings of mushrooms. When the sauce has boiled long enough to let the knuckle be well done, skim off all the fat, strain it through a silken sieve, and boil down this consommé till it is nearly a glaze; next take four spoonsful of very fine flour, dilute it with three pints of very good cream, in a stewpan big enough to contain the cream, consommé, flour, &c.; boil the flour and cream on a slow fire. When it boils, pour in the consommé, and continue to boil it on a slow fire if the sauce be thick, but on the

contrary, if the sauce be thin, on a quick fire, in order to thicken it. Season with salt, but put no pepper. No white sauce admits pepper, except when you introduce into it something chopped fine. Pepper appears like dust, and should therefore be avoided. This sauce should be very thick. Put it into a white basin through a tammy, and keep it in the larder out of the dust.

This sauce is the foundation, if I may so speak, of all sorts of little sauces, especially in England, where white sauces are preferred. On this account I seldom adopt the former method. In summer I was unable to procure any butter fit for use, and accordingly I was forced to do without, and found that my sauce was the better for it. This sauce should always be kept very thick, as you can thin it whenever you please, either with stock-broth or with cream. If too thin, it could not be used for so many purposes.—N.B. With this sauce you make croquettes, rissoles, sauté of poulets aux suprême, ditto aux concombres, ditto aux truffes : and partridges with truffles, by adding the reduced consommé of game (No. 14 sauce).

23. *White Italian Sauce.*

After having turned some mushrooms, throw them into a little water and lemon-juice to keep them white. Formerly it was customary to use oil for these sauces, as, on account of its being much lighter, it would rise always to the top, whereas in thick sauces butter does not. Put into a stewpan two-thirds of the sauce tournée (No. 19), and one-third of stock-broth (No. 2), and two spoonsful of mushrooms chopped very fine, and especially of a white colour, half a spoonful of shalots likewise chopped and well washed in the corner of a clean towel. Boil down this sauce, season it well, and send it up.

This sauce is likewise called Pascaline, when you add to it the thickening of two yolks of eggs, some parsley chopped very fine, the juice of one lemon, salt, and a little cayenne.

24. *Brown Italian Sauce.*

It is requisite in a kitchen to have what is commonly called an assiette, which is a dish with four partitions, intended for the reception of fine herbs. You should always have ready some parsley chopped very fine, some shalots the same; if the mushrooms were chopped beforehand they would become black; therefore only chop them when you have occasion for them; the fourth partition is intended for bunches of parsley and green onions.

Take two spoonsful of chopped mushrooms, one spoonful of shalots.* Throw the whole into a stewpan, with two-thirds of Spanish sauce (No. 17), and one-third of stock-broth (No. 2). Some people add white wine to the sauce. In France, where there is a choice of light white wines, it might be done easily; but in England, where champagne is the only wine that can be used, it would be too dear; besides, the sauce may be made very good without any wine whatever, if you work it well to its proper degree, with a little salt, and still less pepper. Brown sauces are not to be made thick. When the sauce is done enough, shift it into another stewpan, and put the pan into the hot-water bath (see No. 44). If this sauce be not skimmed with particular care, you may skim off all the parsley which ought to remain in it. To make Italian sauces most acceptable to all epicures, chop some of the mushrooms after they have been in butter to preserve them very white. Observe, they must be very fine; put them in a small stewpan, with a small ladle of blond de veau, and the same quantity of Spanish sauce; let this sauce boil gently on the side of the stove to skim away all the fat; season with salt and pepper, and put it in the hot-water bath when wanted for use. You must suprême the parsley in this sauce, or it will give to the sauce a black appearance; as the prime sauces have been seasoned with it, it is more proper not to put any in it.

* This sauce will have a better taste if the finer herbs are fried in a little butter, and are moistened afterwards with the Spanish sauce and consommé or stock-broth (No. 2).

25. *The Sauce Hachée, or Minced Sauce.*

This sauce, although seldom or ever used in good cookery, is frequently to be met with at taverns and inns on the road. Such as it is, it is made in the following way:—Chop gherkins, mushrooms, capers, and anchovies, and throw them into some brown Italian sauce (No. 24), which is what is called a sauce hachée, or minced sauce. The reason that I have called this a tavern or common inn sauce is because, to make it, it is not requisite to have an Italian sauce well prepared. A common browning made with butter and flour, moistened with a little broth or gravy, and some fine herbs in it, will answer the purpose. It must be well seasoned with a little cayenne, &c.

26. *White Sharp Sauce.*

Pour into a stewpan four spoonsful of white vinegar, to which add some tarragon, (if you have no tarragon, use tarragon vinegar,) and about twenty peppercorns; reduce the vinegar to one-fourth of its original quantity, pour into the stewpan six spoonsful of sauce tournée (No. 19), and two spoonsful of consommé or stock-broth (No. 2); then reduce this sauce over a large fire. Strain it through a tammy, and then put it again on the fire. When it boils, thicken it with the yolks of two eggs, work it with a small bit of butter. In case it should happen to be brown, pour a spoonful of cream into it, to restore the white colour, and put a little cayenne and salt. This sort of sauce is used for all entrées, à la maréchal, à la Pompadour, chicken à l'Algerienne, &c.

27. *The Brown Sharp Sauce, or Poivrade.*

Put a small bit of butter, a small carrot cut into dice, a few shalots cut in the same way, some parsley roots, six green onions, some parsley, a few slices of ham, a clove, a little thyme, the half of a bay-leaf, a few grains of peppercorn and allspice, with a little mace, in a small

stewpan. Let the stewpan be put on a slow fire, till it begins to be of a fine brown all round; then keep stirring with a wooden spoon; pour into the stewpan four spoonsful of white vinegar and a small bit of sugar. Let this reduce nearly to a glaze. Then moisten with some Spanish sauce (No. 17), and a little consommé (No. 2), that you may be enabled to take the fat off from the sauce; season with cayenne and a little salt. Taste whether it be salt enough, but observe that it should not be too acid; skim off the fat, and strain the sauce through a tammy, and serve up. Mind, when this sauce is well made, not too thick, and of good colour, it is good with the following entrées:—Cotelettes Maintenon, broiled chicken, broiled pigeon, fried chicken, marinades of all sorts, such as calf's feet, lamb's ears, trotters, calf's head, and generally with everything requiring tart sauces. You may add to it a little preserved tomates, to give a good colour and sharp taste.

28. *The Aspic Lié.*

Put in a stewpan such herbs as are called ravigottes, namely, burnet, chervil, and tarragon. Add two or three spoonsful of white vinegar, and let the herbs infuse on a slow fire for half an hour. Then moisten with eight spoonsful of Spanish sauce: let the whole stew for ten minutes or a quarter of an hour. Season it well, and strain it through a tammy, to use when wanted. Mind, this sauce must be very thin.

29. *White Ravigotte, or Herb Sauce.*

The same as above, except that, instead of Spanish sauce, you use sauce tournée (No. 19). Let it boil for half an hour, then strain this sauce through a tammy. Have the same herbs as above, chopped very fine, blanch them in a little salted water, lay them in a sieve to drain, and pour the ravigotte into the sauce. Work it with a small lump of butter, season with salt and pepper, and send up. Never omit to taste the sauce, for occasionally, according to the palate of the master, some ingredients may be

wanted, and others may be too predominant, which may be easily remedied; when too salt, a small bit of sugar will correct the briny taste.

30. *Ravigotte à la Ude—(Ude's Herb Sauce).*

Take a tea-spoonful of catsup, ditto of cavice, ditto of Chili vinegar, ditto of Reading sauce, a lump of butter the size of an egg, three spoonsful of thick béchamel (No. 36), a little new cream, salt and pepper, and a little parsley chopped fine, and blanch very green. This sauce is in high request, and entirely the composition of the Author; it is most excellent with fish, in preference, such as fillet of soles sauty, fillet of soles fried, fillet of turbot broiled, fillet of salmon, fillet of trout, fillet of brochet or jack, &c.

31. *Maître d'Hôtel—(The Steward's Sauce).*

Take four spoonsful of béchamel sauce (No. 20), work it over a stove with a small lump of fresh butter. Take some parsley chopped very fine, throw it into the sauce with a little salt and pepper, and the juice of a lemon.—Let this sauce be thick, if intended to cover any of the first course. At any rate it will be easy to reduce a sauce; but if too thin, it is difficult to thicken it except with a lump of butter and flour, which, let it be ever so well managed, is but a sad contrivance.

32. *Maître d'Hôtel—(Steward's Sauce Meagre),*

Is nothing more than plain butter-sauce with a little chopped parsley, salt, pepper, and lemon-juice. If shalots are liked, a few may be added, the same as to the maître d'hôtel, or steward's sauce, above. Add to it the yolks of two eggs, which will give the sauce a better appearance.

33. *Tarragon Sauce, or Pluche.*

See No. 26, *White Sharp Sauce.* Blanch some tarragon, either in fillets, squares, or any other shape you may

think proper, and put it into the sauce. It is then called tarragon sauce. In other pluches, tarragon must always prevail. You may make pluches of parsley, chervil, &c., with the sauce called white sharp sauce.

34. *The Bourguignotte.*

Cut some truffles into balls of the size of a nutmeg: take some small round mushrooms, and put about twenty of each into a small stewpan; pour over them a pint of red wine, with a small lump of sugar. Let the wine be reduced to a glaze. Then throw into the stewpan six spoonsful of Spanish sauce (No. 17), and two of consommé, or stock-broth (No. 2). Let the whole boil for half an hour, taste it, and if well seasoned serve it up. Mind to put to this sauce some of the game glaze, as bourguignotte is always eaten with game, quail, &c.

35. *The Bon Beurre, or Savoury Butter.*

Take some *Allemande* (German sauce, vide No. 20), rather thick, into which put a bit of butter. Work the sauce well, season it, and serve up with the juice of half a lemon, salt, and cayenne pepper. This sauce is good with turbot, salt fish, &c.

36. *The Béchamel.*

Take about half a quarter of a pound of butter, about three pounds of veal cut into small slices, a quarter of a pound of ham, some trimmings of mushrooms, two small white onions, a bunch of parsley and green onions; put the whole into a stewpan, and lay it on the fire till the meat be made firm. Then put three spoonsful of flour; moisten with some boiling-hot thin cream and a ladle of consommé. Keep this sauce rather thin, so that whilst you reduce it the ingredients may have time to be stewed thoroughly. Season it with a little salt, and strain it through a tammy. This sauce should retain no taste of flour, and be very palatable.

37. *The Béchamel Maigre—(Béchamel for Lent,)**

Is prepared as above, with the exception of the meat, which is to be omitted. If you have made any sauces from fish, put a little of the juice or gravy of the fish with the cream. When done, strain it through a tammy, and serve up.

38. *The Genoese Sauce.*

This sauce is made by stewing fish, yet it is natural enough that it should find its place among the other sauces. Make some marinade of various roots, such as carrots, roots of parsley, onions, and a few trimmings of mushrooms, with a bay-leaf, some thyme, a blade of mace, a few cloves, some branches of sweet basil, and branches of parsley; fry the whole slowly over a mitigated fire, in a stewpan, with butter, till the onions are quite melted. Pour in some Madeira or other white wine, according to the size of the fish you have to dress, and let the vegetables stew. When done enough, use it to stew your fish in, and take some of the liquor to make the sauce. Take a little brown thickening (No. 15), and mix it with some of the marinade, to which add two or three spoonsful of gravy of veal. Let these stew gently on the corner of the stove; skim off all the grease, season well, and pour the sauce through a tammy. Then add to it two spoonsful of essence of anchovies, and a quarter of a pound of butter kneaded with flour, and throw them into the sauce. When this is done, squeeze into it the juice of a lemon, work the sauce over the stove to make it very smooth, and cover the fish with the sauce, which must accordingly be made thick and mellow. It is proper to drain the fish before you put it in the dish; likewise to observe to boil the fish with care, which, if

* This sauce is intended chiefly for those who conform to the Roman Catholic religion. Several receipts in the course of the work will be found well adapted for the tables of Catholic families. Indeed the author has had occasion to make the cookery of Lent his particular study.

too much done, is soft and woolly: if salmon, take off the skin; trout likewise; but when you put the sauce over, it is what we call maské.

39. *Sauce à Matelotte for Fish.*—(*Sauce for Matelottes.*)

Melt some brown thickening (No. 15), into which throw a few onions cut into slices: keep it stirring over the fire till the onions be dissolved in the thickening. Then moisten with the wine in which the fish has been stewed, and which should be red wine. Add some trimmings of mushrooms, with a bunch of parsley and green onions, well seasoned with spices; bay leaves, thyme, sweet basil, cloves, allspice, &c. Let the flour be well done. Take care to throw in a few spoonsful of veal gravy. Taste whether the sauce be properly seasoned, and strain it through a tammy into a stewpan; then put separately two dozen of small onions glacés in a stewpan, with a little broth and a little sugar; when the onions are of a good colour, add some of the mushrooms of equal size, some small quenelles, and keep this covered in one stewpan till dinner-time; then drain the fish and put it on the dish, garnish with the roe, the crouton, and put a little of the sauce in the small stewpan with the onions and mushrooms, and mask the fish with the sauce, and pour over all the little ragout. Do not forget to add always a little essence of anchovies to the sauce before you put it over the fish.

40. *Sauce à Matelotte for Entrées*—(*Sauce for Matelottes in the first course*).

See *Sauce Chambord* (No. 77)—it being the same which is used for the matelottes of brains, &c. The matelotte, when not of fish, is made with a *ragout à la financière* (No. 75), into which essence of anchovies and some crawfish should be introduced when you can procure them: this sauce must be highly seasoned with salt, cayenne, and lemon-juice.

41. *Apple Sauce for Geese and Roast Pork.*

Peel some apples and cut them into quarters, put them into a stewpan with a little brown sugar and water. When they are melted, stir them well with a wooden spoon, add a little butter to it, and send up. The apples must not be too much stewed, or they will lose their acidity and become too brown.

42. *Purée of Sorrel—(Stewed Sorrel).*

Wash and pick some sorrel, and some cos or cabbage lettuces, and put them into a stewpan with a little water: keep stirring with your spoon to prevent its burning; when melted lay it in a hair sieve to drain; then put it on the table and chop it well with some trimmings of mushrooms. When chopped fine, put it into a stewpan with a little butter and a few small pieces of good ham; let it fry a long time on the fire, in order to drain the water it contains. When it is become quite dry, mix it with four spoonsful of Spanish sauce (No. 17), or more if a large quantity is required, and let it stew for a long while over a small stove. After it has been constantly boiling for an hour, rub it through a tammy. If it should happen to be too thick, dilute it with a little consommé or stock-broth (No. 2), or Spanish sauce (No. 17). If too acid put in a little glaze and sugar. Always put cabbage-lettuce with the sorrel, to correct its acidity. When you make purée of sorrel, if you have no sauce to put to it, put a spoonful of flour to thicken the sauce, and dilute with veal gravy, and then proceed as before. If you have no gravy of veal or of beef, two spoonsful of broth, and a small bit of glaze, will answer the same purpose.

43. *Sorrel en Maigre—(Sorrel dressed meagre way).*

Pick your sorrel, let it melt, drain it and lay it on the table, as above. Mind that the table be very clean. Then chop the sorrel for a long time, and very fine; fry

it gently in a stewpan with a little butter. When it has been kept for about half an hour on a slow fire, to drain all the humidity, throw in a spoonful of flour; moisten with boiling-hot cream, and let it stew on a slow fire for an hour. Then season it with a little salt. If the sorrel should be too acid, put a little sugar to it. Then thicken it with the yolks of four eggs, and serve up.

If you prefer making a Bearnaise, make a kind of pap with flour and cream, or milk, and let it boil. When the sorrel is done enough, pour the Bearnaise into it, and let it boil ten minutes, then put the yolks of four eggs immediately after to thicken it. In this manner the cream will not curdle; whereas, if you follow the other method, it frequently will. If it be with broth that you wish to prepare the sorrel, instead of cream or milk, you mix some with it, and use the yolks of eggs in the like manner, and that is what is called *farce.**

44. *Purée of Céleri*—(*Stewed Celery*).

Cut the whitest part of several heads of celery, blanch them in water to take off the bitter taste, drain them, and put them in cold water. Let them cool, and drain all the water off. Then put them into a stewpan with a little consommé, or stock-broth (No. 2), and sugar. Let them stew for an hour and a half, and be reduced till there be no kind of moisture. Then mix them with four spoonsful of béchamel (No. 36), or velouté (No. 21), strain the whole through a tammy, and put them in the water-bath.† When ready to send up, refine the sauce with a little thick cream to make it white.

* A dish much used by Roman Catholics; Eggs *à la farce.*

† *Bain marie*, or water-bath, is a flat vessel containing boiling water; all the stewpans are put into the water, which should always be kept very hot, but not boil. The effect of this *bain marie* is to keep everything warm, without altering either the quantity or the quality, particularly the quality. When I had the honour of serving a nobleman in this country, who kept a very extensive hunting establishment, and the hour of dinner was consequently uncertain, I was in the habit of using a *bain marie*, as a certain means of preserving the flavour of all my dishes. If you keep your sauce,

45. *Purée of Onion, or Soubise—(Stewed Onions).*

Take a dozen white onions. After having peeled and washed them, cut them into halves, take off the tops and bottoms, mince them as fine as possible, and blanch them to make them taste sweeter and take off the green colour. Then let them melt on a small stove, with a little butter. When they are thoroughly done, and no kind of moisture is left, mix four spoonsful of béchamel (No. 36). Season them well, rub the purée through a tammy, and keep the sauce hot, but without boiling. You must also put a small lump of sugar with the sauce if necessary. When you have the oven hot, put the onions hermetically closed in a small stewpan, and let them simmer for one hour, with a small bit of ham. This method gives a better flavour.

46. *Purée of Onion, Brown, and Lyonaise—(Onions Stewed Brown, and Lyonaise).*

Peel and wash twelve onions clean, then mince them, and fry them in a stewpan with a little butter, till very brown. Moisten with some Spanish sauce (No. 17), if you have any; if not, sprinkle with two spoonsful of flour mixed with some veal or beef gravy. Skim the fat, and season well with salt and pepper, and then strain the purée through an old tammy, for these sort of purées would destroy new ones, and will always leave the taste of onions.

For the *Lyonaise* make a purée or stew of onions likewise, but then keep the sauce a little more liquid. Take some very small white onions, cut them into rings, and fry them till they are of a light brown, then lay them on a clean towel to drain, and throw them into the sauce. Give them a single boiling, that the fat getting at the top may be easily skimmed off; and serve up.

or broth, or soup, by the fireside, the soup reduces and becomes too strong, and the sauce thickens as well as reduces.

It is necessary to observe, that this is the best manner of warming turtle soup, as the thick part is always at the bottom of the stewpan; this method prevents it from burning, and keeps it always good.

47. *Bretonne.*

The same as above; some denominate it *Bretonne,* some *Lyonaise.* For the Bretonne you must cut the onions in the shape of dice and fry them, mix them with the brown sauce, and use them without rubbing through a tammy: a little mustard added to it will make the Sauce Robert.

48. *Purée of White Beans*—(*White Beans Mashed*).

New white beans are the best suited for making a purée. Put them into boiling water if fresh, and into cold water if dry, with a little butter in either case, which will make the skin more mellow. When they are done, throw in a handful of salt, to give them a seasoning. Fry a few slices of onion in a little butter; when they are melted sprinkle them with half a spoonful of flour; moisten with consommé, and season with a little salt and pepper, and skim off the grease. When the flour is done, mix it well with the beans, let them boil fifteen minutes, squeeze them well before you rub them through the tammy. Let the purée be rather liquid, as it is liable to get thick when on the fire. A short time before it is sent up, mix a small bit of butter with your purée of beans, and then serve up.

The purée en maigre, or purée meagre way, is prepared in the same manner; but instead of thick sauce use milk. If you wish to make it white, you must sweat the onions gently and slowly, that they may not get brown; add to it a little cream.

49. *Purée of Mushrooms*—(*White and Brown Mushroom Stew*).

If you wish to make a white purée of mushrooms, you must turn the mushrooms white in a little water and lemon-juice, and then put them into a stewpan, with a very small bit of butter. When the mushrooms are melted, moisten them with four or six spoonsful of velouté

(No. 21), or béchamel (No. 36). Do not let them boil long, for fear they should lose their taste and colour. Then rub them through a tammy.

It is almost useless to observe that, for the brown purée, it will be enough to moisten with some *Espagnole*, or Spanish sauce (No. 17), only. If you were to fry the mushrooms brown, they then would turn black, and make the sauce of the like colour. Skim the sauce. Put a little sugar into both. All such sauces as are called purées must be made thicker than others.

50. *Purée of Green Peas, new and dry—(Stewed Peas).*

The purée of green peas, when intended for a first-course dish, is prepared in the same manner as that described for potage or soup. You must only keep it thicker and richer, which is done by mixing a little glaze with it. But if you were to put too much, the purée would then no longer retain its green colour; neither must you let it boil, or it will lose its green colour.

The purée of dry peas is made as follows. Stew the peas with a large piece of bacon, the breast part, a few carrots and onions, a bunch of parsley and green onions, a little thyme and bay-leaves, and some cold water. Let them boil four hours. When quite done pound them in a mortar, and then rub them through a tammy, with the liquor they have been boiling in. Let it be properly seasoned, and a short time before it is sent up pour in some green extract of parsley (No. 64), or of spinach (No. 63), to make it green.

51. *Purée of Chestnuts.*

Take some fine new chestnuts; slit the peel with your knife, and put a little butter into a frying-pan. Fry the chestnuts till the peel comes off, then boil them in a little consommé and sugar. When done add four or six spoonsful of Espagnole (Spanish Sauce), and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to get thick.

52. *Purée of Asparagus—(Asparagus Stewed).*

Take a bunch of green asparagus, break them in the tender part, and wash them well; then blanch them in boiling water, with salt, to make them very green; when they begin to be tender, drain them and put them in cold water; when they are cold drain them on a perfectly clean towel, put a small bit of fresh butter in a stewpan, with the asparagus, some branches of green parsley, a few green onions, and fry them quickly on a sharp stove to keep them as green as possible. Add to this a little salt, a large lump of sugar, with three or four spoonsful of sauce tournée (No. 19). If you have no sauce, sprinkle with a spoonful of fine flour, moisten with good broth. Cook quick, and rub this purée through a clean tammy, and add to it a little of the green of spinach (No. 63), to render it very green. This purée should taste rather sweet.

53. *Nouilles.*

Nouilles are nothing but a French paste, which the cooks prepare themselves. Lay flat on your table or dresser half a dozen spoonsful of flour; make a hole in the middle, and put in a small pinch of salt, a little water to melt the salt, the yolks of three eggs, a lump of butter of the size of a walnut; mix the whole well, flatten the paste with a roller till it is about the thickness of the twelfth of an inch, cut it into slices of about an inch broad, and next cut your nouilles nearly as thick. Blanch them in boiling water to take off the flour that sticks around, and when they are blanched drain them and let them cool, that they may not stick together. Put them to boil in some good consommé or stock-broth (No. 2). When sufficiently done, drain and put them into whatever sauce you may fancy, either a white fricassee, an Allemande or German sauce (No. 20), or a velouté (No. 21). If they are to be served with a fowl, use velouté; and Parmesan cheese, if served in a second

course; but if for soup, serve them in the broth in which they were boiled. This soup is very good with Parmesan cheese; have the cheese scraped, and serve it separately in a plate.

54. *The Macédoine.*

This sauce can never be good but in the spring season, as green peas, asparagus, French beans, and artichoke bottoms, are indispensably requisite, besides carrots, turnips, heads of celery, and small cauliflower sprouts. As it is very difficult to procure all these vegetables and roots at the same time of the year, you must do the best you can, and put in as many as you are able to procure. Cut some carrots in the shape either of olives, of balls, or small thin corks. Blanch them in a little water, then set them to stew with a little sugar and a few spoonsful of consommé, or stock broth (No. 2), over a sharp fire, that they may glaze without breaking. Stew the turnips in the like manner, but separately. Mind that the glaze of your roots be not made too high in colour. The other vegetables are to be boiled in salt and water. Lay them on a clean towel to drain: mix them with the carrots and turnips, and three spoonsful of béchamel (No. 36). Toss them gently, so as not to destroy the shape of the ingredients. If you are short of other vegetables, you may use cucumbers and mushrooms; be cautious, however, in using them, as they may make the sauce too thin, if you do not pay particular attention. When the vegetables are done separately, and you put in a brown Spanish sauce (No. 17) instead of béchamel, this mixture of vegetables has been termed Livernaise; that, however, is a winter sauce; the Macédoine is a summer sauce.

55. *Sauce for Attelets.**

Take a spoonful of fine herbs, such as mushrooms,

* This sauce is generally used to stick the crumbs of bread round whatever you may wish to put in crumbs, instead of butter. It is made use of for attelets of palates of beef, sweetbreads, fillets of rabbits, &c., &c.

parsley, shalots, and a little butter, and fry them slightly in a stewpan. When the herbs have begun to fry, before they are too dry, sprinkle them with a little flour, and moisten with broth or consommé. Reduce over a large fire, without skimming off the fat. Season with pepper, salt, and small spices. When the sauce begins to thicken, take it off the fire. Then throw in the yolks of two or three eggs, well beaten : keep stirring, and pour the sauce over whatever it may be intended for.

56. *Sauce for Sturgeon.*

We call sauce for sturgeon a marinade (see No. 38), which has served either to baste the sturgeon whilst roasting, or serves as a sauce when baked. When the sturgeon is done either in the oven or on the spit (the spit is preferable, as the fish is more firm than when done in the oven, except that it requires to be basted often with the marinade, and not to be too near the fire, otherwise it is liable to get dry and take too much colour), take part of this marinade, which reduce with some other sauces, either brown or white; and when it begins to get thick, put in a good lump of butter kneaded with flour, a little glaze, some essence of anchovies, and the juice of a lemon. Do not put too much salt, as a very little is required when you use anchovies. Besides, you always can add salt if requisite.

57. *Red Sauce Cardinal.*

Reduce some sauce tournée (No. 19), with a few spoonsful of consommé, or broth of fowls. When the sauce is sufficiently done, work it well with a small lump of fresh butter, to prevent the other butter from turning to oil. Give it a good seasoning, and add the juice of a lemon. The spawn of a lobster, well pounded and rubbed through a tammy, and mixed with the sauce, gives less trouble and has a finer colour.

58. *Lobster Sauce.*

A hen lobster is indispensable for this sauce. Put some of the spawn of the fish into a mortar, to be pounded very fine; add to it a small bit of butter. When very fine, rub it through a hair sieve, and cover till wanted. Break the lobster with great care, cut all the flesh into dice, not too small; dilute some of the red spawn in melted butter, with two spoonsful of essence of anchovies, a little salt and cayenne pepper, two spoonsful of double cream, and mix all well before the meat is added, as that must retain its dice-like form. Do not let this sauce boil. It must be very red. Add to it a tea-spoonful of cavice, and observe that the cavice should be very old; two or three years' age renders it excellent.

59. *Sauce à la Lucullus—(The Sauce of Lucullus).*

As Lucullus was one of the most renowned epicures of ancient Rome, it is natural to assign the name of a man who was one of the first to bring the art of cookery into high repute, to a sauce requiring so much pains, attention, and science to perfect;—a sauce which can only be sent up to the table of the wealthy and true connoisseur. After having worked the fillets, as directed hereafter in the directions for entrées or first-course dishes, you have the legs and loins left to make the sauce, which is to be proceeded with as follows:—Put a few slices of ham, one or two pounds of veal, and the legs and rump of a partridge on the top of the former, into a small stewpan, moisten with a wine-glass of good consommé, or stock broth (No. 2), and put the whole on a slow fire, in order to sweat it through; thrust your knife into the partridge; if no blood issue, moisten with boiling consommé, enough to cover the meat; season with a bundle of parsley and green onions, a few blades of mace, one clove, a little thyme, half a bay-leaf, four or five allspice, and the trimmings of truffles and mushrooms; let your consommé boil till the partridge is well done, then strain through a silk sieve, and reduce the consommé to a very

light glaze. Then take a sufficient quantity of béchamel, and mix a spoonful of glaze of game with it; but as this glaze would make the sauce of a brown colour, you must have a few spoonsful of thick cream to mix with it. You must also have some truffles cut into the size of a penny, ready to be fried. Put them separately into melted butter with a little salt.

When you are going to send up the dinner, fry the truffles gently, and when done drain the butter off: put them separately into a small stewpan with a little essence of game and truffles. As you are to cover over those parts only which are not decorated, take up the fillets and dip them into the sauce, but no deeper than the part which you have glazed slightly, in order to render the truffles blacker. When you have dished a large fillet and a small one alternately, cover over the little fillet with the remainder of the sauce, and put in the middle the truffles, cut to the size of a penny, which have been lying in a sauce like that which has been used for the fillets.*

60. *Common Rémoulade, and Green Rémoulade.*

Take two or four eggs, boil them hard, then pound the yolks in a mortar, add a spoonful of mustard, pepper, and salt, three spoonsful of oil, one spoonful of vinegar, and break the yolk of a raw egg into it: if you have good sauce in your larder, in preference to the raw egg put in one spoonful of it, to prevent the rémoulade from curdling; rub it through a hair sieve, and serve it up, with salt and pepper.

The green rémoulade is the same as the other, except that you have a ravigotte or herb sauce (No. 29), composed of chervil, burnet, tarragon, and parsley. Pound all these, and rub the rémoulade and ravigotte, in the state of a purée, through a tammy. Throw a little green extract of parsley (No. 64) into the rémoulade, to make it look quite green. Add likewise a little cayenne pepper.

* When this sauce is made with great care, it is unquestionably the *ne plus ultra* of the art of cookery.

If approved of, you can add also a few chopped shalots. Should more sauce be wanted, double the quantity of the ingredients.—N.B. If all these herbs cannot be procured, a little parsley will do, provided you put into the sauce half a tea-spoonful of each of the following sauces:—Chili vinegar, tarragon, Harvey's sauce, cavice, and elder vinegar, all which ingredients give exquisite flavour to the ravigotte.

61. *Mayonnaise.*

Take three spoonsful of German sauce (No. 20), six of aspic (No. 8), and two of oil. Add a little tarragon vinegar that has not boiled, some pepper and salt, and chopped ravigotte (No. 29), or some chopped parsley only. Set the whole over some ice, and when the mayonnaise begins to freeze, then put in the members of fowl, or fillets of soles, &c. The mayonnaise must be put into ice: but the members must not be put into the sauce till it begins to freeze. Dish up the meat or fish, cover it with the sauce before it be quite frozen, and garnish the dish with whatever you think proper, as beet-root, jelly, nasturtiums, &c.

62. *Egg Sauce.*

Cut two hard eggs, throw them into melted butter, and serve up.

63. *Verd d'Epinards—(or Green Extract of Spinach.)*

Pick and wash two large handsful of spinach; pound them in a mortar to extract all the juice. Then squeeze the spinach through a tammy, and pour the juice into a small stewpan, which put in the hot-water bath (No. 44, note), that it may not boil. Watch it close: as soon as it is poached lay it in a silk sieve to drain, and when all the water is drained use the green, which use to green whatever may be required. Observe, that the green extract of spinach made according to this receipt is far superior to the boiled.

64. *Verd de Persil*—(*Green of Parsley.*)

The same as above. Parsley is a necessary ingredient in many sauces, and gives them an agreeable flavour. The extract of spinach is without savour, so that it may be used for entremêts or second-course dishes, but the green of parsley is intended for entrées or first-course dishes and sauces only.

65. *Sauce à la Pompadour*—(*Pompadour Sauce*).

Fry or sweat white a few chopped mushrooms and shalots in a little butter. When well melted, add to them six spoonsful of sauce tournée (No. 19) and two spoonsful of consommé. Stew them for three-quarters of an hour on the corner of the stove, and skim off the fat: you must keep your sauce rather thin; then throw in a thickening made of the yolks of three eggs. Moisten with a spoonful or two of cream: add a little pepper and salt, and work the sauce well. When it is done, have a little parsley chopped very fine, blanch it, drain it, and let it cool, that it may look quite green; mix it with the sauce, and serve up. A little lemon-juice may not be amiss, but remember that acids will always alter the taste of good sauces to their disadvantage, except when highly seasoned.

66. *La Dusselle*—(*The Dussell*).

This sauce is only used in panures,* broilings, and papillottes, what are called in England the cotelettes à la Maintenon, or Maintenon's cutlets. Put a little butter into a stewpan, with an equal quantity of rasped bacon, together with some fine herbs, parsley, shalots, mushrooms, pepper and salt, and a little rasped ham; and stew them on a slow fire. When the fine herbs are done, beat the yolks of four eggs, moisten with the juice of a lemon, and pour the thickening into the dussell. Mind, your fine herbs must not be too much done, or the eggs

* Panures are everything with crumbs of bread over them.

will not thicken the sauce. The dussell is generally used for Maintenon cutlets, sweetbreads, and fat liver caisses, fillets of rabbits, fillets mignons à la Pompadour, mutton tongues, papillottes, &c.

67. *Les Pointes d'Asperges*—(*Asparagus-tops*).

Pick some nice asparagus, not however of the finest, but all of an equal size. Cut off the tops only, about an inch long, and blanch them in water with a little salt, but do not boil them too much. Then put them with whatever sauce you choose, but only at the last moment before serving up, and this for two reasons: the one because they are liable to turn yellow, and the other because they would give a bitter taste to the sauce. If you wish to serve anything up with asparagus-tops, you must put them into a little velouté (No. 21), or German sauce (No. 20). They do not look well in a brown sauce. For this reason, they are seen in Macédoines, Chartreuses, pâtés de légumes (dishes of greens), vol au vents, &c. If intended for soups, never put them in but at the moment you send up.

68. *Les Petits Pois d'Asperges*—(*Asparagus dressed as small Stewed Peas*).

Have some small asparagus well cleaned, and cut them all equally of the size of small peas; wash and blanch them in boiling water with salt, and when they become tender, drain and put them in cold water. Dry them in a clean towel, and put them in a stewpan with a small bit of butter, a little bunch of green parsley and green onions, letting them simmer quickly on the stove; add a little lump of sugar, a little salt, two or three spoonsful of sauce tournée (No. 19), if you have any, if not, a spoonful of flour, moistened with a spoonful of good stock-broth (No. 2); let this boil to keep the asparagus very green, put the thickening of two or more eggs according to the quantity, two eggs for a pint of asparagus peas, and so in proportion. This method, when well done, gives precisely the taste of peas, and is excellent for

entremêts or second-course dishes, as well as for sauce: for entremêts you must use water only, but for sauce they should be made tasty. These peas are good with cutlets, sweetbread, fillet of chicken, fricandeau, &c. &c.

69. *L'Haricot Brun*—(*Brown Haricot Sauce*).

Cut some turnips into the shape of heads of garlic, wash them clean, and stew them with a nice Espagnole or Spanish sauce (No. 17), without frying them in butter, as many persons do. If the sauce be of a fine brown colour, the turnips will acquire the same. Add a little sugar. With regard to salt, it is needless to say that not a single dish or sauce can be prepared without it. When you have no Espagnole sauce, take the trimmings of the chops of which you intend to make your haricot, and put them into a stewpan with carrots, turnips, an onion, a little thyme, and a bay-leaf; moisten with a ladle of broth; let it all sweat till the broth is reduced to a glaze of a good colour; then moisten with some boiling water; season with a bunch of parsley and green onions; let it boil for an hour, and strain it through a sieve. Fry the turnips of a good colour, dust them with a spoonful of flour, and moisten with the liquor. Skim off all the fat, and cover the chops with the sauce.

70. *L'Haricot Vierge*—(*White Haricot Sauce*).

Cut small turnips into the shape either of corks or olives, or into any other shape, according to your fancy. Blanch them with one single boil in water; drain them, and stew them with a little sugar and two spoonsful of good stock-broth (No. 2). Mind, they must stew over a sharp fire, that they may be reduced speedily, for otherwise they would be too much done. When they are reduced to a glaze, take them off the fire. Pour in three or four spoonsful of velouté or béchamel, according to the new method (No. 22). If the sauce be too thick, put to it a spoonful of thick cream; do not forget a little salt. This sauce must always be white, and is generally re-

quired with glazed articles, which have a sufficient degree of substance.

71. *Hollandoise Verte—(or Green Dutch Sauce).*

Take a couple or four spoonsful of sauce tournée (No. 19), reduced with a little consommé, or stock-broth (No. 2). Give a good seasoning to it; add green extract of parsley (No. 64), and work the sauce well. When you send up (and not before) add a little lemon-juice, or the sauce will turn yellow. This sauce is good with fried chicken and marinade de poulet.

72. *Dutch Sauce.*

Put into a stewpan a tea-spoonful of flour, four spoonsful of elder vinegar, a quarter of a pound of fresh butter, the yolks of five eggs, and a little salt. Put it on the fire, and keep continually stirring it. When it has acquired thickness enough, work it well, that you may refine it. If it should not be curdled, you have no occasion to strain it through a tammy; season well, and serve it up. Some people do not like elder vinegar; in that case use tarragon or plain vinegar. But odorous vinegar is far preferable.

73. *Sauce Blanche—(or French Melted Butter).*

Put into a stewpan a quarter of a pound of fresh butter a spoonful of flour, a little salt, half a gill or glass of water, half a spoonful of white vinegar, and a little grated nutmeg. Put it on the fire: let it thicken, but do not allow it to boil, for fear it should taste of the flour. Serve up.

74. *Melted Butter. English manner.*

Put into the stewpan a little flour, a small quantity of water, and a little butter: when the butter is melted, and the sauce quite thick, without having boiled, serve up.

75. *Ragoût à la Financière—(Financier's Ragoût).*

You must procure cocks' combs, cocks' kidneys, fat livers, and a few fowl's eggs. The combs are to be scalded in the following manner. Put the whole of them into a towel, with a handful of salt that has not been pounded. Then lay hold of the four corners of the towel, and dip the part containing the cock's combs into boiling water. Leave it in for a minute, and then take it out, and rub the whole well together, to take off the first skin that is about the combs, and open your towel: if the combs be not skinned sufficiently, dip them into the boiling water a second time; but take care that they do not get too firm, because that prevents them from whitening. When they are well skinned, or scalded, pare the little black points that the blood may be extracted. Next put them into a stewpan of water, and lay them on the corner of your stove, in which there must be put a very little fire, for half an hour. Put your hand very frequently into the water, and if you find it too hot for your hand the combs are spoiled; you put them in the water to extract the blood, and to do this you must have it precisely of the same heat as the blood was when the bird was living. If you make the water too hot, the blood becomes hardened, and can never be extracted, which is the reason the combs so often turn black. Next blanch them, and put them into a *blanc*, viz., a mixture of butter, salt, water, and a slice of lemon. Try them frequently, lest they be too much done. The kidneys are not to boil, for then they would break. The eggs are to boil a little, in order that the first skin may come off. This being done, throw the whole into the blanc. As soon as the combs are done, have ready a nice Espagnole (Spanish sauce, No. 17), reduced with large mushrooms turned, and some small quenelles, which have been poached separately. Mix together, and drain the ragoût, the combs, the kidneys, and the eggs. Put the whole into the sauce with the quenelles; stir gently, not to break the latter; season well, and use it as occasion may require. It is better not to mix the ragout with the sauce till

dinner-time; keep them warm separately, and pour the sauce to it when served up.

76. *La Godard.*

This is the same ragoût as the financier's (No. 72), only it serves to garnish a sirloin of beef. You then add pigeons à la gautier,* or squabbs, and larded sweetbreads; keep your sauce thin, as you have nothing to mask.† This sauce must be of a very peculiar flavour; boil down two glasses of good Madeira, with a very small bit of sugar, and when almost brought to glaze put your sauce and ragoût to it, which addition constitutes the difference between this and the financier's.

77. *La Chambord.*

This is a ragoût like the financier's, with this difference, that you must first reduce a pint of Madeira wine, and mix it with Espagnole, or Spanish sauce (No. 17)‡. Add to the above garnish soft roes of carp, some good-sized crawfish (mind to take off the small claw of the crawfish, and to cut the nose very short), and two spoonsful of essence of anchovies. The quenelles are to be poached in a spoon. This, to be performed properly, requires two spoons; fill one with the farce, which has been levelled all round with a knife dipped into boiling water. With the other spoon, which is lying also in boiling water, take the quenelle out, and put it into a buttered stewpan. When you have thus disposed of your quenelles, pour some boiling water into the stewpan, and boil them for a quarter of an hour. A small quantity of salt is required in the water. Some people poach the quenelles in broth. In my opinion it is spoiling the broth.

* See receipts for pigeons under that head.

† *Mask* signifies to cover; when you do not mean to mask, the sauce may be thinner.

‡ This sauce only serves for fish, either salmon or carp; if you have boiled your fish with marinade made with wine, reduce the liquor to put to the ragoût; but if it is salmon, use only part of the marinade, as that fish gives an oily taste to the sauce; carp and jack give a very good flavour.

78. *Salmi Sauce à l'Espagnole—(Sauce for Salmy of Partridges or Pheasants, &c.)*

Cut four shalots and a carrot into large dice, some parsley-roots, a few bits of ham, a clove, two or three leaves of mace, the quarter of a bay-leaf, a little thyme, and get a small bit of butter, with a few mushrooms. Put the whole into a stewpan over a gentle fire; let it fry till you perceive the stewpan is coloured all round. Then moisten with half a pint of Madeira and a very small lump of sugar. Let it reduce to one-half. Put in six spoonsful of Espagnole (Spanish sauce, No. 17), and the trimmings of your partridges. Let them stew for an hour on the corner of the stove. Skim the fat off, taste whether your sauce be seasoned enough; strain it over the members, make it hot without boiling; dish the salmi (hash), and reduce the sauce, which strain through a tammy. Then cover the salmi with the sauce.

79. *Butter of Crawfish.*

Pound the shells and lesser claws, &c., in a mortar with a good lump of fresh butter, till made into a paste. Put this in a small stewpan in the hot-water bath (see No. 44). When it is quite hot, strain it through a tammy over a tureen or earthen pan, containing cold water. The butter will rise on the service. Take it when entirely cold, and use it as occasion may require.

80. *Butter of Anchovies.*

To make this butter you must have young anchovies. Take them out of the pickle and wash them well. Take off the bones and head, and then pound them in a mortar with fresh butter, till very fine; rub this through a hair-sieve. Put this butter, when made, into a pot well covered, to use when wanted; observe, however, that it soon becomes rank.

81. *Glaze.*

Glaze is very seldom made on purpose, except on particular occasions. Lay on the fire a stock-pot, with plenty of veal, and a small quantity of beef and ham; moisten with broth; when stewed for a proper time, skim it well. The glaze of sweated broth is not so bright. Season the broth with carrots and onions, a large bunch of parsley, and green onions; but no turnips or celery, for they give a bitter taste. If you should have a grand dinner, and wish to glaze of a nice colour, put more veal into your Espagnole (Spanish sauce, No. 17). The moment it comes to a glaze, put part of it into a small stewpan, for the purpose of glazing only. The most common glaze is made of remnants of broth, the liquor of braize, or fricandeaux, &c., which are to be reduced on a brisk fire. If you keep your reduction too long, it will become black and bitter. Always warm your glaze in the hot-water bath,* that it may not get too brown when you have a grand dinner.

82. *Sauce Robert.*

Cut some onions into small dice, fry them of a fine brown, moisten them with some Espagnole (Spanish sauce, No. 17), or dust them with flour, and moisten them with some veal gravy. Skim it, that the sauce may look bright; put in a little pepper and salt, and just before you send up mix a spoonful of mustard.

83. *La Livernaise*

Is the same as Macédoine, or Macedonian sauce (No. 54), which you make with some Espagnole (Spanish sauce, No. 17), instead of béchamel. Reduce some carrots and turnips to a glaze separately, then put them into the Espagnole, which must not boil. Mind that the sauce does not taste of the roots.

* Or *bain marie*, for description of which see note to No. 44.

84. *Hoche-pot.*

Turn some carrots, and in winter-time blanch them. When they are young, this is not necessary. Boil them in a little broth and sugar; when done reduce the broth, and put the whole into a good Espagnole (Spanish sauce, No. 17). Give them a good seasoning, skim the fat off, and serve up.

85. *La Polonoise*—(Polish Sauce).*

Take some of the liquor in which a pike has been boiling. Make a little white roux or thickening, as directed (No. 14); moisten with the liquor, and reduce it over a large fire. Take a pint of thick cream, boil it, and, whilst boiling, keep turning it constantly, to prevent a kind of skin from rising. Mix the whole with the sauce, which is to be kept thick. Have ready some small turnips cut into corks or sticks, that have been boiled in a little water with salt and sugar; drain them well; add them to the sauce; taste whether it be duly seasoned, and cover the fish. This is a maigre sauce.

86. *Cucumbers for Blanquettes and for Sauty.*

Cucumbers are good only when quite young; you must take care, however, that they have not a bitter taste. The best are those that have a rough shaggy coat. Cucumbers are cooked in various ways, either for sauces or for entremêts (or second-course dishes). It is useless to fry them in white clarified butter as practised in France. As soon as they have been pared put them in a stewpan, with a little salt, and a tea-spoonful of white vinegar; let them marinade for one hour to extract all the water, then drain them in a clean towel, and put them in a small stewpan, with a small bit of fresh butter; fry them in the butter very little; put some fine flour to it,

* This sauce is only made for pike; take the liquor which the fish has been boiled in, and make your sauce from it.

and dilute this with good consommé, clear enough to skim all the butter; a little sugar, salt, no pepper. If you have no consommé put some broth, but add to it a bundle of parsley and green onions, seasoned with bay-leaves, thyme, &c. Let the cucumbers boil till they are tender, but not too much done; take them out of the sauce with a hollow spoon, and drain them in a hair sieve; skim the sauce, and reduce it till very thick, then mix with it three or four spoonsful of béchamel, and put the cucumbers in it, to use them when wanted. Keep this sauce thick, as you may put in a little cream or consommé when you find it too thick. It is good for blanquette of fowls, blanquette of veal, escalope of fowls, lamb cutlets, scollops of sweetbread, &c. This sauce, when well attended to, is generally liked.

87. *Essence of Cucumbers.*

Peel the cucumbers as above, and keep the parings, which are to be made into a purée, by stewing them with a little butter. When entirely melted drain the butter, and moisten with the béchamel. Reduce this purée to a state of absolute consistency, and mix with it four large spoonsful of béchamel (No. 36). After having thrown in the béchamel and reduced it, strain the purée through a tammy. Put in the scollops of fowls, and toss them in the sauce. If the sauce should happen not to be white enough, pour one or two spoonsful of thick cream into it. A short time before you send up, throw the cucumbers into the sauce. Serve hot and well-seasoned.

This dish, which is for the first course, is in high estimation amongst epicures, but it requires the greatest attention, or it will turn out to be but a very indifferent one.

88. *Green Peas in White Sauce.*

Procure some very young peas. Do not take those which have a kind of kernel, for they are liable to break and thicken the sauce. Put the peas into an earthen pan, with a small bit of butter, and plenty of fresh water. Handle and shake the peas well in the water, and then

drain and put them to sweat in a stewpan on a little stove, with a small bunch of parsley and green onions. When they are nearly done, pour in four or six spoonsful of source tournée (No. 19); reduce it over a large fire, thicken it with the yolks of two eggs, a little sugar, and send it up. If the sauce be intended to cover over the dishes, it must be kept thicker: take out the bundle. These peas are for cutlets, either lamb or mutton, sweetbread, fricandeau, &c.

89. *Green Peas à l'Espagnole*—(*Peas in Spanish Sauce*).

Prepare as above; the only difference lies in using Espagnole (Spanish sauce), instead of béchamel. Be particular in skimming the fat before you reduce the sauce. Whenever there are peas in a sauce, you must put a little sugar.

90. *Les Pois au Lard*—(*or Peas with Bacon*).

Cut about a pound of bacon (the breast part), fat and lean, into square pieces of about an inch; which boil in water for about half an hour to take off the salt; drain them, and fry them till they are quite brown. Then throw them among the peas, which you have previously handled in butter as above. Let them sweat with a bunch of parsley and green onions. When well sweated, take the parsley out, and put in a spoonful of Espagnole (No. 17), with a little sugar and salt. There must be little or no sauce, if intended for peas and bacon only; but if intended for sauce it must be thinner. This sauce is for pigeon or duck. See *Pigeon aux Pois, No.* 443; *Duck, No.* 454.

91. *La Sauce au Pauvre Homme*—(*Poor Man's Sauce*).

This sauce is generally sent up with young roasted turkeys. Chop a few shalots very fine, and mix them with a little pepper, salt, vinegar, and water, and serve it in a boat.

92. *Love-Apple Sauce*—(or Tomata Sauce).*

Melt in a stewpan a dozen or two of love-apples (which, before putting in the stewpan, cut in two, and squeeze the juice and the seeds out); then put two shalots, one onion, with a few bits of ham, a clove, a little thyme, a bay-leaf, a few leaves of mace, and, when melted, rub them through a tammy. Mix a few spoonsful of good Espagnole (Spanish sauce, No. 17), and a little salt and pepper, with this purée. Boil it for twenty minutes, and serve up.

93. *Sauce à la Bigarade—(Bitter Orange Sauce).*

Cut off the thin rind only, and quite equally, of two bitter oranges. Blanch it. Have ready a rich Espagnole (Spanish sauce, No. 17), reduced, and throw the rind, with a small bit of sugar, into it, and season it well. When you are going to send up, add the juice of one of the oranges and a little lemon. The sauce must be made strong on account of the acids.

94. *La Sauce au Céleri—(Celery Sauce).*

Cut off the stalks of a dozen heads of celery. Pare all the heads, and let them be well washed. Blanch them. Stew them in a blanc (see No. 75), with some beef-suet, some bacon-fat, a small bit of butter, a little salt, and some lemon-juice. When they are done, drain them well, cut them about an inch in length, and put them into some béchamel (No. 36). This sauce is not to be too highly seasoned, but kept thick for the purpose of covering the meats over, which is called masqué.

95. *The Pascaline.*

This sauce is most commonly sent up with lamb or mut-

* It is necessary for French dishes, and particularly for making the bill of fare, to retain the French names of sauces, &c. As the bill of fare of a grand dinner is always French, the practitioner must learn the original names.

ton trotters. Make a white Italian sauce (No. 23); keep it rather thin. Thicken it with the yolks of two eggs, mixed with the juice of a lemon. A short time before you send it up, throw in a little chopped parsley which has been blanched.

96. *Sauce à l'Aurore*—(*Aurora Sauce*).

Pound the spawn of a lobster with a little butter, and strain it through a hair sieve. Take the straining, and mix it with sauce tournée reduced, and the juice of a lemon. This sauce must be highly seasoned with pepper and salt, &c. It is generally sent up with fillets of trout, or fillets of soles.

97. *The Toulouse.*

Have a German sauce (No. 20) ready, and rather thick. Throw into it a ragoût of cocks' combs, kidneys, fat livers, the choicest mushrooms, small quenelles, &c. It should be observed, that in cookery there are two kinds of white ragoûts; the one made with béchamel (No. 36) is called the royal ragoût; the other, with the German sauce, is called the Toulouse, which, however, is the same as the German sauce, but different in colour.

98. *La Wasterfisch*—(*Sauce for Perch*).

When you have boiled the perch with roots of parsley, a few slices of onions, as many shreds of parsley, and some pepper and salt, drain through a silk sieve part of the seasoning which has been reduced, with four spoonsful of velouté (No. 21), or béchamel (No. 36). Then take some roots of parsley and some carrots, cut in the same manner as for the julienne (No. 107), and let them stew with a little pepper, and salt, and water. Drain them, and throw them into the sauce. You must mix a few leaves of parsley blanched very green with this sauce, and a small bit of butter, some pepper and salt, and a very little lemon. Mask the perch, or fillets of soles with it.

99. *Oyster Sauce.*

Be careful, in opening the oysters, to preserve the liquor. Put them into a stewpan over a stove on a sharp fire. When they are quite white and firm, take them out of the water with a spoon, and drain them on a hair sieve; then pour off the liquor gently into another vessel, in order to have it quite clear. Put a small bit of fresh butter into a stewpan, with a spoonful of flour; fry it over a small fire for a few minutes; dilute it with the oyster-liquor; add to it two spoonsful of cream; let it boil till the flour is quite done, then add the oysters, after having taken off the beards. Season with a little salt, and one spoonful of essence of anchovies. If the oyster-sauce is to serve with fowl, do not put anchovies into it, but add three or four spoonsful of good béchamel (No. 36).

100. *Caper Sauce for Fish.*

Take some melted butter, into which throw a small bit of glaze, and when the sauce is in a state of readiness, throw into it some choice capers, salt and pepper, and a spoonful of essence of anchovies. Mind, if the sauce is not intended for fish, not to put in any essence of anchovies.

101. *L'Italienne with Truffles—(Italian Sauce with Truffles).*

Chop some nice black truffles. Sweat them in a little consommé (No. 2), and mix them with the brown Italian sauce (No. 24). If you have no Italian sauce ready, stew them for half an hour in an Espagnole, very thin, and Spanish sauce (No. 17) only. Let this sauce be kept thin and high seasoned, and skim off all the fat.

102. *La Manselle—(or Sauce for Salmi, either of Woodcock or Partridge).*

Make a salmi (hash)* as directed (No. 417), with this difference, that all the parings, bones, &c., which you put into the sauce, when it is done, must be pounded. Rub this through a tammy, and pour it over the members of game or fowls. This sauce must be kept hot, and without boiling, otherwise it will curdle.

103. *Sauce à la Maréchal—(The Marshal's Sauce.)*

Take a handful of green tarragon, and boil it for ten minutes in four spoonsful of white vinegar. Add a very small lump of sugar with a little salt. When the vinegar is half reduced, pour in four large spoonsful of sauce tournée boiled down (No. 19). Give it a single boil, and then thicken with two yolks of eggs. Strain the sauce through a tammy, and add to it a quarter of a pound of fresh butter. Work the sauce well and pour it over the meat or fish quite hot. This sauce is to be kept rather thick, that it may adhere either to the meat or fish.

N.B. If you have no tarragon, use tarragon or elder vinegar reduced, and proceed as above directed.

Observations relative to the Sauces.

Amongst the number of sauces here mentioned, many may be found that are not to be used. The author, however, has thought it incumbent upon him to introduce them all, from a fear of incurring censure. If four made dishes, or entrées, only are to be sent up to table in the first course, it would be ridiculous to make preparations that would answer the purpose of a grand dinner. Instead, then, of using a great many sorts of broth, suage, coulis,

* Observe that a hash is very different from salmi. You cannot make a hash of any game, fowl, &c.; but salmi, capilotade, &c., must be cut from the whole bird, so as to be distinct members of the bird. Hash requires no shape.

&c., merely prepare a stock-pot the preceding day, if you have leisure, with twenty pounds of beef, a knuckle of veal, and a hen; do not season with too much vegetable. As this is to be used for sauces, the vegetable would give a disagreeable taste to some of them when reduced.

When you are to send up a dinner of six or eight entrées, and wish to be economical, take a nice rump of beef and about twelve pounds of buttock, a leg and knuckle of veal, and, as there must be no waste, the rump is used to make a remove; make grenadins, or fricandeaux, or quenelles, with the noix of veal. By this means the expense is reduced. On the preceding evening put into a stock-pot twelve pounds of beef with the bones and trimmings of the rump, a knuckle of veal, and a few other parings, if you have any. Set the pot to skim, and season it with two large onions, one of which is to be stuck with four cloves, three carrots, four large leeks, as many turnips, a head of celery, a little salt, and leave the whole to stew on a slow fire for five hours. Strain the broth through a silk sieve, and skim the fat; for if broth of any description be not thus skimmed, it will turn sour in the course of the night, particularly in hot weather. On the next day make your sauces with this broth; and the day on which you are to serve the dinner make another stock-pot with the rump, a knuckle of veal, and a hen, seasoned in the same manner as above. The broth is used for potages, and to moisten the braizes.

Put in a stewpan some thin slices of ham and a few slices of veal, moistened with some of the broth, which reduce to a glaze. When it begins to thicken, so as to stick, put the stewpan on a very slow fire, that the glaze may get a good colour without burning; then moisten with the broth, to which add a bunch of parsley and green onions, and a few mushrooms; let them stew for an hour. Next make a thickening (15), and moisten it with part of the veal gravy; and keep some of it for the gravy of the roasts; skim all the grease off, and use it when occasion may require.

For the white sauces, put some slices of ham in the stewpan with a few pieces of veal, the bones and trim-

mings of fowl, which moisten with the same broth you have used above (No. 16), or Espagnole (Spanish sauce, No. 17). When the meat is sweated through, cover it entirely with boiling-hot broth, season with a bunch of parsley and green onions and a few mushrooms, and stew the whole for an hour and a half; skim off the fat. This consommé, or broth, is used to make either the velouté or béchamel (No. 22), or sauce tournée (No. 19), which is the key to all other thick sauces, &c.

The stock-pot must be put on the fire at an early hour. The rump of beef must be kept hot. Make a glaze of the broth that you have left after having prepared every article. This glaze may serve either to strengthen or to glaze. If you are frequently set to work, you must always have a little glaze ready, left from the preceding dinner. By this means you have no occasion to reduce your liquor till the following day, and it will serve for the morrow.

CHAPTER II.

SOUPS AND POTAGES.

104. *Soupe de Santé, or au Naturel*—(*Soup of Health, or Plain Soup*).

TAKE some broth well skimmed, with the fat taken off.—Take thin slices of crust of bread, cut round, of the size of a shilling. Soak them separately in a little broth. As you are going to serve up, put the whole into a tureen without shaking, for fear of crumbling the bread, which would spoil the look of the bread, and make it thick; add some of the vegetables that have been boiled in the broth, and trimmed nicely.

105. *Potage Consommé of Fowl*—(*Fowl Soup*).

Take some consommé (broth of fowls, No. 3) of fowl, and clarify it, after having mixed with it some veal gravy, to give it a good colour. Prepare the bread as above.—N.B. This will not do for a large dinner.

106. *Potage à la Clermont*—(*Clermont Soup*).

Take some good broth, mixed with a little veal gravy in order to give a nice brown colour to the broth. Take two dozen small white onions; cut them into rings, and fry them in clarified butter. When they are of a fine colour, drain them on a sieve, throw them into a little broth made hot, to rid them of the butter that might remain; then mix them with the clarified broth, and let them boil for half an hour. Put in thin bits of bread, as in No. 104, and some salt. Remember that the bread will spoil the look of the broth, if put in whilst the latter

is boiling: to avoid this, put the bread in the tureen, and pour the broth very hot over it.

107. *Potage à la Julienne—(Julien Soup).*

Take some carrots and turnips, and turn them riband-like, a few heads of celery, some leeks and onions, and cut them all into fillets thus ———. Then take about two ounces of butter and lay it at the bottom of a stew-pan, with the roots over the butter. Fry them on a slow fire, and keep stirring gently; moisten them with broth and gravy of veal, and let them boil on the corner of the stove; skim all the fat off, and put in a little sugar to take off the bitter taste of the vegetables: you may in summer-time add green peas, asparagus-tops, French beans, some lettuce, or sorrel. In winter-time, the taste of the vegetables being too strong, you must blanch them, and immediately after stew them in the broth: if they were fried in butter their taste would also be too strong. Add bread, as above, in the tureen.

108. *The Julienne with Consommé—(or Broth of Fowl).*

The same as above, only you moisten it with consommé of fowl (No. 3), and put in the back of a roasted chicken, from the preceding day, which stew with the roots; when boiled for one hour, take it out of the broth, and send up with the bread as above.

109. *Cressi Soup.*

Take the red part of eight carrots, two turnips, the white of four leeks, two onions, three heads of celery, all washed very clean. Mince the whole small, put a bit of fresh butter at the bottom of a stewpan, with the roots over it, and put it on a slow fire. Let it sweat a long while, and stir it frequently; when fried enough to be rubbed through a tammy, add a small crust of bread, moistened with some broth, and let the whole boil gently. When done, skim all the fat off, and rub the whole through a tammy. Put it to boil on the corner of the stove in order to skim off

all the grease, and the oil of the vegetables; then cut some crumbs of bread into dice, fry them in butter till of a good colour, and put them into the soup when you serve up. This purée may be used with rice, vermicelli, Italian paste, small macaroni, &c. Take notice that you must put more carrots, as they give a good colour to the soup.

110. *Soupe à l'Aurore*—(*Aurora's Soup*).

Take some carrots, the reddest that are to be met with, and scrape them well; wash them clean; then take off the outside till you come to the middle part. Sweat it in about a quarter of a pound of fresh butter, on a very slow fire. When the carrots are soft enough, put in a crust of bread well rasped, and moistened with some good broth. Let the whole boil for about an hour, and rub it through a tammy; then pour a little more broth in, that it may boil again. Skim it; when you have taken off the fat it will be of a reddish colour. Put in some bits of soft bread cut into dice, that have been fried in butter till they are of a light brown. Observe, this purée is in perfection only when the carrots are new; old carrots will not answer: it may be used as the last, with rice, paste, &c.

111. *La Brunoise*—(*Brunois Soup**).

Take some carrots, turnips, &c., cut them into dice, and in summer time fry them in butter; but in the winter season blanch them. When fried without having lost their original colour, moisten them with rich broth, seasoned with salt and a little sugar, and let the whole boil for about an hour. You may add green peas, asparagus-tops, &c. Skim off the fat, and put bits of crust of bread, the same as No. 109, soaked separately in broth. These you put in only at the moment of serving up, that the bread may not crumble. Put the bread into the tureen, as in No. 106.

* This soup has the same flavour as the Julienne, the only difference is in the shape of the vegetables.

112. *Soupe à l'Allemande*—(*German Soup*).

Make a paste for nouilles (No. 51), cut into dice; blanch and drain them, and then let them cool. Boil them in rich broth. When thoroughly done, take them out of the broth, and throw them into a good rich consommé of fowl or poultry broth (No. 3), well clarified. When you take them out of the liquor in which they have boiled, you must use a skimmer, and drain them in a clean napkin, then put them into the consommé, and serve up. If you do not use these precautions, the broth will be muddy and not so well flavoured. The broth taken out from the paste may be used to moisten purée, &c.

113. *Soupe à la Condé*—(*The Condé's Soup*).

Take about a pint of red beans, well washed, let them soak in soft water for about a couple of hours: then put them into a small pan with a pound of the breast part of bacon, a knuckle of veal, and the legs and back of a roasted fowl, if you have any such thing by you. Put the whole together with an onion stuck with two cloves, a carrot, and a couple of leeks, a bunch of parsley, green onions, thyme, bay-leaves, and a little salt and pepper. Moisten with soft cold water, and let the beans boil till they are quite soft. Then take the beans only, pound them, and rub them through a sieve; moisten with the liquor sufficiently thin to admit the fat being skimmed off. Then boil the soup in the corner of the stove till all the white scum is entirely gone: the soup should then be very red. Fry and prepare bread, cut in small dice. If you have good consommé, or stock-broth, in the larder, you may dispense with putting any veal or fowl in the beans; bacon only, or the knuckle of a ham, if you have one. The fat of the ham will be better than bacon.

114. *Soupe à la Faubonne*—(*Faubonne Soup*).

Prepare the vegetables and roots as in No. 109. Mince some cabbage-lettuce and sorrel, and sweat them sepa-

rately; throw them into the soup when you have skimmed off the fat. Slices of bread as above. This soup is almost the same as the cressi (No. 109); the lettuce and sorrel give an additional flavour, and vary it slightly.

115. *Soupe à la Carmelite*—(*The Carmelite's Soup*).

Take some lentils à la reine, which prepare as the beans in No. 113: when stewed, rub them through a tammy; then moisten with a little veal gravy and rich broth.—When well skimmed, throw in the bread. Send up rather thin, as it is liable to thicken when getting cold.* If you have a couple of rumps of fowl roasted and put to boil with the beans, it will give a very excellent taste to your potages. Mind to keep this soup rather thin, as it is subject to become too thick.

116. *Purée of Green Peas.*

Take three pints of large peas of a nice green colour, sweat them with a quarter of a pound of butter, and a handful of parsley and green onions, over a slow fire, till they be thoroughly stewed, then put them into the mortar with the parsley and green onions; when they are well pounded, rub them through a tammy, and moisten this purée with the best consommé (stock-broth, No. 2). Leave it on the corner of the stove; for if it were to boil the peas would lose their green colour. Just at the moment of sending up, put in square slices of bread nicely fried and cut in dice.

117. *The same, made very green.*

Take three pints of large green peas, fresh gathered, boil them with a handful of parsley and green onions and salt and water, very quickly; when they become tender, drain and put them in the mortar, pound them well; and when you rub them through the tammy, moisten with good

* This soup is very good to make when you have soupe à la reine (Queen's Soup, No. 126) left; mixed with it, it is excellent.

broth, season with salt and sugar; let it be very hot, but do not let it boil, or it will lose its green colour: cut and fry the bread as above. When the peas are not very green, you may use the green of spinach. See Nos. 63 and 64, green extract of spinach or parsley.

118. *Macaroni, with Consommé, or Stock-broth.*

Take a quarter of a pound of Naples macaroni, and boil it in water till it is nearly done. Strain well, and put it into a rich consommé (stock-broth, No. 2) to boil. Let it be well done; grate some Parmesan cheese, which send up separately in a plate.

119. *Lazagnes au Consommé—(Flat Macaroni).*

Take a quarter of a pound of Naples lazagnes; boil them as the macaroni (vide No. 118), and serve up in the same manner, with cheese in a separate plate.

120. *Rice Soup.*

Take half a quarter of a pound of Carolina rice, picked clean, and washed in two or three different waters till no smell or dirt remain. Blanch it in boiling water, and drain it. Then take some rich broth, season it well, throw the rice in and let it boil, but not so as to be too much done, for then it breaks and does not look well.

121. *Rice with different sorts of Purées.*

The rice is to be prepared as above: only mix it with the purée you have chosen one hour before you send up, in order that the rice may retain the taste and colour of the vegetables. The purées intended for soups are not to be so thick as those that are intended for sauces. Those most generally used are purées of carrots, turnips, celery, white beans, red ditto, lentils, green peas, the cressi, &c. The mode of proceeding is the same with all the various kinds of purées; they only differ in the taste and colour of the particular vegetable used. All the various vegetables

being mixed together take the name of cressi. When used separately, each retains its own respective appellation, and is made as in No. 109.

122. *Vermicelli Soup.*

For eight people take a quarter of a pound of vermicelli, which blanch in boiling water to take off the taste of dust. Strain it and throw it into some broth that is boiling, otherwise the vermicelli would stick together, and could not be separated unless crumbled into a thousand pieces. All purées used as above. Mind, the vermicelli must be boiled in broth before you mix it with any of the purée, and take care to break the vermicelli before you blanch it in the water, otherwise it will be in long pieces and unpleasant to serve up.

123. *Italian Pastes.*

Take Italian pastes, and prepare them as above (No. 122), and as follows (No. 124). Italian pastes are made of various shapes, but are always alike in flavour: they mix well with all sorts of purée.

124. *Vermicelli à la Reine—(Vermicelli the Queen's way).*

Blanch the vermicelli in boiling water, drain it, and throw it into some rich consommé (No. 2) well seasoned. When done, a short time before you send it up, thicken it with the yolks of eight eggs, mixed with cream, and pour the vermicelli into the tureen for fear the thickening should get too much done, which would be the case if it remained on the corner of the stove.

125. *Turnip Broth—(Potage au Bouillon de Navet),*

Is made with about a dozen turnips, peeled and cut into slices. Blanch them for a short time in water; drain them and put them with a knuckle of veal, a small piece of beef, and the half of a hen, into a stewpan; and pour

some rich boiling broth over the whole. Let the whole stew for about two hours; then strain it through a double silk sieve, and use it with rice, vermicelli, &c. &c.

126. *Potage à la Reine—(Queen's Soup)—a new receipt.* *

For twelve people take three fat chickens or pullets, which are generally cheaper and better than fowls: skin them, take out the lungs, wash them clean, and put them in a pan with a bunch of parsley only; moisten the whole with good boiling broth: let it stew for an hour, then take out the chickens: soak the crumb of two penny loaves in the broth; take off the flesh of the chickens, and pound it with the yolks of three or four eggs boiled hard, and the crumb of bread which has been sufficiently soaked in the broth. Rub the whole through a tammy; then put a quart of cream on the fire, and keep stirring it continually till it boils. Pour it into the soup. It is not so liable to curdle as when the other method is used, and it tastes more of the chickens. If you think proper to add either barley, rice, or vermicelli, let it be stewed in broth beforehand, and pour it into the soup only when quite done. When you have a great dinner, and fowls are very dear, use the fillets for the first-course dishes, and make the soup with the legs only; the soup is as good, but not quite so white, as when made with the fillets.

127. *Semolina with Consommé.*

Boil some consommé (stock-broth, No. 2), and throw the semolina into it. If you are inclined to mix a purée with it, keep the semolina thinner. You may use any purée you please, the same as with rice, No. 121.

128. *Rice Cream.*

This is flour of rice, which you make yourself in the

* Formerly I used roasted chicken to make this potage, but I have found this new method cheaper, and not so subject to curdle as the other method.

following manner. Take a pound of rice, well washed in different waters, and drained and wiped with a clean towel. Let it get quite dry, then pound and shake it through a sieve. Take one or two spoonsful of this flour, and dilute it with broth, rather cold than hot. All this time have some broth on the fire; throw the flour of rice thus diluted into the broth, and keep stirring till you find the soup is not too thick and may boil without the rice burning. This same kind of rice-flour may serve for soufflés, or puffs, of the second course.

129. *The Garbure, with Brown Bread.*

Take a knuckle of ham, perfectly sweet, a knuckle of veal, and about six pounds of flank of beef, which put into a pan, with an onion stuck with two cloves, a few carrots, &c.; pour over the above two ladles of broth, and let the whole sweat over a slow fire. When the meat is done through the middle, cover it entirely with boiling broth, and let the whole stew for three hours. Then take one or more cabbages, which are to be washed clean and blanched. Braize them between layers of bacon, and moisten them with the liquor in which the sweating has been made, strained through a silk sieve. You must observe that, if the cabbages are not made rich and mellow, they are good for nothing. Add to the above, either sausages, bacon, or stewed legs of geese: mind above all things that the cabbage be not too briny, for the soup then would not be eatable. When the cabbage and broth are stewed enough, cut very thin slices of rye-bread: drain the cabbage in a cloth, so that there be no fat left, then take a large deep silver dish, lay a bed of bread, and over that one of cabbage, and moisten them with a little broth; let them stew on a slow fire. When the cabbage and bread are sufficiently moistened, lay on six or eight beds more of each, and let it simmer on the stove till the bottom of the dish is gratined, as what sticks to the bottom of the dish is most tasty and palatable. Send up with the ham on the middle; the bacon, the legs of geese, and sausages on the borders, and some broth separately.*

*This soup is never seen in this country; it requires a very deep and very large dish.

130. *Potage aux Choux; or Cabbage Soup.*

Take four Savoy cabbages, with curling leaves; wash them clean, blanch and braize them with a little seasoning; observing, however, that for soup they are not to be so highly seasoned as for a first-course dish. Your soup may be prepared as in No. 104. Cut the cabbages into quarters, and put them into the soup when the latter is in the tureen. This broth is to be prepared plain, and kept clear, as the cabbages, being braized, are very tasty; cut them nicely, and put them on the top of the soup; put the bread in the tureen.

131. *German Cabbage Soup.*

Take a white cabbage, mince and wash it well, and let it sweat on a slow fire in a little butter. When it begins to get tender and to be a little reduced, moisten it with half broth and half gravy of veal very clear; skim off the fat, and when the soup gets of a fine brown colour, throw in slices of bread cut to the size of a penny, thus ( ), and send up. Observe: The odour arising from this soup is offensive in the dining-room.

132. *Soupe à la Bonne-Femme—(Good Woman's Soup).*

Take two handsful of sorrel; after having taken off the stalks, put the leaves one above another and mince them. Take the hearts of two or three cabbage-lettuces, which mince likewise. Wash the whole well, then take about two ounces of fresh butter, and put the herbs to melt in a small stock-pot. When so, moisten with broth,* and let

* The back and legs of a roast fowl, partridge, or pheasant, bone of roast veal, lamb, or mutton, in fine, any roast meat, will give a great flavour to the broth; if you have them in the larder therefore put them into a stewpan with a few carrots, turnips, and celery, a little parsley and chervil, &c.; moisten with some good broth; let the whole boil till thoroughly done; skim it well, strain it, and moisten the sorrel with this.

it boil for an hour. Skim off the fat, and throw in a little sugar to take off the acidity of the sorrel. Then thicken the soup with the yolks of eight eggs, mixed with a little cream. Remember to keep a little broth to soak the bread in. If you were to put the bread in, you would not be able to stir the soup. When you put the thickening in the bread will all break into crumbs.

133. *Potage aux Nouilles*—(*Soup with Nouilles*).

Take a handful or two of flour, with which mix a little salt, the yolks of three eggs, a little water, and a small bit of butter. Let this paste be as compact as possible. Spread it very thin on the table, next cut it in small slices as a Julienne (see No. 107); then blanch it in water, drain it, and let it cool, in order to get rid of the flour, which might spoil the appearance of the soup. Throw the paste into some rich broth, and let it stew till it is mellow. You may introduce either turnip broth or purée as above.

134. *Soupe à la Borgosse*—(*Borgoss Soup*).

This soup, although a potage de dessert, or secondary soup, has some admirers even amongst the first epicures. If you should have left in your larder a small quantity of rice-soup, or peas-soup, or good lady's soup, mix and make them hot, but without boiling, as the thickening would most undoubtedly curdle. Rub the whole through a tammy, and put it into a stewpan, in the hot-water bath. Then boil some green Windsor beans; when done, skin them, and throw the kernels into the soup: when sent up, send also some bits of bread cut into dice, fried in butter, and well drained of the butter: mind that the beans must be boiled in salt and water, to make them very green.

135. *Milk Soup with Almond Laurel.*

Boil in a quart of milk a leaf of almond laurel, some sugar, and a little salt. Thicken it with the yolks of six

eggs just as you are going to send up. Have a tin cutter, and cut some slices of bread of the size of a penny (the crumb only must be used). Cut a great many pieces, and put them on a baking sheet near one another; then pour over them some fine pounded sugar, and place them in the oven. Then put the salamander over, to give them a good colour. Just as you are going to serve up, throw the pieces of bread into the soup-tureen, and pour the soup over them. Serve quick.

136. *Potage au Lait d'Almond*—(*Almond Soup*).

Boil a quart of milk as above, seasoned with a little salt. The bread as in No. 135. Put a quarter of a pound of sweet almonds, and a dozen bitter ones, into hot water, peel and pound them in a mortar: moisten with a little milk to prevent their turning into oil. When sufficiently fine, rub them through a tammy, and throw them into the soup instead of a thickening. They must not boil.*

137. *La Tortue.—Turtle Soup—(A Receipt most carefully revised).* †

This soup will be made with less difficulty if you cut off the head of the turtle the preceding day.

In the morning open the turtle: which is done by leaning heavily with your knife on the shell of the animal's back, whilst you cut it off all round. Turn it upright on its end, that all the water, &c., may run out. Then cut the flesh off along the spine, with your knife sloped towards the bones, for fear of touching the gall, which sometimes escapes the eye. When you have obtained all the flesh which is about the members, wash it clean and let it drain.

Have ready a large vessel full of boiling water on the fire, put in the shells, and when you perceive that they

* This soup and the preceding one are intended for Lent, when neither meat nor butter are permitted to Catholics.

† In perfecting the above receipt for turtle soup, which the author can without vanity assert is the *best* if not the only *authentic and practical* one in print, the author has bestowed his utmost care and attention. When in manuscript he obtained a very high price for it.

come off easily take them out of the water, and prick all the shells of the back, belly, fins, head, &c. Boil the back and belly till you can take off the bones, without, however, allowing the softer parts to be sufficiently done, as they must boil again in the sauce. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten the broth. All the flesh of the interior parts, the four legs and head, must be sweated in the following manner :—

Lay a few slices of ham on the bottom of a very large stewpan. Lay over the ham two or three knuckles of veal, according to the size of the turtle, and over the veal the inside flesh of the turtle, and the members over the whole. Then partly moisten it with the water in which you have boiled the shell, and sweat it thoroughly. You can ascertain if the meat be thoroughly done, by thrusting your knife into the fleshy part of the meat. If no blood issue, moisten it again with the liquor in which the bones, &c., have been boiling : put in a large bunch of all such sweet herbs as are used in the cooking of a turtle : sweet basil, sweet marjoram, lemon thyme, winter savory, two or three bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with six cloves. Let the whole be thoroughly done. Observe that you must only put in the bunch of parsley and the stalks of the herbs, as you must keep the tender part of the leaves to make a purée of herbs, to introduce in the sauce when finished.

With respect to the members, probe them, to see whether they are done, and when done, drain and send them to the larder, as they are to make their appearance only when the sauce is absolutely completed.

When the flesh is also completely done, drain it on the dish, and make a white thickening, No. 14, very thin, for turtle soup must not be much thickened ; when the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor drained through a silk sieve, and turn the sauce over the fire till it boils.

Ascertain that the sauce is neither too thick nor too thin, and then put the stewpan on the side of the stove, to skim off all the white scum, and all the fat and oil, that rises on the surface of the sauce. By this time all the softer parts will be cold enough; cut them about an inch or two square, without waste, throw the whole into the sauce, which must simmer gently. Then try them again, for, if done enough, they are not to be kept on the fire any longer. Skim off all the fat and froth. Take all the leaves of the herbs from the stalks, sweet basil, sweet marjoram, lemon thyme, winter savory, common thyme, a handful of parsley and green onions, and a large onion cut in four pieces, with a few leaves of mace; put them in a stewpan, with about a quarter of a pound of fresh butter. Let this simmer on a slow fire, till they are quite melted, then pour in one bottle of good Madeira wine, adding a small bit of sugar, and let this boil gently for one hour. When done, rub this through a tammy, and put it into the sauce. Let this boil till no white scum rises: then take, with a skimmer, all the bits of turtle out of the sauce, and put them in a clean stewpan; when you have all out, pour the sauce over the bits of turtle, through a tammy, and proceed as follows:—

Make some quenelles à tortue (turtle quenelles), which being substitutes for eggs do not require to be very delicate. They are made in the following manner: Take out the fleshy part of a leg of veal, about one pound, scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar with the veal, a small quantity of calf's udder, a little butter, the yolks of four eggs boiled hard, a little cayenne pepper, salt, and spices, and pound the whole very fine. Then thicken the mixture with two whole eggs, and the yolk of another.

Next try this farce or stuffing in boiling-hot water, to ascertain its consistency; if you find it too thin, add the yolk of an egg. When the stuffiing is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg or smaller: poach it in salt and boiling water,

and when very hard drain on a sieve, and put it into the turtle. You must make two sorts of quenelles, white and green, those with parsley green, and the other half white.

Before you send up, squeeze the juice of two or three lemons, with a little Cayenne pepper, and pour it into the soup. The fins may be served as a plat d'entrée, or side dish, with a little turtle sauce; if not, on the following day you may warm the turtle in the hot-water bath (No. 44), and serve the members entire with a matelotte sauce (No. 40), garnished with mushrooms, cocks'-combs, quenelles, &c. When either lemon-juice or Cayenne pepper have been introduced, no boiling must take place. It is necessary to observe, that the turtle prepared a day before it is used is generally preferred, the flavour being more uniform. When lemon-juice is used be very cautious that the lemons are good; a musty lemon will spoil all the turtle, and too much will destroy the flavour.

Be particular when you dress a very large turtle to preserve the green fat in a separate stewpan, and likewise, when the turtle is entirely done, to have as many tureens as you mean to serve each time. You cannot put the whole in a large vessel, for many reasons: first it will be long in cooling; secondly, when you take some out, it will break all the rest into rags. If you warm in a hot-water bath, the turtle will always retain the same taste, but if you boil it often, it becomes strong and loses the delicacy of its flavour.

N.B. It is not the fashion to serve eggs with turtle, but it may be necessary to inquire whether they are preferred.

Some people require besides, fricandeaux, fricassees, &c., all of which are prepared in the same manner as veal, but made with those parts of flesh that are to be found in the turtle, four in number, two in the legs and two in the shoulders; you may likewise make blanquette, &c. (See Fricandeaux, Blanquettes.)

138. *Mock Turtle, English Fashion.*

Take a calf's head very white and very fresh, bone the

nose part of it; put the head into some warm water to discharge the blood; squeeze the flesh with your hand, to ascertain that it is all out. Mind, the water should never be too hot for you to bear your hand in it; as long as you can bear it the blood will come out, but if you suffer it to be too hot it will turn the head black. This method of disgorging the blood is to give the same heat to the blood as when the animal was alive, and if your hand will bear the heat it shows that the blood may circulate in the veins, but if the water be too hot the blood will curdle, as it does in black pudding. When well disgorged, blanch the head in boiling water; when firm, put it into cold water, and make a blanc to boil the head, as follows:—Cut half a pound of fat bacon, a pound of beef suet, an onion stuck with a clove, and two slices of lemon; add to these slices of carrot, a bunch of parsley, green onions, thyme, bay-leaves, sweet basil, salt and pepper; put all these into a vessel, with water enough to contain the head; tie the head tightly in a clean towel, put it in the blanc, and boil two hours and a half; observe that it be not overdone; let it cool in the liquor, then make the sauce in the following manner:—

Put into a stewpan a pound of ham cut in slices, put over the ham two knuckles of veal, a large onion, and two carrots; moisten with some of the broth in which you have boiled the head, to half the depth of the meat only: cover the stewpan, and put it over the fire to sweat through; let the broth reduce to a very good colour, turn up the meat for fear of burning. When you have a very good colour, and you find that the glaze is very brown, moisten with the whole of the broth from the head, season with a large bundle of sweet herbs, viz. sweet basil, sweet marjoram, lemon-thyme, common thyme, two cloves, a bay-leaf, a few allspice, parsley, green onions, and a few mushrooms; let this boil together for one hour, then drain it.

Put into a stewpan a quarter of a pound of very fresh butter, let it melt over a slow fire; put to this butter as much flour as it can receive; let it go gently over a slow fire, till the flour has acquired a very good brown colour; moisten this gradually with the broth, which you put

through a silk sieve, till you have employed it all; add half a bottle of Madeira; let the sauce boil, that the flour may be well done; take off all the scum and fat, and drain the sauce into a clean stewpan large enough to contain the calf's head; boil the whole till done, cut the calf's head into square pieces of about an inch each; put them to boil in the sauce; season with salt and a little Cayenne pepper. The bits of calf's head should always have the skin on one side, but you should leave none of the meat on, which does not adhere to the skin, otherwise the meat will break in the soup, and look unseemly. It is out of fashion now to use eggs, but on this head the taste of the master should be consulted, and you may make quenelles instead.

Observe, that you must not have the quenelles too delicate, for they would break in the soup and spoil the look of it; the calf's head must not be too much done; thrust your knife into the skin, and if the knife enters and detaches itself easily, the meat is done enough.

Some persons will have their mock turtle green; in which case you must do as follows: Put into a stewpan a quarter of a pound of fresh butter, mince one or two onions, add a handful of each of the herbs described above, and some parsley, and sweat it all gently over a slow fire. When the herbs are well done, moisten with some of the sauce, and rub it through a tammy. Mix this with the sauce, and the turtle will be green, without any alteration in the flavour. Cayenne and lemon are always added when you serve up the soup.

139. *Spring Soup.*

Take carrots, turnips, heads of celery, and small onions, cut into the shape of olives; blanch them in winter, but in summer fry them with a little butter, and put them to boil in clear broth, with a little sugar. Put the soup in the corner of the stove to skim away all the butter. Have ready the green tops of asparagus, and French beans (cut into lozenges), which have been boiled separately in water very green; put them into the soup when you send up, with slices of crust of bread cut of the size of

a penny, and soaked separately in a little broth; if you have any peas, you may put in some likewise, to boil with the soup.

140. *Potage à la Jardinière—(Gardener's Soup).*

This is like all other spring soups, only add leaves of sorrel and lettuce, without the stalks. Vegetable soups are in general very wholesome, and have always the same taste. The cutting of the vegetables forms the only variety.

141. *Mutton Cutlet Soup, or Scotch Broth.*

Take some of the worst cutlets of the neck, according to the number of persons you expect to dinner; trim them, but not too finely, put them by, and with the trimmings make the soup in the following manner:—Put in a stewpan the mutton trimmings, some scrag ditto, and a knuckle of veal; moisten this with good boiling broth: then season the broth with a bunch of celery, leeks, parsley, one large onion with two cloves, the trimmings of the turnips that you have, cut in dice, and one or two carrots the same. Let this broth boil gently three hours; season it with salt, and skim off the fat; when it becomes of a good flavour, drain it over the chops, which you must put in a small stewpan, large enough, however, to contain the soup. Have some barley * that has been boiled a long time; wash it very well, and put with the turnips and carrots, and chop, to boil one hour. Skim again before you serve up. No bread is used to this soup. Celery cut in dice, with the turnips, gives additional flavour: you can sometimes add, just at dinner-time, a little parsley chopped very fine, just as you serve up.

142. *Hochepot Soup.*

Cut some carrots, turnips, and a few heads of celery, into

* In general, I have my barley from the nursery or the housekeeper, when they throw it out: it is then quite good enough for the soup.

the shape of small corks or otherwise. Blanch them, and put them into some nice brown clear broth. Let them boil for about an hour or more. You must have a few mutton chops done separately, that they may not make the broth look white. Throw them into the soup, with the bread, as in No. 104. Serve up hot, and without any fat. The same is done with ox-tails, or some of the cheek of the beef; but take care to boil the cheeks for some time separately in water, and pour the water away, otherwise the soup will taste like tripe. When you make the soup with the cheek, and serve it up along with the broth, it is a great treat in a country house.

143. *Potage à la Beauveaud—(Turnip Soup).*

Take some turnips, peel them, and use a cutter, with which you cut out a few balls as round as possible, but very small. Blanch them, and boil them in some consommé (stock-broth, No. 2), well clarified with a little sugar. Serve up with bits of bread as in No. 104. It must appear very bright; put to it two spoonsful of veal gravy.

144. *Potage à la Régence—(Regent's Soup).*

[This soup can only be made in perfection when there is game, and is not very expensive, as it is usually made with the unused bones and legs of pheasants; proceed as follows:—]

Take the back, the leg, and other bones of one or two roasted pheasants, left from the preceding day, which place in a stewpan, with slices of carrot, onions, celery, turnips, and a little chervil; moisten with good boiling broth, and let it boil gently for two hours. Skim all the fat, and drain the broth through a silk sieve; have some pearl barley, which has been well washed and boiled in water several times. Boil it in some of the broth. When the barley is done, take out with a skimmer several spoonsful separate into a stewpan; put what is in the

broth in the sieve, and pound it in the mortar, with the yolks of six hard-boiled eggs: when you have finished pounding it, rub it through a clean tammy, adding to the broth half a pint of cream, boiled, and salt of good taste. Serve as hot as possible, with the barley in it which you took out before.

CHAPTER III.

FARCES OR FORCE-MEATS.

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145. *Quenelles of Veal.*

TAKE the fleshy part of veal, cut it into slices, and scrape it with a knife till you have got off all the meat without the sinews. About half a pound of this rasped meat is sufficient for a dish. Boil a calf's udder, either in your stock-pot or in plain water. When it is done and has become cold, trim all the upper part, cut it into small pieces, and pound it in a mortar till it can be rubbed through a sieve. All that part which has been thus strained through the sieve you make into a ball, of the same size as the meat, which you have also rolled into a ball; you then make a panada in the following manner: you must have three balls, one of udder, one of meat, and one of panada.

146. *Panadas for Farces in general.*

Soak in milk the crumbs of a penny roll for about half an hour, then take them out, and squeeze them to draw out all the milk; put the crumbs into a stewpan with a little béchamel, a spoonful of consommé, and proceed as follows:—Put a little butter, a small bit of ham, some parsley, a few small chalots, one bay-leaf, one clove, a few leaves of mace, and some mushrooms, in a separate small stewpan; fry them gently over a slow fire. When done moisten with a spoonful of broth. Let it boil for twenty minutes, and drain the broth over the panada through a sieve; then reduce the panada on the fire; keep constantly stirring, and when quite dry put in a small piece of butter and let it dry further; then add the yolks

of two eggs, and put the panada to cool on a clean plate, to use when wanted. Observe, the panada is wanted for all sorts of farces or force-meats, and you should be careful to give it a good flavour, as the farce derives no taste from anything else. Quenelles are one of the articles which are the test of the skill of a good cook, particularly of game or fish.

This dish is valuable to the poor as well as the rich, and the easiest of digestion imaginable, if rightly prepared. A medical man, familiar with light dishes of food, would certainly recommend this to his patient.

When the panada is cold, roll it into balls, the same as the two other articles, but let the balls be all of a size.—Pound the whole in a mortar as long as possible, for the more quenelles are pounded the more delicate they become. Then break two eggs, whites and yolks together, which you pound likewise; season with pepper, salt, and spices in powder, and when the whole is well mixed together, try a small bit, which you roll with a little flour; then poach it in boiling water with a little salt. If it should not be firm enough, put another egg without beating the white, which only makes the quenelle puff and hollow inside. When you have made the farce, rub it through a sieve. If you are in a hurry, you may use only crumb of bread soaked in milk without panada, but the panada is most tasty.

147. *Quenelles of Fowl.*

The quenelles of fowl are made with the fillets only, all other parts being too full of sinews. Take the fillets of young chickens, (for you must never use those of an old fowl, as they are tough and thready : veal, when very white, is much better than tough fowl): cut this meat into dice and pound it in a mortar, till it can be rubbed through a sieve. Next make three balls, as you have done for the quenelles of veal. Then pound, season, and try them in the same manner as directed above, as they must be made firm or soft according to the use they are intended for. Quenelle au consommé clarifié, (Quenelles with clarified stock-broth) for instance, must be very delicate and soft.

If they are to be served in a ragoût, either white or brown, they must be made firmer, and so on. The farce à quenelles (force-meat in quenelles) is much used in cookery. With it alone you may make various good dishes; and it serves besides to garnish ragoûts, matelottes, &c. &c. Observe particularly, that when you use the quenelles very small, the force-meat may be very delicate, but if you make any pudding, or turban, or any other different kind of first-course dish, in proportion to the size of it you must keep the quenelles firm, which depends solely on their having more eggs: this addition makes the force-meat softer when raw, but increases its firmness when poached.

The author cannot sufficiently enlarge on the subject of farces, or force-meats, as they are of such general utility in large dinners, as well as extremely economical. It is useless to remind the practitioner of the necessity of using economy—the best cookery, where you omit salt and pepper, is good for nothing.

148. *Quenelles of Rabbits.*

The best quenelles are made with fillets only. If you are engaged by a nobleman who has game in abundance, take the fillets for the quenelles; with the legs and shoulders make a giblotte, or fricassee, or a pie English fashion for the servants, and with the remaining bony parts make the consommé, or gravy broth. When you lift up the fillets, you must leave the sinews about the carcass.—Pound the meat, and make a panada as for other quenelles (No. 146). Take a calf's udder, likewise, which prepare as directed above. Quenelles differ in flavour and appellation only in consequence of the meat of which they are made. Remember that the panada and calf's udder are indispensable articles. Follow what is prescribed in No. 145 for the quenelles of veal, which have been mentioned first, as being more frequently used than all others. They are very good and likewise very cheap, as veal is always requisite for sauces and broth. Half or three-quarters of a pound of veal is no great drawback, neither can it weaken the sauce, although of service

to make several good entrées, as will be shown hereafter.

149. *Quenelles of Partridges.*

Take the fillets of three young partridges. Take off the skin and the sinews; cut the meat into dice, and pound it as directed above: rub this through a sieve. Scrape the bottom of the sieve, and make a ball of the same size as those of the panada and udder. When you have mixed the three ingredients together, add two whole eggs and the yolk of a third. Then season with pepper, salt, and allspice. Try the quenelle as directed above. This farce will serve for different entrées, or first-course dishes, which are all to be found under their respective names in the article Partridges.

150. *Farce of Fowl à la Crême.*

Make use of the panada and udder, as mentioned above, but no herbs are required in the panada, instead of which put a little béchamel. Take the white flesh of a fowl that has been roasted; take off the skin and sinews, chop the meat very fine; then pound it as you do for other farces. Put in the yolks of four eggs, after the farce has been pounded and well seasoned. Beat the whites of the eggs, and mix them gently with the rest, stirring the whole with a wooden spoon. Use this farce when requisite. It is generally used for the fowl à la crême; if you have in the larder a cold roast fowl, you may make that dish with it; empty the fowl by cutting a square hole in the breast, the white flesh you make the farce with, and then replace it in the cavity, as directed further on.

This farce is the same which many cooks denominate souflé of fowl; only when you want to make a souflé, you must make the farce more delicate; but for the fowl à la crême, or any other bird, (for you may make either fowl, chicken, pheasant, partridge, or any other bird whatever,) observing only, when you make farce of game, introduce consommé or broth of game in the panada, and flavour of the game in the sauce. In mixing this farce or stuffing,

in order to give the fowls a good appearance, you must only put in the yolks of the eggs, and whip the whites separately, to mix after the farce is done, which will make it souflé or puffy.

151. *Farce for Gratins of Partridges, Rabbits, and Fowls.*

The farce à gratin is made in the same manner as the farce à la crême, with the only difference that you must not beat the whites of the eggs, and that this farce is to be kept delicate and soft. Take the flesh of roasted chickens, or young rabbits, young partridges, fat leveret, &c. The manner of using it is explained in its proper place. This farce is intended for the stuffing of such articles as are not to be put on the fire again, or very little; such as calf's ears, calf's feet, sheep's trotters stuffed (en canelon), and the minced pies called risolles, as also quails, tongues, and larks au gratin. Observe, that this farce is indispensable in good cookery.

152. *Boudins à la Richelieu*—(*Richelieu Puddings*).

As soon as you have rubbed the farce for quenelles through a sieve, have some onions cut sideways into dice or fillets, that have been sweated white, which you must mix with the farce before it gets firm, to prevent the onion from breaking. The boudins à la Richelieu are a farce for quenelles either of fowl or veal; they are never made of game.* The author, however, is inclined to think that a Richelieu pudding of game might be attempted with success, though contrary to general usage. At some future period he proposes to make the experiment.

* The boudins à la Richelieu are most excellent eating. In France they are always recommended for delicate constitutions; the general observation that French cookery is too rich is here particularly out of place, for there is neither fat nor sinews, and very little seasoning, in this dish, and it is of very easy digestion.

153. *Boudins à la Sefton—(Sefton Puddings).*

Are made with quenelles the same as those above, only, instead of onions sliced sideways, put mushrooms, sliced in the same manner, and sweated white in butter. When you drain the mushrooms, preserve the liquor, which pour into the sauce that serves for the boudins. The flavour of mushrooms must prevail in these puddings the same as that of onions prevails in the boudins à la Richelieu. This dish is very preferable to that with onions.

154. *Quenelles of Whitings.*

Take the fillets of four whitings. If in a Roman Catholic family, on a fast-day, instead of an udder use butter. The panada, however, is far superior. In either case you must soak the crumb of bread in some good milk, and squeeze it well in a towel. Do not put the same quantity of butter as you would of udder, as the butter would not remain in. In every other respect these are made like other quenelles.

155. *Farce of Carp.*

Take the flesh of two carps, which you must chop, pound, and rub through a sieve. Soak some crumb of bread in some good milk ; have a few mushrooms and a little parsley chopped very fine. Set the herbs to sweat in a little butter, over a very slow fire. Then let them cool in a hair sieve. Next put the bread, that has been soaked and squeezed properly, with the flesh of the carp that has been rubbed through a tammy, into a mortar, with a lump of butter of about the same bulk as the flesh of the carp, and seasoned with pepper, salt, allspice, three or four eggs, whites and yolks together ; farces with butter require more eggs than those with udder. Yet before you put more than three, you must try to roll some of the farce in a little flour, and to poach it in boiling water. You then taste, and add to the seasoning if required. When

completely done, rub it through a sieve, and let it cool in the larder, and use it when you have occasion. This farce is used for petty patties of carp. We also make quenelles for matelottes or hotchpots of fish, and likewise for carp farces, or stuffed, &c.

156. *Farce de Godiveau, for the Pâtés à la Mazarine, &c.—(Godiveau Force-meat for Mazarin Pasties).*

Take three-quarters of a pound of very white veal, a pound and a half of beef suet, which you strip of all the sinewy skin; chop the suet separately, and the veal the same. When you have chopped them both, take some herbs, such as parsley, shalots, and mushrooms, which chop also very fine, and sweat in a little butter: mix the whole together, veal, suet, and herbs, and season with pepper and salt. Then chop them again. Break two eggs, yolks and whites, and if the godiveau appears to be well mixed, put a little piece into the oven in a small tart-mould. If it rises well, and is properly seasoned, that is a sign of its being done: if not, put it into the mortar again with a little milk or water.

By dint of great practice, you acquire the facility of observing accidents which cannot be properly explained. In the summer season, for instance, the suet being very soft, you find more difficulty in using it. If you have any clean ice, put some small pieces into the godiveau, to make the meat suet combine the better.

157. *Green Marble Farce, or Farce Marbré.*

Make a farce for quenelles as directed above. Take part of it, and mix it with a green extract of parsley (see No. 64), which you have drained, in order that the water may not make the force-meat thinner. If you wish to use it quite of a green colour, you mix it with the whole; but if you intend to marble either galatines or fillets of soles, you put on slightly a part white, and another green. Then roll and poach them, and when they are cut they look like marble. It is easy to conceive that if you wish

to make it marble-like, you must alternate the green and white by laying on the green at occasional distances.

158. *Red Marble Farce.*

This is much the same as the former. In France we make use of butter of crawfish, for fowls à la Cardinale, or red and marbled force-meats. In England the eggs of lobsters are more frequently used, which are not amiss for force-meats or farces of fish, fowls, &c.

159. *Stuffing for Hare or Turkey.*

Take half a pound of beef suet chopped very fine, some parsley, a little thyme, pepper, salt, and spices, the same quantity of crumbs of bread as of suet, an egg or two, and mix the whole with a little milk. It would not be amiss to put to it a very small bit of butter, and to pound the whole in a mortar for a short time. This stuffing may be used with baked pike, or with either roasted or boiled turkey, roasted hare, &c.; in short, with all such articles as will be mentioned in this work. If the taste of shalot is not objected to, it will be found to add to the flavour of the stuffing. If you do not like to put it into the mortar, take the rolling-pin and mix it with it on the table, which is a better method.

160. *Farce for Pies.*

Take an equal quantity of veal and fat bacon; chop them together, and season with pepper, salt, and allspice, but no herbs, which only prevent the pie from keeping. If it is however to be eaten immediately, you may introduce some savoury herbs, a little chopped parsley, and shalots, and make a pâté aux truffes (pasty of truffles), or chop some truffles, which mix with the farce. In pies made of game you may chop some ham, but in those made of fowl the saltpetre gives a red colour to the meat, which can never look too white. For a farce to preserve game, fowl, &c., in tureens, proceed as follows:—Take a very light-coloured calf's liver, cut it into square bits of

about an inch in diameter, cut likewise half the same quantity of lean bacon from the breast, and a few bits of fat and lean ham, a small piece of butter, salt, pepper, spice, parsley chopped fine, shalot, and truffles (if at hand). Fry all these ingredients gently over a very slow fire, stirring often with a wooden spoon. When the liver and the bacon are thoroughly done, drain off all the fat, and put them into a mortar, and pound them very well, and season very highly, as it is used to preserve and to stuff game, fowl, &c., in tureens. When you bake tureens of this description in the oven, take care that you place over the pot a bit of common paste to close them hermetically, one hour, more or less, according to the size of your pie or tureen. When done, take off the crust, squeeze the meat with a spoon all round, and clean the pot, then fill up with lard, and when cold cover it with clean paper, and lable it with the title of contents. This method not only keeps better, but is more mellow in the eating, than the other farces.

161. *Farce for Sausages.*

Sausages are composed of only hog's flesh; but, as it is not amiss to stuff turkeys with this force-meat, the author has thought proper to mention it here. Take all the tender parts of the meat, the sinews being left aside when the hams and breasts are cured, which will be found treated of in a separate article. Cut the whole of the meat into small dice; then cut nearly about the same quantity of fat into small dice also. Chop and mix them very fine together, fat and lean; season with pepper and salt, allspice, and a little mint chopped very fine. All these ingredients give the sausages a very agreeable taste. When you use the sausages directly, you must moisten them with a little water or milk; they will keep two or three days, but then they should not be moistened. They are, however, not so good when kept, as they are liable to turn red directly. It is scarcely necessary to mention that you must have a thin utensil to introduce the meat into the skins.

CHAPTER IV.

RECEIPTS FOR COOKING BUTCHERS' MEAT.

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162. *Blanquette of Palates of Beef.*

TAKE six or eight palates of beef, rub them over with salt, and stew them in a blanc, made of water, butter, salt, and a slice of lemon, till you can take off the upper skin. When the palates are thus skinned and done, cut them into the size of shilling-pieces, and throw them into the sauce à blanquette, or fricassee sauce, which is a sauce tournée (No. 19) reduced and thickened. The palates of beef, when made into a blanquette, are sent up to table either in a casserole of rice (see that title), or a vol-au-vent, or a timbal. (See head, Timbal.)—Observe, that the palates must be always well done before you intend to use them in any manner. This is a very difficult dish to dress, and is rarely sent up in perfection.

163. *Blanquette of Palates of Beef with Peas.*

This is made nearly in the same manner as that above; but previously to putting in a thickening, you take a few spoonsful of sweated peas intended for entremêts, or second course dishes, and reduce them with the sauce, that it may give the savour of the peas. Add a little salt and sugar. Dishes of this sort should be sweet, and not briny.

164. *Blanquette of Palates of Beef with Cucumbers.*

Prepare the palates of beef as for other blanquette. Pare some cucumbers and cut them into the size of shilling-pieces. Keep the parings to make a purée, which you throw into the sauce, to give it a taste of the cucumbers.

Put the cucumbers into a good sauce tournée (No. 19), a little sugar, and let them do; then drain them, and reduce the sauce separately. When done, and the sauce is thickened, put the liaison (see No. 20, note) to it; * throw into the sauce the cucumbers and the palates of beef, and serve up in a deep dish, or in a vol-au-vent.

165. *Blanquette of Palates of Beef with Truffles.*

The palates to be prepared as above. Only in this case cut the truffles into the size of shilling-pieces, and put them into butter and salt. Fry them lightly on both sides on a brisk fire, till done. Drain the butter. Let them have one single boil in the sauce, before you throw in the thickening, then mix the palates and truffles together.

166. *Attelets of Palates of Beef à l'Italienne (the Italian way).*

Palates of beef are always prepared as directed in No. 165. The only difference consists in the cutting of them, and in the sauce with which they are sent up to table. Take some sauce d'attelets (sauce for attelets, No. 55), and after having cut the palates into square pieces of whatever dimensions you may think proper, let them cool in the sauce. When quite cold run a silver skewer through them in a row, and cover all the meat with some of the sauce. Make the attelets as smooth as possible with your knife. Next dip them into crumbs of bread, and make them quite square. Mind that both extremities are well covered with the crumbs; dip them a second time into an omelet; and again into the crumbs of bread; let both ends of the skewers be remarkably clean; then fry the palates to a fine brown colour, and serve them up with a brown Italian sauce under them.

167. *Palates of Beef au gratin, otherwise en Paupiette.*

Have a good farce à quenelles (stuffing for quenelles,

* As the cucumbers will always thin the sauce, do not put them in till you serve up. This entrée requires a little sugar.

see beginning of last chapter) ready: cut the palates in two, lengthways, observing to keep them of an equal size and straight; spread some of the farce over the rough side, and roll them with the farce in, observing to garnish both ends with some of the farce neatly done: then put part of the farce into the middle of the dish, and erect all the slices of palates in the shape of a bastion, after having stuffed and rolled them. Cover the whole with layers of bacon, and put the dish into the oven, without allowing the contents to get brown. When the farce is done thoroughly, drain all the fat, take off the layers of bacon, clean the dish well, and mask the meat with a thick Espagnole well seasoned, and a little ragout in the middle.

168. *Miroton of Palates of Beef, à la Ude—(Ude's way).*

Use a cutter both for the palates of beef and truffles, which are thus made into pieces of an equal size. Dress them miroton way. Then take a sufficient quantity of mushrooms, also of equal size, to make a border round the dish: put in the middle a salpicon of truffles, mushrooms, and palates of beef, and sauce the miroton with a pretty thick Espagnole (Spanish sauce, No. 17). Before you use any of the preceding articles, they must be all done, and then put a palate and then a truffle alternately to the very top of it. Keep the dish covered very warm to prevent its drying.

169. *Croquettes of Palates of Beef au Velouté—(Croquettes of Beef Palates with Velouté Sauce).*

Take all the trimming from the blanquettes or fricassees, mirotons, &c., and cut them in square pieces. Have some mushrooms cut into small dice, which fry white in a little butter. Then moisten with a little thin sauce tournée (No. 19), and let them boil gently on the corner of the stove, that you may skim off the grease. Next reduce this sauce with a pint of cream: when it has got thick enough, throw the palates into the sauce, and let

them boil for a moment, that they may taste of the sauce. Let this preparation cool in a plate. When quite cold, roll the whole into croquettes, either round or oval: dip them once into crumbs of bread, then again into an omelet, and into crumbs of bread again; then fry them till they are of a fine brown, and serve up with fried parsley in the middle. If you should not have quite enough of the palates, a sweetbread, or the trimmings of fowl, will match the other ingredients very well. It is not the circumstance of being profuse in cookery that renders your cookery better: you may give a capital dinner at a small expense, if you turn everything to advantage. When you have in the larder some béchamel and mushrooms, cut some in small dice as well as the palate, and take the béchamel in preference to make the croquette as above recommended.

170. *Beef Tongue with Sauce hachée.*

Take a tongue that is quite fresh; let it disgorge, blanch it to take away any tripy taste it may have retained; then stew it in a good braize.* When done, flay it, cut it in two, spread it open, and mask or cover thickly over with the sauce hachée (No. 25). This is but a very common entrée.

171. *Miroton of Tongue with Turnips.*

Let the tongue be stewed as above, and then get cold. Next cut it into scollops, dish it miroton way, and place the dish covered at the mouth of the oven. A short time before you send it up to table, glaze it with a light glaze, and pour into the middle some brown haricot sauce (No. 69). This is a very common dish.

172. *Miroton of Tongue with Sorrel Sauce.*

Prepare the tongue as above, No. 171, only glaze it a

* You must remember that everything which is called braize must be seasoned with carrot, onion, parsley, thyme, bay-leaf, and clove.—(See *Braize.*)

little more, and lay thicker. Pour into the middle the purée of sorrel (No. 42).

173. *Miroton of Tongue with Spinach.*

The same preparation as above, only use spinach, and let them be richer and more liquid, when for a first course, than for an entremêt or side-dish. It is necessary to observe that when spinach is used as sauce it must be more tasty and liquid than when it is used for garnishing round a tongue or ham. When for sauce, put a little more broth and seasoning, as it is to give taste and relish to whatever it is used with.

174. *Miroton of Red Tongue with mashed Turnips.*

This is not a French dish, and is only mentioned here because the author has seen it served at the table of men of acknowledged taste. Take the remnants of a tongue à l'écarlate (cooked red) that is quite cold; cut it into round slices, dress it in a dish, and put it into the oven for a moment. Then glaze it, and serve it up with mashed turnips in the middle. Never use broth to warm your slices of tongue, that spoils both colour and taste; put them in a clean plate, covered with one another, and as soon as they become warm, glaze and serve them forthwith, but never heat them in liquor. This is only a family dish.

175. *Pickled Tongue, glazed.*

This is a remove which is frequently used for family dinners. Take a large tongue à l'écarlate, boil it well, then flay it, glaze it, and, after having made it look quite neat, send it up with mashed turnips on one side, and mashed carrots, or carrots and spinach, on the other, &c.

176. *Filets Mignons of Beef Sautés à la Lyonnaise—(Small Fillets of Beef fried with Onion Sauce).*

Take the inside fillet of a sirloin of beef, and scollop it of about the size of the palm of your hand. Put them

with melted butter, a little salt and pepper, into a sauté or frying-pan; when dinner-time is come, fry them lightly, and turn them over; when done on both sides, drain the butter, and put a little glaze in its stead. Keep stirring the meat in the glaze with a little lemon-juice and a small bit of fresh butter. Dish it miroton way, and pour the Lyonnaise in the pan with the glaze. When you have mixed that well, put the sauce in the middle of the fillets, and serve up quite hot. You must give this dish only when you have a rump of beef; the small fillet left to that part is sufficient; it would be unnecessary and extravagant to spoil a sirloin. This dish is excellent at breakfast to those who like onions; it requires, however, very high seasoning.

177. *Filets of Beef marinaded à la Broche.*

Take the same part as above, and take off the sinews. Then lard it, and pickle it raw with an onion and a shalot cut into slices, a little parsley, salt, pepper, vinegar, &c.; let it marinade or steep one day. Then roast and glaze it. Serve up with a poivrade (No. 27). This dish is dressed in this way for those who like vinegar. You must sometimes omit the vinegar, and put instead of it a little sweet oil; it prevents the meat from drying, and makes it tender.

It may be necessary to make a remark here, which is of consequence to the right understanding of the present work. We have two kinds of larding with bacon; that which is larded on the superficies (as a fricandeau) is commonly called piqué or piqued, while that which is larded with a wood or iron larding-pin through the meat with coarse bacon is vulgarly termed lardé (larded); the adoption of the terms larded and piqué is recommended. A fillet marinaded is piqued, and veal à la bourgeoise, or beef à la mode, is larded.

178. *Miroton of Beef.*

When you have some cold rump of beef left, cut it neatly into slices, and put them into a sauté-pan, or frying-

pan, with a little Espagnole (Spanish sauce, No. 17), or brown Italian sauce (No. 24), some salt and pepper, and a little broth. Give them a few boils, and serve up quite hot. This dish, when well managed, is excellent and economical; but observe, you must keep it always well covered, or it will become black and dry. The best way is to keep it under the sauce. If you have neither Espagnole or Italian sauce, spread over the beef some parsley chopped very fine, and let it boil in some good broth, with salt and pepper, hermetically covered, for half an hour, and serve it very hot.

179. *Rognons au Vin de Champagne*—(*Beef Kidneys with Champagne*).

Take some kidneys that are of a nice light colour; take off a little of the fat, mince it, and fry them in a pan with a little chopped parsley, shalots, salt, pepper, &c. When they are done enough, powder a little flour over them, and moisten with a glass of Champagne, or two or three spoonsful of Espagnole (Spanish sauce, No. 17). They must not boil any more, for it would get hard. But you must keep them hot, and stir it on the fire without boiling. When you serve up, take out the kidneys with a skimmer and put them in the dish; boil the sauce a little, and pour it over the kidneys, well seasoned.

180. *Beef-Steaks with Potatoes, French Fashion.*

Take some thin slices of rump of beef, flatten them, and season them with a little salt, pepper, &c. Dip these slices into a little butter, that the gravy may not drop out whilst broiling. You must have some parsley chopped very fine, and mixed with butter, salt, pepper, lemon, &c. When your beef-steaks are done, put the above ingredients under the steaks, and all around fried potatoes of a fine brown colour. Glaze the beef-steaks; you may serve them with different sauces, as mushroom, oyster, sauce haché (No. 25). Beef-steaks are also served with oysters. (See Sauces.) This dish is excellent with the fillet mignon (as No. 176).

181. *Rump of Beef Braized.*

Take a rump of beef; put it in a large braizing-pan, with plenty of parings of veal, a large piece of the breast part of bacon, a small bit of ham, a few carrots, onions, some parsley-roots, a bunch of parsley and green onions, seasoned with thyme, bay-leaves, spices of all sorts, and a ladle of good broth, Cover the meat with bacon first, and then with two sheets of white paper, to prevent the fire that you are to lay over it making the meat look brown. When you have closed the braizing-pan, stick some slips of paper all round, and stew the rump for four hours on a very slow fire. A moderately-heated oven would be preferable. The braizing-pan must have boiled before you put it into the oven. You are to garnish with greens well boiled, a few carrots glazed, and good Espagnole for sauce. The rump must be glazed of a nice colour, and served very hot. The best part is the fat side; the meat under it is tender and mellow.

182. *Roast Beef.*

The author would recommend to the cook to choose, in the first place, a well-covered sirloin, not weighing more than twenty or twenty-four pounds: a large piece is never well roasted; the time which it requires causes the outside to be too much done, while the middle remains quite raw. The meat must be covered for one hour only with paper, to prevent its taking too much colour; it is necessary to observe, that for large pieces the fire must not be too sharp, or the meat will be burned before it is warm through; just before you take it off the spit, spread some fine salt over it, and send it up very hot with gravy only. This joint is often spoiled for the next day's use, by an injudicious mode of carving. If you object to the outside cut, take the brown off, and help yourself to the next; by thus cutting it only on one side, you preserve the gravy in the meat, and the goodly appearance likewise: by cutting it, on the contrary, down the middle of the joint, all the gravy runs out, and it remains dry and void of substance, besides exhibiting a most unseemly

aspect when brought to table a second time.—(See also "Sirloin of Beef roasted," page 84.)

183. *Poitrine of Beef Braized in a Hochepot.*

Take about four ribs of beef—the breast: pare the thick part, and braize them in the same manner as you would do the rump. Send up with glazed onions, or cabbages, or hochepot (No. 84), or a sauce haché (No. 25), round it. Observe that you are to detach the ribs, or flat bones, which are not to be served with it.

184. *Inside Slice of Beef Broiled, with Sauce Haché.*

Take the slice which lies between two ribs of beef, flatten it well in a good shape, and broil it. If it be thick, you must have a gentle fire to heat it through; if it be thin, the fire must be brisk, or it will not get a good colour, nor eat so well. The inside slice is the most tender eating: it is what is called, in French, une entrecotte de bœuf.

185. *Hachi of Beef—(Beef Hashed).*

Take some of the beef left the preceding day, remove the fat and skin, mince the meat about the thickness of a halfpenny, and about the same size; spread over it salt, pepper, and flour, and moisten this with the gravy left from the meat; do not boil this hash, for if it boil for any length of time it will be hard and tough, but if it is only warmed it will be very tender.

When you make hash for the servants, cut one onion or a few shalots very fine, season with salt, pepper, bay-leaves, and thyme, and put the bone only to boil in a stewpan with water only; let this boil for an hour, and season it well; then put the meat only to warm; if you have in the larder some gravy left from the preceding roast, add that to the hash, but do not let it boil, or it will curdle. To make a hachi of beef aux œufs poché (hashed beef with poached eggs), take out the fat and sinews from the tender beef, chop it very fine, and have some good Espagnole very hot, and put the meat in it: do not let it boil, and serve this with the poached eggs over it.

186. *Hochepot of Ox's Tail.*

Beef-tail is very good eating, but in general it is seldom sent up as an entrée, or first-course dish; although in hochepot sauce and in haricot sauce (see Nos. 69 and 84) they may be served in a deep dish. The beef-tail is to be cut in the joints, and left to disgorge in water. It must next be blanched. You then let it cool, and put it between layers of bacon, to prevent its getting black. Moisten and season it with carrots, onions, &c. When done, drain it, and serve up with the sauces above mentioned. Observe that this dish must be well done, as the meat should detach itself freely from the bones. Be particular in seasoning this braize. You should have onions and a bundle seasoned.—(See No. 5, note.)

187. *The same, with Brown Haricot.*

Braize as above, and cover with brown haricot sauce. (See No. 69.)

188. *The same, with Green Peas.*

The same as above; cover over with green peas stewed.*

189. *Rump of Beef Glazed.*

The rump is undoubtedly the best part of the beef, and particularly for French cookery; it is necessary to select for this dish that which is most covered with fat; cut out the small fillet first: then take out the bone, and tie it round of a good shape; put it into the stock-pot in which you make the broth. When done, drain it a quarter of an hour before dinner-time, that you may trim it well and glaze it several times. Dish it with green parsley all round. It is necessary to observe, that as the best eating part is that which is most covered with fat, the cook must be particular in trimming the fat, and leaving only what

* Tureens are out of fashion, but the dish must be served at a family dinner, or in the steward's room. Deep dishes are very well adapted to these entrées.

is necessary to receive the glaze. The manner of cutting the meat is a great advantage to the savour; the cook should mark the place with chopped parsley, as was the constant practice of the author when he had occasion to serve the rump of beef.

Several people braize the rump of beef, a practice of which the author does not approve, as it gets too highly seasoned for people who have so many other things to eat. The sauces and garnishes that are served at the same time are sufficiently seasoned, without the beef being so likewise. Besides, the first method is the most economical, as the braized rump furnishes too rich a liquor to be used in delicate cookery. Moreover, when boiled in the common way, the rump is more wholesome, makes more broth, and therefore deserves the preference. However, not to disappoint such as might like it, we shall proceed to treat of

190. *Rump of Beef Braized.**

Take a rump of beef well covered with fat; bone it, tie it up with packthread. Then put layers of bacon at the bottom of a braizing-pan; lay the rump of beef, with its top part upwards, on the bacon: next cut into slices a large quantity of veal, which serves to wrap up the beef; then cover the whole with layers of bacon; put in some carrots, onions, parsley, green onions, thyme, bay-leaves, mace, cloves, spice, salt, and pepper: moisten with a little broth; then close the brazing-pan as closely as possible, and let the meat stew on a slow fire for four hours; when done reduce some of the liquor and glaze it with the same. —Then take some carrots that have been braized with the beef, and trim them of a nice shape. They must be served up glazed. Add likewise some glazed onions and braized lettuce, all which roots and vegetables put round the rump in small heaps, then send up with some of the liquor that you have thickened with brown sauce; if you have no sauce, put half a quarter of a pound of butter into a small stewpan, mix with it a tea-spoonful of flour, moisten with some of the liquor; add a little gravy to

* Rump is what is called in French cullotte de bœuf.

give it a good colour, and, when well done, skim off all the fat, and put it over the rump.

191. *Breast of Beef à la Flamande.*

Take that part of a breast of beef which contains the gristle, and season it the same as the rump. Let it boil gently for four hours, and then drain the liquor through a silk sieve. Reduce it to glaze, with which you must glaze the breast of beef. Then garnish the dish with carrots, turnips braized, and cabbage done separately, and sauce with a very good Espagnole (Spanish sauce, No. 17); when you have it, put a little of the liquor in which the braized beef was stewed. This is an excellent dish when done with care. This beef may be garnished sometimes with stuffed cucumbers (see that dish), sometimes with glazed Spanish onions, and at others with artichoke bottoms, &c. In France they put small patties round it, a custom the author does not approve of.

192. *Sirloin of Beef Roasted.*

The principal observation and direction required with regard to this article is, that it is of all the parts the most delicate; and when the piece is very big, the fire must be more moderate, as it is a long time before the middle can be warm. If your fire is sharp, the meat will be burnt on the outside, and quite raw in the middle. Another necessary observation is, that when you put the spit too low, the meat loses a great deal of the heat, receiving it only from the top: to keep down the colour, it is better to cover it with a few sheets of white paper, and uncover it only when the meat is nearly done. Take care, however, not to cover the meat too closely, merely paper the part that faces the fire, otherwise the beef will not be roasted, but boiled.

CHAPTER V.

RECEIPTS FOR COOKING MUTTON AND LAMB.

MUTTON AND LAMB.

It is necessary to observe to the junior cook, that almost everything which is made with mutton may be made also with lamb; with this only difference, that lamb, being the more tender meat, requires less cooking. If you make haricot of lamb, you must sautez (fry lightly) the cutlets first, and then boil them in the sauce of haricot (No. 69); the epigram is always made with lamb, as it requires a blanquette in the middle of the chop. Mutton is too highly coloured for it. Any observation respecting mutton is of importance, as it is more frequently served at dinner than any other dish. Be cautious, therefore, always to have your mutton very dark and marble-like.—Young mutton is very pale, and has no flavour. You perceive the qualities of mutton when it appears very brown, and when the nerves of the leg are small and transparent. Young mutton is larger and whiter, the flesh on the neck being very dark and mixed with fat.

193. *Mutton Cutlets with Soubise, or Onion Sauce.*

Take a neck of mutton, and cut the chops one by one without flattening them; cut off some of the flat bone at the extremity of the chops. Put them into a stewpan with all the parings, together with the parings of the onions to make the soubise. Season the whole well with carrots, a bunch of parsley, and green onions, salt, and a very small quantity of spice, &c.; throw in four or five spoonsful of good broth, to braize them. When done, drain them and let them cool. Strain the liquor through a silk sieve. Then reduce it to a glaze. Next pare the

chops nicely, and put them with the glaze. This being completed, dish them miroton way, and pour the soubise or onion-sauce (No. 45) into the middle.

Some persons take two necks of mutton, cut two bones to each chop, lard them with bacon, and braize them as above; but mutton, being in general fat, is better without being larded. With regard to the two bones, you must take care not to let them be too thick; if they are too thick you cannot dish them well.

Another, and a much better, Method of preparing Cutlets à la Soubise.

Cut the mutton chops a little thicker than when you wish to broil them. Pare them nicely, and put them into a stewpan, where they may all lie flat. Put an onion or two, a few carrots, a little salt, a bundle of parsley and green onions seasoned,* four or five spoonsful of good consommé † (stock-broth No. 2), and sweat the whole till it is entirely done. Then take out the roots, put in a little glaze, and reduce over a large fire. When entirely boiled down to a glaze, take them off the fire for a few minutes, let the cutlets settle in the glaze, take out the trimmings and vegetables, turn over the cutlets in the glaze, and take out the grease or fat, lay them on a cover to drain the fat, and serve up before they can get dry.—This method is preferable to the other. You must not in either case lard your chops with bacon. These cutlets may be served up with all sorts of purée of vegetables.

194. *Chops or Cutlets in White Haricot.*

Prepare the chops as above. Braize them in the same manner. As many people object to onions, serve them with a white haricot instead of a soubise sauce.—(See Sauces.) Cut turnips into good shapes, and serve in béchamel, after having been boiled in broth.

* It may be necessary to remind the reader that SEASONED means a composition of all sort of herbs.

† Be on your guard against using old broth: if you have no fresh broth, put water. Old broth turns the cutlets red.

195. *Cutlets à la Minute*—(*Chops at a Minute*).

Take the best part of a neck of mutton that has been kept for a while. Cut the chops one by one, and pare them as nicely as you can. Season them with pepper and salt, dip them into some melted butter, and broil them over a brisk fire. Serve them up with very strong gravy of veal, well seasoned. Observe that these chops or cutlets, to be good, must not be too much trimmed, and you must leave a little fat to them ; they are dipped in butter to prevent them from drying and to keep the gravy in them. When you have not a good clear fire for broiling you must put them in a sauty-pan, with very little butter, and fry them quickly on a sharp stove ; turn them, and fry the other side ; when done, drain the butter, and add to it a little glaze, a small bit of fresh butter, salt and pepper, and serve them very hot, with their glaze only. When these cutlets are well managed they are very good : you may ascertain when they are well done by touching them with your finger ; if they feel firm they are done.

196. *Cutlets à l'Italienne*—(*Mutton Chops Italian way*).

Take the best part of two necks of mutton, kept long enough to render them very tender : trim them as small as can be without wasting anything ; then, laying them on the table, spread over each side salt and pepper. Have in a plate the yolk of one egg, take a paste-brush and dip it lightly in the egg, rub the chops one after the other, and rub them in the crumbs of bread ; have some butter melted, but not clarified ; dip the chops in the butter and the crumbs of bread, then beat them in your two hands, and dip them again in the crumbs of bread, make them very equal with the knife, and put a little of the butter in a thick sauté-pan ; put the cutlets into it, and at the dinner-time put them over a very brisk fire, to fry them of a very good colour ; observe, if the fire is not very brisk, they will take too much time in the cooking,

and will be necessarily overdone: as soon as they acquire a colour, turn them over, and let them have a good colour; put your finger to the middle of one; if the flesh feels firm they are done; drain them on a half-sheet of whity-brown paper, and press them between two pieces in order to extract all the fat; pass the paste-brush of glaze lightly over, and serve up with Italian sauce (No. 24), very thin, spread over; this entrée will be in universal favour, if you are particular in the preparation of it.

197. *Chops or Cutlets of Mutton with Purée of Mushroom.*

These are nearly the same as in No. 196: only you serve the purée of mushroom instead of the Italian sauce, but do not cover over with the sauce; glaze the cutlets, and drain them, and put the purée in the middle of it.

198. *Cutlets en Haricot Brun—(Mutton Chops Haricoed Brown).*

Many people braize and glaze them, and put the brown haricot sauce (No. 69) in the middle, but I will explain the manner in which they are to be prepared, in order that they may taste of the turnips. Cut the chops as in No. 193, pare the bones nicely, then fry them in a little butter, of a nice brown colour, drain the butter, and make a thickening as follows, that is to say, put into the same stewpan a small bit of fresh butter and a spoonful of fine flour; put this over a moderate fire, and turn it with a wooden spoon till the flour is of a very nice brown colour, then moisten with some gravy of veal of a fine colour, well seasoned. When the sauce boils, throw in the chops, and the trimmings of the turnips, and a seasoned bundle of parsley and green onions; let them stew gently on the corner of the stove. Skim the sauce frequently; when the chops are nearly done, drain them in a clean stewpan. Have ready some turnips turned

in whatever shape you think proper, but they must not be too small for this dish; drain the sauce through a tammy over the turnips and chops, which stew in this sauce with a little sugar; continue skimming frequently. When the turnips are done as well as the chops, keep them warm in the hot-water bath (No. 44, note) till you serve up.

N. B.—Some people fry the turnips in butter to make them brown, which is useless, as they will look very well provided the gravy of veal is of a fine colour; but in case you have no gravy of veal, you put into an omelette-pan a small bit of butter, a teaspoonful of white pounded sugar, and the turnips; fry them till they are of a fine colour, then moisten and use them as specified above: they must be boiled in the sauce.

199. *Cutlets Sautées à l'Essence.*

Pare the chops as nicely as you can, then put them in a cutlet or sauté-pan, with melted* butter. Fry them lightly over a brisk even fire. Drain part of the butter; put one or two spoonsful of Espagnole (Spanish sauce, No. 17), and a little glaze, in the cutlet-pan, with the juice of a lemon. Keep stirring the whole over the fire, but do not let it boil. Dish and send up instantly.

N.B.—If these are kept waiting they are spoiled. They are fine eating, however, for such people as like their meat under-done; but if they are over-done, they have no more savour than cork or leather. See No. 195.

200. *Côtelettes à la Maintenon—(Maintenon Cutlets).*

Pare the chops as before. Chop fine some sweet herbs, such as parsley, shalots, and mushrooms, which fry in a little butter. When they are done, fry the chops a little

* It is necessary to observe, that when the butter is not clarified it must be put in a stewpan over a slow fire, and allowed to melt till the butter-milk settles at the bottom of the stewpan. Let it not be too much done.

in that seasoning till nearly done, let them cool in the herbs; then have some strong foolscap paper cut in the form of the cutlet, put some of the herbs and ham chopped very fine, if you have it ready in the larder; put the cutlets in and a little of the herbs over them; wrap them in the paper, and broil them on a very clean gridiron and very equal fire till of a good colour; serve them very hot, and a little Italian sauce separate. Mind to wipe the grease with a clean towel before serving them.

201. *Filet Mignon de Mouton à la Maréchale—(Inside Fillets with Marshal sauce).*

The inside fillets of mutton are to be taken off from under the sirloin; take off all the fat; flatten the fillets with the handle of your knife, then scatter a little salt and pepper, have a paste-brush dipped slightly in the yolk of an egg, dip the fillets in the crumbs of bread, and afterwards in the melted butter; make them of a nice form with the knife, put them in a sauté-pan or frying-pan with a little of the melted butter, the less the better, as the fillet will take colour sooner, and be more quickly ready. After having broiled them of a fine colour, drain them in a sheet of very clean paper, to take off the grease, and sauce them with the sauce, which for this is tarragon vinegar boiled down in a small stewpan, and moisten with three or four spoonsful of Spanish sauce (No. 17), and a little cayenne pepper.

202. *Filet de Mouton au Chevreuil—(as Roebuck).*

You must have the fillets of four saddles of mutton, which of course produce eight fillets mignons (small fillets); lard them in the same manner as fillets of rabbits, next pickle them in a marinade of thyme, parsley, bay-leaves, onions, salt, pepper, and vinegar. When they have been lying for two or three hours in this marinade, put them in a sauté-pan or frying-pan over layers of bacon, and bake them of a nice colour. When done, glaze them, and serve them up with sharp sauce (No.

27) under them. Observe, that this entrée is only to be served in a family, where you give saddle of mutton to the nursery or to the servants; in that case, you take off the inside fillets. You may leave the inside fat to the saddle and only take off the fillets.

203. *Filet de Mouton á la Purée d'Oseille*—(*The Inside Fillets with Purée of Sorrel*).

These are to be pared and larded as in the last. Make a bed or layer of roots in a stewpan; these you cover with slices of layers of bacon; then lay the larded fillets on the bacon, and powder them over with a little salt. Moisten but little. They only require one hour to be done, between two fires, one at the top, the other at the bottom. When they are done, reduce the liquor and glaze the fillets with that glaze. Serve under them the purée of sorrel.

N.B. They are also sent up with endive, or with the Soubise (No. 45), or Macedonian Sauce (No. 54).

204. *Le Carré de Mouton Braisé à la Bretonne.*

Take a good neck of mutton, take out the flat bones and the fat and sinews of the fillet; lard the fillet very well, and keep the fat part the same size as the fillet; cut the bone short so as to give a good form to the neck; put in a stewpan a few slices of carrot, onion, parsley, green onions, herbs, &c., and put over the carré salt, pepper, and mustard, with a little broth; let it boil slowly for two hours; reduce the broth to a glaze, and glaze the neck with it, and serve under it the haricot blanc à la Bretonne. See haricot sauce (No. 47). Put the white haricot well done in the sauce, not too thin, and well seasoned; serve this under the mutton.

205. *Carré de Mouton au Persil*—(*Neck of Mutton with Parsley*).

Take the same two parts as above; after having taken out the bones, take off also the sinews, as if you were going

to lard them. Have in readiness a few branches of parsley, quite green, with which you lard the fillet only, but very thick, for, when well done, the parsley is diminished considerably, as it gets dry. Before you want the mutton, it must be steeped in oil and salt, an onion cut into slices, &c. The oil makes the parsley crisp, and preserves its green colour. Send up with a sharp sauce (No. 27), or a Spanish sauce (No. 17).

206. *Les Carbonades à la Jardinière*—(*Gardeners' Rashers*).

Take a saddle of mutton, and cut off the skin that is over the fat without stripping the fillet. Cut the saddle in two, and each of these two into three or four; braize them as the mutton with Soubise sauce; do not leave too much fat, glaze them of a nice colour, and serve them with haricot sauce (No. 69) or the jardinière (gardeners' sauce), or endive, or spinach, &c.

N.B. This dish, although frequently sent to table in France, is not often introduced in this country. It may be sent up with sorrel, or with any sauce whatever; but it is too fat in general.

207. *Poitrine de Mouton à la Ste. Menoult*—(*Breast of Mutton Broiled*).

These are to be braized with carrots, onions, spices, &c. When they are well done drain them. Take out the bones and let the meat cool between two dishes, that it may be kept flat. When cold, cut them into the shape of hearts, rounds, or into chops, just as you like. Brush them over with the yolk of an egg, and then dip them into crumbs of bread; next dip them into clarified butter, and give them another coat of bread-crumbs. Put them into the oven to give them a fine brown, and serve them up with a sauce haché, or an Italian sauce (No. 24), or with haricot sauce (No. 69). This is also a common dish. Breasts of mutton are very good broiled without crumbs of bread; when you have breast and scrag of

mutton in the larder, boil them in the stock-pot, let them be well done, then drain them and put over them salt and pepper, and broil them of a sharp colour, and serve under the following good and sharp sauce: Slice six shalots and put them in a stewpan with white vinegar to reduce; when entirely reduced put a little gravy to it, and salt and pepper, and serve with it some gherkins minced.

208. *Musette of Mutton with Endive—(Mutton Bagpipe with Endive).*

Take a shoulder of mutton that has been kept for some while: bone it without taking off the thin skin that is found near the joint; powder it over with a little pepper and salt. Then pass a piece of packthread round, as tailors do round a button, fasten the packthread, and mould the shoulder of mutton quite round. You must preserve the knuckle so that it may resemble a bagpipe. Braize it, and season it well. After having drained and glazed it, send it up with either endive or sorrel.

N.B. It may also be stuffed and larded, and a floweret larded in the top part, and sent up with white beans à la Lyonnaise.—(See that dish.) This is also a common dish.

209. *Sheep's Tongues with Turnips.*

Take eight tongues of an equal size; let them disgorge in a little water and flour, and next blanch them. When thoroughly blanched, put them in a stewpan, to braize them. In case you should have a braize of beef, or of mutton, or any others, they will all equally answer the purpose for sheep's tongues; when they are done, peel them and cut them in two. Dish them miroton way, and cover them with the sauce of the haricot, the turnips of course being put in the middle. It is customary in French cookery to call anything made with turnips haricot.

210. *The same with Cabbage-Lettuces.*

The tongues are to be braized as above, the same as those you wish to cook in any way whatever. Take a dozen and a half of good cabbage-lettuces, wash them very clean and blanch them. When they are cold and you have squeezed all the water out of them, open them in two, take off the stalks, powder a little salt and pepper over them; then shut them and give them a good form; mark them in a stewpan, surrounded with layers of bacon; moisten them with a little braize, or anything to give them a good taste; otherwise take the pot-top, with a little broth and salt. When the lettuces are quite done, drain them, and squeeze them in a cloth to extract the grease. Dish them in rosettes thus, a tongue, a lettuce, and so on successively. Put a large tongue in the middle, to improve the look of the rosette. Another time cut the tongues in two, and dish them miroton way, that is, one half of a tongue, and lettuce, alternately. In this case, put a jardinière in the middle and cover both the tongues and the lettuce with the Espagnole (Spanish sauce, No. 17). This is likewise a common dish in a first course.

211. *Sheep's Tongues au gratin.*

Cut as many bits of bread in the shape of cocks'-combs as you have tongues. Take some fine farce or force-meat.—(See Chap. 3.) Erect a little dome in the centre of the dish, and dress the tongues in the said farce, leaving however room enough between to place one of the toasts; then put the dish into the oven. When the force-meat and tongues are done, take them out of the oven, and drain all the grease; they must be covered with bacon in order that they may not get dry (unless a mould may be procured to close hermetically); you then put the toasts, or croutons, fried of a fine brown colour, between each tongue, and the sauce with a thick essence.

Mind that the tongues must be glazed and braized before, with whatever sauce you serve them.

212. *Langues de Mouton à la Maintenon*—(*Maintenon Sheep's Tongues*).

The tongues are to be cut in two, and put into a dussel sauce (No. 66), or in fine herbs, the same as Maintenon chops. When you put any meat in papers, you must use as great a quantity of fine herbs as possible, (as in Maintenon chops, *supra,*) and put to it likewise the ham chopped and the crumbs of bread.—(See No. 200.)

213. *Hashed Mutton, English Fashion.*

When you know that you will have hashed mutton to make, be careful to keep some of the good gravy, then cut the skin off, and the sinews; leave as much fat as you can find in the inside of the leg; cut the meat into small flat bits, season with a little salt and fine pepper, spread a little fine flour over the meat, mix all very well, then moiston with the gravy; if you have no gravy, you must have a little broth and a small bit of glaze or portable soup; do not let it boil, for it will make the meat very tough.

214. *Eminci de Mouton aux Concombres*—(*Minced Mutton with Cucumbers*).

Roast a leg of mutton that has been kept for a long time. When under-done let it cool; when quite cold, pare the sinews, skin, fat, &c. &c.; next make a mince, which throw into the sauce with cucumbers à l'Espagnole. It need scarcely be said that you may use in preference some mutton left from the preceding day, and you may likewise make the hachi de mouton as well as the hachi de bœuf with poached eggs, cucumbers, &c.

215. *Minced Mutton with Endive.*

This is to be prepared in the same manner as all other minces of mutton, Only observe that minces of black meat, as we call them, require brown sauces; and that the meat must never boil a second time, as it would become tough.

216. *Queue de Mouton aux Pois—(Sheep's Tails with Purée of Green Peas).*

Lay the tails in water to disgorge the blood; next blanch them, and braize them in an old braize; otherwise they are to be seasoned with carrots, onions, spices, &c. When done, drain and glaze them. Then let them get a little dry in the oven. Put the purée of green peas (No. 50) under them; the same if you use purée of sorrel.

217. *Queue de Mouton à la St. Laurent.*

Braize them in the same manner as those above; drain them and let them cool. Mind to give them a pleasing shape. Next brush them over with the yolk of an egg, and dip them into crumbs of bread. Then dip them into melted butter and crumbs of bread again. Put them into the oven till they are of a fine brown, if your oven is hot enough; if not, broil and send them up with rich gravy, or an Italian sauce. (See No. 24.)

N.B. The last seven entrées of mutton, to this last number, are not very frequently sent up to table in England, but in France they are held in high estimation. The tails are served in different ways, the most commendable of which is that with green peas, and purées of all sorts.

218. *Cervelle de Mouton en Matelotte—Matelot of Sheep's Brains).*

Detach the brains from the heads of about eight sheep, without breaking them. Put them into a large vessel

with some lukewarm water; take off the skin and let them disgorge for two hours. When they are become quite white, blanch them in boiling water, vinegar, and salt; and when they are very firm, put them in very cold water, after which place some layers of bacon round a stewpan, big enough to hold all the eight brains, add a small onion with one clove, a small bundle of parsley well seasoned, and some salt, and cover them with some layers of bacon and a round of paper; a little broth is required, and a few slices of lemon, to keep them very white. Twenty minutes will suffice to boil them, but they must be boiled two hours or more before dinner, to acquire a flavour; then at dinner you must have ready some croutons, or small crusts of bread, in quantity equal to the brains, stick them in the dish alternately, to leave room to put the brains in the spaces; mask them with the sauce of matelots, mushrooms, and small onions, &c. This matelot is the same sauce as the financière, only reduce a little Madeira wine in a small stewpan, and put to it a mushroom, a small glazed onion, a small quenelle, &c., and put the ragoût into the middle, and the sauce over the brains.

219. *Cervelle de Mouton à la Maître d'Hôtel.*

Proceed entirely as above directed, with the croutons (crusts) glazed and stuck in the dish as above; and at dinner-time, as soon as you have dished up the brains, take three spoonsful of béchamel, a good bit of fresh butter, a little salt and cayenne, some parsley chopped and blanched, the juice of half a lemon; then work the sauce over the fire, to render it very hot, and serve quickly.

220. *Pieds de Mouton—(Sheep's Trotters) à la Poulette.*

Take a dozen sheep's trotters well scalded and boned. Wash them in warm water, and let them disgorge till very white, blanch them, then put them in a blanc.—(See Calf's Head, plain, No. 138.) When well done, take some sauce tournée (No. 19) well reduced, to help the

thickening, into which you have put a little chopped and blanched parsley, with the juice of a lemon; then throw the trotters into this sauce after having them well drained. If you should happen to have no sauce tournée, make a little white roux thickening (No. 14), moisten it with good consommé broth (No. 2), seasoned with a bunch of parsley and small onions, and a few mushrooms, Let this sauce stew on the corner of the stove; skim the grease, and after having reduced it to a proper state for the thickening to be thrown in, drain the sauce through a tammy, and put the trotters into it. This dish must be well seasoned; add lemon and a little cayenne.

221. *Pieds de Mouton en Canelons—(Sheep's Trotters Stuffed).*

Take some sheep's trotters as above, and stew them in the same manner; but do not let them be overdone, as they are to be stuffed with a force-meat, which could not be done in the latter case. Introduce the farce à quenelles, (force-meat for quenelles, *supra*, ch. 3,) in the room of the bones. When the trotters are well stuffed, put them between layers of bacon, and moisten them with a poële. Stew them for half an hour only, on account of the force-meat. Drain them, and cover them with a sauce well seasoned, either white or brown, according to your taste. As these are to be served whole, when you bone them, mind you do not injure the skin, for they would not hold the force-meat that you must put in. Observe, that this dish is excellent, as well for the taste as for health. It is particularly good for weak stomachs. The sheep's trotters are very good likewise, when they have been done as above, fried in the following way:—When they are cold add some of the sauce to them all round; then dip them in crumbs of bread, and in an omelette and crumbs again; fry them of a good colour, and serve under the sauce tomata. (See No. 92.)

222. *Sheep's Trotters, Fried*

Are to be prepared in the same manner as the preceding. Make a marinade cuite, and leave the trotters in it to steep. Then drain them, and dip them into a paste; fry them of a fine brown, and when well drained send them up, with parsley fried green in the middle.

For a marinade cuite (or stewed pickle) take carrots, onions, a little parsley-root, a clove, a little thyme, a bit of bay-leaf, and a shalot, which mix together. Fry them a little, but not brown, in a little butter. When the roots begin to colour, moisten with half water and half vinegar; let the roots and vegetables get quite done; season with pepper and salt, and drain it through a silk sieve over whatever you may choose to steep or marinade.

223. *Sheep's Trotters' Farce.*

Prepare the trotters as above, and when well done put a little of the farce à quenelles (force-meat for quenelles, chap. 3) well seasoned in the inside, then crumb them over in the same manner as the other, dipped in one omelette. Observe, this fritter should be in a moderate heat, to afford time to do the farce; when done too quickly the meat will be raw. When fried of a good colour, drain them very well, and serve them up covered over with a good Espagnole (Spanish sauce, No. 17).

Paste for frying, or batter.—With regard to the batter intended for frying marinades, beignets (fritters) of all sorts, as apples, apricots, peaches, beignet (fritters) of cream, &c., put about four spoonsful of flour into an earthen pan, with a little salt, a little olive-oil, and moisten with a sufficient quantity of water or good beer, that the paste may not curdle. When the flour is well mixed, beat the whites of two eggs, which mix with the paste, and then put in whatever you may wish to fry. This method is preferable to any other, except such as may be recommended for artichokes, orlies, &c. &c. Mind not to leave too much paste after whatever you fry, otherwise it will be too rough; if the paste is not too thick, the object fried will look better.

224. *Sheep's Kidneys Broiled.*

Take some kidneys that have been kept for a while, cut them in two, and remove the thin skin that covers them, use a small skewer to keep them open, in imitation of two shells; powder them over with a little pepper and salt, dip them into a little melted butter, and broil them just as you are going to serve up. Broil the side that you have cut open first; when you broil the other side, the whole of the gravy issues to the upper part. Mind when you take them off the fire that the gravy does not drop off. Have some parsley chopped very fine mixed with fresh butter, the juice of a lemon, pepper, and salt; put a little of that mixture over each kidney, and send up to table in a hot dish.

N.B.—Kidneys are an excellent breakfast for sportsmen, but are seldom sent up to dinner. They must be eaten directly, as they lose their goodness by waiting. They have also the disadvantage of being uneatable if they are too much done; and a man that cannot eat meat underdone should not have them at his table.

225. *Sheep's Kidneys with Champagne.*

Take six or twelve kidneys, according to the quantity that you wish to dress; remove the skins and mince them the thickness and size of a halfpenny; have a little bit of lean bacon cut in small squares; fry them in an omelette-pan, with a very small bit of butter; when the bacon is of a good colour put in the kidneys, taking care to move the pan frequently, to fry the kidneys equally; when they are done strew over them a little salt and pepper, some parsley chopped very fine, and a very small bit of shalot, well chopped also, pour over a little flour; stir up all with a wooden spoon, then moisten with a glass of white Champagne or Chablis (neither Madeira nor Sherry), which should be very hot, but do not let it boil, otherwise the kidneys will not be eatable; add a little lemon and a little cayenne, and observe that these dishes should be well seasoned. Serve the kidneys

first in the dish with a hollow spoon, and let the sauce have one boil to do the flour; mind that the sauce be judiciously thick to add to the meat, but not too thick.

226. *Gigot de Sept Heures, or Braized Leg of Mutton.*

Put the leg of mutton into a braizing-pan; trim it with a little veal, a few carrots, onions, and a bunch of parsley and green onions, properly seasoned. Cover the whole with thin slices of bacon, to prevent its being burnt. (Observe, if the bacon has been cured with saltpetre, it will turn the mutton red.) Let it stew for about four hours; then strain the liquor through a silken sieve; reduce it to a glaze, and then glaze the leg of mutton, which you send up with glazed onions or white beans à la maître d'hôtel (steward's way), or à la Lyonnaise.

227. *Gigot de Mouton, or Leg of Mutton, Farcie or Stuffed.*

Take a leg of mutton, bone it without damaging the skin, cut off all the fat; then take some fat bacon, about one-third of the quantity of the inside meat: chop the bacon and the meat together, season the whole well, with chopped parsley, en shalotte, and pounded spices; put this force-meat into the mortar; when it is well pounded stuff the skin of the leg of mutton, sew it underwise, wrap the whole in a cloth to give it a good shape, and braize it as the last dish. Drain it a short time before you serve it up in order to be enabled to take off the packthread. Then glaze and serve up with Lyonnaise sauce, which is made as follows: Take one quart of white haricot beans, put them into soft water for three hours, then put them into cold soft water to boil, with a very small bit of butter; when done, mince one very large white onion, and fry it in half a quartern of fresh butter; when the onion is well done, put to it a spoonful of flour, moisten with some good gravy, and leave the flour to be well done; then put a few haricot beans with it, and rub it through a sieve or tammy; after this drain the haricot beans well, put them into that purée, or mash, well seasoned with salt and

pepper, and reduce the liquor in which you have stewed the leg, to give a good taste to the haricot.

228. *Leg of Mutton Roasted.*

This joint is with reason the especial favourite of an English epicure, and the dish that makes its appearance oftener than any other at his table. Welch mutton is in very great repute; but I have frequently dressed Leicestershire equal to any mutton in the world. This joint does not admit of being covered with paper. It must be cut in the joint, that it may be bent round when placed on the spit. This operation makes the meat carve better; as the sinews have been cut, they will not shrink, and the gravy remains longer in the meat. A leg of mutton shows its excellence when the sinews are very small, and the back appears very brown; it is never in that state till it has attained three or four years of age, and it should have that age to be in perfection. The leg should be roasted by a pretty sharp fire to keep the gravy round it.

229. *Saddle of Mutton Roasted.*

This joint is likewise a great favourite, and possesses very delicate meat, particularly if carved in the proper way; the only objection is the great weight of the joint, and the disproportionate quantity of meat that can be cut from it. You must procure for this joint a proper skewer, give a little nick with the chopper to separate the bone near the tail, and put the skewer through; then tie the saddle on the spit, and roast it the same way as the leg, before a sharp fire, otherwise it will not be so tasty.

To carve it well, you should make an incision about three inches along the bone, cutting it sideways as a cutlet; in this way the meat is better. Those persons who dislike the fat may leave it on their plates. By this mode of carving, you may serve twelve people instead of six.

230. *Roast Beef of Mutton.**

The same preparation as the roast beef of lamb. (See the end of this chapter.) This is sent up in particular cases only; when large dishes are wanted to cover a table of extraordinary magnitude, or to display the magnificence of the host.

231. *Boiled Leg of Mutton.*

The same as the above, only boil longer according to the size; and mind not to boil it too fast, as it will be tough and white; but if you boil it gently, it will be always good.

232. *Breast of Mutton à la Bourgeoise—(Plain Breast of Mutton).*

Take some breast and scrag of mutton, cut in square bits, of two or three inches each in size. Let it have as little fat as possible, put the mutton in a stewpan, with a little fat or butter. Fry the mutton till it is of a very good colour and very brown; then throw the fat out, dust with a little flour, salt, pepper, one onion, a bunch of parsley and green onions, seasoned with a few bay-leaves, thyme, &c. Moisten with water only, and let this boil gently till the mutton is nearly done, then take all the fat out, by putting the sauce in a small vessel. Let the fat rise to the top, and take out the fat; then put the sauce again, and add to it two quarts of young peas; let them boil gently, till done. Take out the bunch and onion, season of a good taste, and serve up. This is an excellent means of cooking the lower part of mutton for servants, as the author has done always in the summer. When you have any bacon to spare, add some to it; it gives additional flavour. When you have no peas, put turnips or potatoes in slices.

* The saddle and the two legs together are called "Roast-beef of Mutton

233. *Breast of Mutton en Haricot—Haricoed Breast of Mutton).*

Braize the breast of mutton as you would do any other meat; when done, take out the small bones, and let the breast cool. Then have the meat cut into hearts; warm them again separately in a little of the liquor, and after having drained them mash them with the haricot.—(See Sauces.)

234. *Haricot of Mutton à la Bourgeoise—(Plain Haricot of Mutton).*

Cut the breast, neck, and scrag of mutton in pieces of about three inches each; put them into a stewpan with a little fat of any kind. Let the meat fry a nice colour in a stewpan or fryingpan; when the mutton becomes of a good colour, shake the flour-box over, and add some salt and pepper. Moisten this with boiling water, adding a large onion with two cloves stuck in it, a bunch of parsley, and green onions well spiced. Let this boil till the meat be nearly done; skim all the fat, and then add some turnips that you have trimmed without much loss, and have fried with a little sugar to give them a good colour. Put the turnips to the mutton, skim away all the fat, and take out the onions and the bunch, and serve up. This is a useful and agreeable family dish. Sometimes you put potatoes in lieu of the turnips, but take care they do not break.

235. *Breast of Mutton in a Hochepot.*

Braize * it as above, and cover it with a hochepot.—(See Sauces, No. 84.)

* Braizes in general.—It is necessary to observe, that everything which has the name of BRAIZE must be done thoroughly, and must likewise be seasoned with vegetables, spices, sweet herbs, &c. Braizes belong rather to a common style of cookery, but to be made in perfection require the utmost nicety of the art. They require so much care, and such constant attention, as to be frequently neglected in a gentleman's kitchen. I shall name the things in most common use which belong to the class of braizes, viz. fricandeaux,

236. *Breast of Lamb with Green Peas, Brown.*

Braize the whole breast; when it is done take out the small bones, flatten it between two dishes, and let it cool. Next cut it into the size of small chops, and warm it in some of the liquor in which the breast has been braized; lastly, drain and glaze it, and cover it with the peas in the following manner:—

Take some very fine peas, which you handle in water with a little fresh butter; drain them, then sweat them over a very slow fire, with a small slice of ham and a bunch of parsley and green onions. When they are nearly done take out the ham and the parsley and onions; reduce them with two spoonsful of Espagnole (Spanish sauce, No. 17) and a little sugar. They are used to cover over the meat. If you have no Espagnole, put a teaspoonful of flour with the peas, moisten with some of the liquor which has braized the breast of lamb or mutton; reduce it, and season with salt and pepper: mind that the sauce must be very short.

237. *Breast of Lamb with Peas, White.*

Take a breast of lamb, which braize as above. Stew the peas also in the same manner; but instead of using the Espagnole you must use the sauce tournée (No. 19). When you have no sauce tournée, a small bit of butter and a teaspoonful of flour will answer the same purpose; moisten with broth only. Thicken the sauce with the yolks of two eggs, that it may look whiter.—(See Sauces.)

sweetbreads, mutton with soubise sauce, tendons of veal in all their styles, galantines, cutlets à la dreux, ditto à la chalon, partridges with cabbage, pheasants ditto, rump of beef, breast of ditto, leg of mutton, &c. &c., are all braized. Everything that is termed poële must have its proper time to be done; and as the poële should preserve the colour of the fowl, and sometimes even whiten it, it is not an easy matter to make it in perfection.

238. *Lamb's Pluck à la Pascaline*—(*Lamb's Pluck with Pascaline Sauce*).

Take the head, trotters, liver, lights, &c.; bone the head and trotters as well as you can. Set them to disgorge, and blanch them. Then boil them in a blanc as you would do a calf's head.—(See Calf's Head plain.) When thoroughly done, drain them and cover them with the Pascaline, which is nothing more than a white Italian sauce that you have thickened.—(See Sauces.)

239. *A Roast Beef of Lamb.**

Take the saddle and the two legs of a lamb, cut on the middle of each leg a small rosette, which is to be larded, as also the fillets. Roast the whole, and glaze the larded parts of a good colour. In France it is served up with maître d'hôtel (steward's sauce, No. 31), but in England with gravy under it, and mint-sauce in a boat.

* The appellation of "roast beef of lamb" must sound very extraordinary to an English ear, but the singularity of the name is as nothing when compared with the importance and necessity of the dish. At a very great dinner, it is essential to have some dish of magnitude. This has a very good appearance, and is truly excellent. I beg to recommend the trial of a maître d'hôtel (steward's sauce, No. 31) under, as the butter, parsley, salt, pepper, and lemon-juice, agree well with the gravy of the meat.

CHAPTER VI.

RECEIPTS FOR COOKING VEAL.

It is necessary to observe, that the veal you intend to serve for dishes must always be very white and fat; what you use for sauces is not of so much consequence; but it is certain that very white veal is more healthy than common veal; red veal will disorder a great many stomachs, white never does.

240. *Côtelettes de Veau à l'Italienne, or Veal Cutlets Broiled à l'Italienne.*

Take the best part of a neck of veal: cut the ribs one by one, flatten them, and pare them nicely, powder over a little salt and pepper, take the yolk of an egg, and with a paste-brush rub the cutlets with part of the egg, then dip them first in the bread-crumbs, then in melted butter, and afterwards in the crumbs of bread again; give them a good form, and broil them on a slow fire, that they may get a fine brown colour. Send them to table with a brown Italian sauce (No. 24), Spanish sauce (No. 17), or gravy.

241. *Côtelettes de Veau à la Vénetienne, dites aux Fines Herbes.*

Take the same part as above; when the cutlets are well pared, take a quarter of a pottle of mushrooms, a few shalots, a little parsley, chop the whole very fine, separately, rasp a little fat bacon and a small bit of butter, and stew these fine herbs on a slow fire. As soon as they are done, put the cutlets with them, and stew them over a small stove for an hour. When they are done, and well seasoned with salt and pepper, skim off as much fat

as you can; put in a spoonful of sauce tournée (No. 19), and thicken the sauce with the yolks of three eggs, mixed with a little cream and the juice of a lemon; add a little cayenne pepper to it.

242. *Côtelettes à la Dauphine.**

Take six fine cutlets of veal, and pare them on one side only, but all on the same side: lard them like a fricandeau, only let the bacon be cut finer; let them be braized also in the same manner as fricandeau; then reduce the liquor in which they have been stewed, with which you glaze them. Serve up with either endive or sorrel.

243. *The Same, à la Mirepoix.*

Put a little fresh butter, a few small shreds of ham, a little thyme, the half of a bay-leaf, a few stalks or a bunch of parsley, into a stewpan. Then put the cutlets, which have been pared and seasoned as above, over the ham and butter. Next sweat them on a very slow fire. When they are done drain the grease; pour in two spoonsful of Espagnole (Spanish sauce, No. 17), and one spoonful of consommé stock-broth (No. 2), to detach the glaze, and the juice of a lemon. Send up the cutlets covered with this sauce, after having taken out the thyme and bay-leaf. If you choose to serve up the ham, you must cut it into fanciful figures.

244. *Côtelettes de Veau à la Maintenon—(Maintenon Cutlets of Veal.)*

These are to be prepared in the same manner as described for the Venetian way (see preceding page). When they have been stewed for a short time with the fine herbs, let

* Observe, that part of the veal is always the best for fricandeau which is intermixed with fat. The author never had any other fricandeau served at the United Service Club. The other way of making fricandeau is thready and dry, except the noix de veau.

them cool; then cut some bacon into the shape of hearts, which you put on each side of the cutlets, to prevent the paper from catching fire; then wrap them well in the paper, rub the paper with oil, and broil them on a very slow fire on both sides; and send Italian sauce in a boat.

245. *Côtelettes de Veau à la Chingara—(Chingara Cutlets).*

Pare six cutlets as above. Sweat them with a little butter and ham; when they have been well seasoned, and are done, cut some slices of tongue à l'écarlate of the size of the cutlets, which you glaze, and with which each cutlet is to be covered. Serve them up with an essence detached from the glaze of the cutlets.

246. *Côtelettes de Veau à la Dreux.*

These are to be cut very thick, and larded with large slips of ham cut square. Season and mark them wrapped up in bacon, and carrots, onions, thyme, cloves, bay-leaves, &c. Lay the trimmings on the top, and moisten with two spoonsful of good broth; let them stew over a very slow fire for about two hours. When they are done lay them in a dish to cool. Next pare them of an agreeable shape, and put them into the glaze of the liquor which you have reduced. When dinner-time is at hand glaze them of a fine brown, and serve up with an Espagnole (Spanish sauce, No. 17), or sauce hachée, or any other sauce.

247. *Côtelettes de Veau à la Chalons.*

These are prepared in the same manner as the last; the only difference is, that they are larded chequer-like, with pickled cucumbers, ham, and fat bacon, and that the former are larded with ham alone. Serve them up with a sauce hachée (No. 25), or purée of sorrel.

248. *Côtelettes de Veau à la Financière.*

These are to be prepared, larded, done, and glazed as those à la Dauphine, or Dauphin's cutlets; put under them a ragoût à la financière (financier's ragoût, No. 75), and between each cutlet a large quenelle.

249. *Carré de Veau à la Crême.**

Take the same part as is used for the cutlets; cut the bones short enough to be enabled to roll the flanks underneath, give it a square shape, and marinade or steep it for a couple of hours with oil, parsley, sliced shalots, pepper, salt, thyme, and bay-leaves. Fasten it on the spit, so that the shape is not altered, and then wrap it up in buttered paper. When roasted for about an hour and a quarter, take off the paper. Put in a small basin about a pint of good béchamel (No. 36), well seasoned; put this basin under the neck of veal, which baste with this sauce till all the sauce adheres to it; then serve up with clear béchamel under it. The crust of this dish is the most relishing part.

250. *Carré de Veau à la Mirepoix.*

Make a mirepoix as follows, with rasped bacon, butter, a bit of ham, thyme, bay-leaves, pepper, salt, &c. Fry the whole on a slow fire. When that is done, put the necks of veal fried with it; only stew it a little, and let it cool. When cold, take two sheets of white paper, butter one of them, and trim it with layers of bacon. Then lay the mirepoix over the bacon, and close the paper hermetically. Wrap the whole up in several sheets of paper, and bake it in an oven, which, however, must not be too hot. It will be done in an hour and a half's time. When done take off the paper and send up to table with an

* *A la crême* may sound absurd to an English ear; but as this sauce gives its name to the dish, it must retain the French appellation.

Espagnole (Spanish sauce, No. 17), or an Italian sauce (No. 23). As mirepoix is the name of the seasoned fat substance put round the meat to prevent its drying, and also to give it taste, you must remember to make no more than is wanted for the size of the dishes you intend to make. Half a quarter of a pound of butter, the same quantity of ham, thyme, bay-leaves, salt, pepper, &c., are sufficient for this.

251. *Carré de Veau à la Barbarie.*

Trim the neck of veal as above. Cut some black truffles into the shape of a nail, and with these lard the meat. Put them so as to represent a draft-board. Braise the meat as you would do a fricandeau, but it requires bacon on the top, that the veal may retain its white colour, and the truffles their black one. When done glaze it slightly, and serve under it an Italian sauce (No. 23), with truffles or the sauce hachée (No. 25).

252. *Carré de Veau à la Ste. Menhoult.*

Braize a neck of veal as above, but without larding it. Send it up glazed with any sauce you may fancy. If it is returned untouched, make an attelet sauce (No. 55), with a little sauce tournée (No. 19), and a little white Italian sauce (No. 23), which reduce on the fire. When the sauce is quite thick, throw into it the yolks of two eggs. Spread this sauce over the neck of veal, cover it likewise with crumbs of bread, then have a little melted butter, and strew some more crumbs over it, and moisten it by using the brush, dipped in the butter, and shake it over the neck to spread the butter equally all over. When the meat is thus well soaked, put it into the oven to give it a good colour, or use the salamander. Send it up with a sauce hachée (No. 25).

N.B. All the entrées of veal, such as carrés, fricandeaux, cutlets, sweetbreads, &c., are served up with all sorts of purées and Macedonian sauce (No. 54), in the summer season. It is useless to multiply these articles when they may be explained more briefly; by changing

the sauce you change the appearance of the dish. It is essential to keep the original French names of dishes, as every bill-of-fare of a great dinner is made in French, whether by French or English cooks. By this means the learner will remember the French names.

253. *Le Fricandeau aux Différentes Purées*—(*Fricandeau with different sorts of Purées.*)

Fricandeau is a very good dish, when made with due care and attention, but it is seldom dressed as perfectly and scientifically as it should be.

To make a good fricandeau, the veal must be of the best quality, which you may know by the meat being white and not thready. Take off the skin of a noix of veal* (the large part of a leg of veal to which the udder is attached), flatten it on a cloth or a clean towel, then at one stroke level it with your knife, for a fricandeau that is cut off at several times never looks so well. When you have pared the top part, turn it round, make slits in the middle, that it may taste more of the seasoning. Next lard it very thick with bacon, which, in general, is not properly done in England. The consequence is, that, the bacon not being laid sufficiently crosswise, the shreds shrink and cannot be properly glazed. Never blanch the fricandeau after it has been larded, as some people do, but put it in a stewpan large enough to contain the fricandeau, besides plenty of roots cut into slices, such, for instance, as two carrots, two large onions, and some roots of parsley, besides a small quantity of mace, allspice, thyme, bay-leaves and whole pepper. Put all these on the bottom of the stewpan, with layers of very fat bacon on the top of the vegetables, as lean bacon gives a red colour to the fricandeau. When you have thus well covered the roots, erect a small dome in the centre, lay the frican-

* Noix de Veau.—The leg of veal is divided into three distinct fleshy parts, besides the middle bone; the larger part, to which is attached the udder, is what is called lé noix; the flat white part under it, sous noix; and the side part, contre noix. For these three parts the English have no name by which the French appellations may be rendered.

deau over the bacon, powder a little salt over it, and moisten with a sufficient quantity of broth to cover the roots without reaching the said fricandeau. Then put a great deal of fire on the cover of the stewpan, keeping very little beneath the stewpan. It is not amiss to observe that the fricandeau, being done in this way, retains a good shape and all its gravy.

If you should wish to cook it as the author is further about to direct, the moment it begins to boil, put it over a very slow and equal fire for three hours and a half, if it is not very large. Baste it frequently with the liquor: then take a large needle, which run through the middle: if it gets in and comes out easily, the fricandeau is done enough. Now put a great deal of fire over it to make the bacon firm, which otherwise would break when you glaze it. The liquor must be reduced to be used as glaze for the fricandeau; it being more tasty than any other glaze. Serve up with it such purée as the season will afford, or the Macedonian sauce (No. 54), &c.

N.B.—The fricandeau may vary with regard to the shape, but the flavour is always the same if it is done properly. If, for instance, a fricandeau is to be served when there is a grand party, it is requisite to give it another shape than for a family dinner. Though an expensive dish when served alone, it becomes rather cheap if there is a grand dinner, as veal in abundance is wanted to make the broths and sauces. The noix of veal, besides making glaze, will supply a very elegant and good dish for the first course. In the summer season, give it the shape of a turtle. Cut off part of each extremity of the fricandeau: take the tops of asparagus, which you lay beneath, after having poured the Macedonian sauce into the dish. Have four braized lettuces ready, put one at each corner, as sham claws. Asparagus and lettuces eat well with Macedonian sauce, and of course they may be used without any danger of their being disapproved of. In the winter season make quenelles of veal, which place instead of the above-mentioned articles, and serve up with Spanish sauce (No. 17), but the proper sauce is sorrel.

Another Method.

When the fricandeau is fully larded, split it through the middle. Take a very large turnip, or a piece of cold veal, which has been used to make a sauce, cut either round or oval, wrap it up in bacon, and thrust it within the cleft, as you have done in the fricandeau. Mark this as the other, and let it be done in the same manner; but you should observe that it will be done sooner. Glaze it. Take either French beans or asparagus; place them erect inside the two extremities of the cleft, and pour some Macedonian sauce (No. 17) between, with a very large sweetbread larded and glazed over the middle, which produces a very pleasing effect.

The same may be done for a fricandeau en puits (fricandeau in a well), with a blanquette (or white fricassee) in the middle.

254. *Grenadins of Veal, with the Purée of White Celery.*

We call grenadins small fillets of veal larded as a fricandeau, cooked and sauced in the same manner. Out of a noix of veal, the thick part of the leg adjoining the udder, you may make two or three grenadins, according to its size. Observe, only, they should be cut off the long side of the flesh. In general cut them out of a noix of veal. It is no easy matter to explain the manner of cutting them; let it suffice to say, that, being much thinner than a fricandeau, they naturally are done in less time. They are served up with Macedonian sauce (No. 54), or with all sorts of purées.

255. *Noix de Veau en Bédeau.*

This dish is so called because in France the parish beadles wear gowns of two colours, one half of one colour, the other half of another.

Take the noix of a young female calf, and trim it as follows. If intended for the first course, choose the

smallest you can procure; if for a remove, the largest that can be got. Flatten it a little, retaining the udder. Form a crescent on the border of the fat, and pare that part where there is no fat. Lard it with bacon as a fricandeau; let it be done in the same manner, only cover with bacon the part that is not larded, in order to keep it white, and glaze it slightly when done. Being done in the same style as the fricandeau, it is served up with the same sauces.

256. *Veau à la Bourgeoise*—(*Plain Veal*).

The only part which I could wish to recommend in this case is the cassis,* which is fat and luscious eating. It is not generally sent up when there is a grand dinner; but for a family dinner it may prove very acceptable indeed. The plain way of cooking this I reckon the best, and will explain it accordingly. Take a stewpan large enough to make the veal firm in a little butter, by frying; when it is of a fine brown colour all round, put in a few carrots, onions, spices, a little lean bacon, and two calf's feet, seasoned with pepper, salt, thyme, &c. Moisten with two spoonsful of broth or water, and a glass of brandy, and let the whole stew for a couple of hours on a very slow fire. When done, drain the fat, take out the spice, and serve up the veal with the roots and the gravy all round, and the calf's feet: this dish will only do for the country.

257. *Ris de Veau à la Dauphin*—(*The Dauphin's Way*).

If you use round dishes, you must have four sweetbreads; if a long dish, three large ones will be sufficient. Mind, at any rate, to select them of a large size and very white. Pare the sinews and the fat; throw the sweetbreads into warm water, and let them disgorge the blood, and make them as white as possible. When the blood is thoroughly

* I call cassis that part which is attached to the tail end of a loin of veal; the same part of beef is called the rump.

disgorged, blanch the sweetbreads a little in boiling water to make them firm, that you may lard them with greater facility. As soon as they are larded, rub a stewpan all over with butter, cut a few carrots and onions over the butter; cover this with some fat bacon, lay the sweetbreads over the bacon, powder them over with salt, and stew them with a great deal of fire on the top, and very little beneath. When they are of a fine brown, cover them with a round of paper, and lessen the fire on the top. If they are large it will require three-quarters of an hour to do them. If they are too much done, they become soft, and are not so palatable. When properly done, drain them, and put them in a pan with some glaze, and the bacon beneath. Leave them in the glaze till dinner-time; then drain them afresh, and glaze them of a fine brown. Serve them up with sorrel or endive.

There is no necessity to moisten a sweetbread, as they have so much original moisture that they will never be too dry.

258. *Ris de Veau à la Financière.*

These are to be larded and done in every respect as those above. Send up with a fine quenelle between or in the middle, and under them some financier's ragoût (No. 75), or German sauce (No. 20).

259. *Ris de Veau à la Dreux.*

Let the sweetbreads disgorge till they are quite white. Then blanch them thoroughly, which is known by their becoming quite firm under your finger. As long as you feel a softness in it, they are not blanched through; they want blanching thoroughly for this dish. Then set them to cool in cold water. Lard them with ham chequer-like, very close to the level of the sweetbread; put the sweetbreads between layers of bacon, and stew them for three-quarters of an hour. Next drain and glaze them, and serve up either with velouté sauce (No. 21), or Espagnole, Spanish sauce (No. 17), or purée of sorrel, endive, or Macedonian sauce (No. 55), peas, &c.

260. *Blanquette de Veau aux Concombres, or Veal with Cucumbers.*

Roast a neck or a loin of veal, or any veal that is left. The leg part is tough and dry, as every one must know. When cold cut it into scollops and put it into the sauce blanquette.—(See Sauces.) Take six fine cucumbers, cut them into quarters, pare them about the size of the scollops, then take the parings and some other pieces, which mince with a little onion to make a purée. Fry the onions and the trimmings of the cucumbers together in a little butter: when the cucumbers are entirely melted, moisten with sauce tournée (No. 19), and stew them on the corner of the stove for an hour; skim off the grease, and rub this sauce through a tammy. Put the other whole cucumbers into some sauce tournée, and let them boil till done. Before putting the cucumbers in the sauce, they must be marinaded in a basin with a little salt and a thimbleful of white vinegar; let them remain for half an hour, and then drain them in a clean towel, and put them in the sauce, if you have any; otherwise put them in a stewpan with a small bit of butter, a bundle of parsley, and green onions; fry them gently, then *singe* them (see Vocabulary of Terms) with about a spoonful of fine white flour, and moisten with good broth: let that boil for an hour in the corner of the stove, skim all the butter, drain the cucumbers in a hair sieve, and reduce the sauce thick enough to receive the thickening. Mind, when you have no sauce in your larder, you must use the same principle to make white or brown sauce in a moment.

261. *Blanquette de Veau à la Paysanne.*

Take the roast veal as above, cut it in the same way, boil down the sauce tournée (No. 19), season well, put the veal into the sauce before the thickening; chop some parsley very fine, and put it in with the juice of half a lemon before you mix it with the thickening; stir the stewpan round without using a spoon, and send up to table quite hot.

N. B.—This is a very good method, but if you can cut

your veal whilst quite hot, it will be a great improvement, as the sauce will then be better imbibed by the meat.

262. *Escalopes de Ris de Veau aux Pois, or Scollops of Sweetbreads with Green Peas.*

Take four fine sweetbreads, let them disgorge, and blanch them thoroughly. Next, cut them into scollops, as large as possible. Mark them in a sauté-pan, or frying-pan, with melted butter and a little salt. A quarter of an hour before you send up, fry them lightly over a stove, with a clear fire; turn them round, and when done, drain the butter, and put a little glaze into the pan. Keep stirring the sweetbreads in the glaze; dish them miroton way, and send up the peas in the middle.

When you have sweetbreads left at table, cut them into scollops, make them hot in a little light glaze, and after having dished them miroton way, mask them with the peas. Scollops of sweetbreads are easier to dress when you put them between a slice of fried bread cut round, and the green peas in the middle; without the fried bread they do not keep the shape in which you dish them.

263. *Escalopes de Veau à l'Ecossaise, or Scotch Scollops of Veal.*

When you have had a large party, and wish to practise a little economy after your previous expense, reserve from your dinner a small bit of the sous-noix of a leg of veal.* Cut some slices off it in the shape of a heart, which season with salt and pepper. Take the paste-brush and the yolk of a single egg, rub the veal with it, and dip this into crumbs of bread, afterwards in the melted butter, and again in bread-crumbs. Put very little of the butter in a sauté-pan, or frying-pan, and put the slices of veal into it; fry them very briskly, of a very good colour, drain them, dress them one over the other round the dish, and serve over them a good Italian sauce (No. 23), or Espagnole (Spanish

* The flat white part of the leg under the thick part.

sauce, No. 17). If you have no sauce, make a little in the following manner :—

264. *Receipt for the Sauce.*

Put in a stewpan a very small bit of fresh butter, a spoonful of flour, one shalot, and one or two mushrooms, if you are able to procure them; then fry them over a very slow fire till the flour becomes brown; moisten with boiling water, salt, pepper, a bunch of parsley, thyme, cloves, &c.; add to these a small bit of glaze, and skim this sauce when well done; drain it through a hair sieve, and serve under the scollops well seasoned.

265. *Les Attelets de Ris de Veau à l'Italienne—(The Italian Way).*

Take some fine sweetbreads, as white as can be procured. Blanch them and stew them as directed above. When done, drain them; and when cold, cut them into squares of about an inch. Put those squares into sauce for attelets (No. 53), and let them cool. When the sauce is cold, skewer the squares, alternately, with a bit of calf's udder ready done, using silver skewers, and give them as nearly as possible a square shape, all of a size. Then give them a good shape with the sauce; dip them into crumbs of bread only. Now give them a complete square shape, and dip them into an omelet of four eggs, whites and yolks beaten together with a little salt, cover them over again with crumbs of bread, which level with a knife. Next powder some crumbs of bread on the cover of a stewpan, and lay the attelets over them. The moment you are going to send up to table, fry them of a fine brown, and sauce them with a brown or white Italian sauce (Nos. 23 and 24), according to your fancy.

266. *Les Caisses de Ris de Veau—(Small Cases of Scollops of Sweetbreads).*

Let the sweetbreads disgorge and be blanched as above.

When they have been lying for a time in cold water make small scollops of them, and mix them with a Dussel sauce, which is to be made in the following manner :—

Take half a pint of mushrooms, four or five shalots, a little parsley, and chop the whole very fine separately. Next rasp a little fat bacon, put a small lump of fresh butter. Stew the fine herbs over a slow fire, and put the scollops with them seasoned with salt, pepper, and a little pounded spice. When done drain all the fat; then put the scollops into small paper cases * fried in olive-oil, and put to them plenty of fine herbs. Then strew over a few crumbs of bread fried in butter. Lay the paper cases for a moment in the oven, and when you are going to serve up, pour into each of them a little thin Espagnole (Spanish sauce, No. 17), into which you have squeezed the juice of a lemon; but contrive to drain all the fat, and serve very hot.

267. *Croquets of Sweetbread.*

Take such sweetbreads as have already been served, cut them into as small dice as possible. Have some good velouté (No. 21) boiled down ready. Throw the dice of sweetbreads into the velouté, and give them a boil, that they may taste of the sauce. Then lay them on a plate to cool. When cold, roll them into any shape you like, round, oval, or long. Of all things avoid giving them the shape of pears, as some persons do, for in that case they must be more handled, without at all improving the quality. Serve up with parsley, fried green, in the middle. If you have some mushrooms left in the larder, cut some likewise in dice, and mix them with the croquets.

268. *Rissole of Sweetbread.*

Make the same preparation as for the croquets, then

* A caisse is about a dozen of small cases of paper well plaited, and made with strong foolscap paper.

take some of the trimming of puff paste, fill up with flour that it may not be too delicate, then spread the paste with the rolling-pin, very thin; moisten the part round the meat, with the paste-brush first dipped in water; turn up the paste round the meat, and give it a good shape with your hand; take a paste-cutter, and cut them all of an equal size, dip them in flour, fry them of a good colour, and serve up with fried parsley in the middle.

269. *Cervelle de Veau en Matelotte, or Calf's Brain en Matelotte.*

Take three brains of an equal size. Strip them of the upper skin, let them disgorge in water; then blanch them in water, salt, and a little vinegar. When done, drain them, and put some slices of fat bacon round the stewpan, put the brains on or all round the bacon; season the braize with a bunch well seasoned (see No. 5), salt, pepper, one small onion, the juice of half a lemon, a small bit of butter, and a spoonful of broth; let them sweat on the fire for half an hour, where keep them till you serve up; have some bread fried of the shape of cocks'-combs, which must be stuck to the silver dish with white of egg mixed with a little flour; put the brains between, and cover them with the matelotte sauce.

270. *Cervelle de Veau à la Maître d'Hôtel.*

Let them be prepared as above. Cut some bread into the shape of cocks'-combs, which fry in butter till of a fine colour. Dish them between each half of the brains, which you have divided, and cover the brains over with a maître d'hôtel sauce, two spoonsful of béchamel, a small bit of fresh butter, some parsley chopped fine, the juice of half a lemon, and let it be well seasoned.

271. *Cervelle de Veau au Beurre Noir, or Calf's Brain with fried Parsley.*

The same as above with regard to the stewing. Fry separately some parsley very green, and likewise some butter in a frying-pan, till such time as it ceases sparkling.

Then put the brains into a dish, with the parsley in the middle, and for the sauce, put with the brown butter a spoonful of vinegar, some salt and pepper, and pour it under the brains; mind, the butter must be very brown, without burning, and you must skim off all the froth, and be particular, when you put the vinegar to the brown butter that it does not run out of the pan.

272. *Cervelle de Veau Mariné, or Marinade of Calf's Brain.*

In case you should have any brains left from dinner, make a marinade cuite (stewed pickle, see page 102), and give a boil to the brains in it. Then drain them and wrap them up in paste.—(See Paste for frying.)

273. *Calf's Brain, Love-Apple Sauce.*

These are to be prepared and done as those above. Cut slices of bread in the shape of cocks'-combs, fry and glaze them, and dish them between the brains with the love-apple sauce under them. Mind that the fried bread for those sorts of dishes should be made of the shape of cocks'-combs, and stuck on the dish with a little white of eggs and flour mixed together. (See No. 269.)

274. *Tendons de Veau à la Jardinière, or Tendons of Veal à la Jardinière.*

Tendons are found at the extremity of the ribs. Previously to your detaching them, remove the dry bone which is next to them; then sever them from the bone and scollop them in the shape of oysters. Set them to disgorge the blood, that they may be made very white. Next blanch them through. Let them cool. When cold, pare them of a good form, and put them in a stew-pan wrapped up in layers of bacon. Put in a carrot, an onion, a bay-leaf, a few branches of fresh-gathered thyme, and salt and pepper; moisten them with good broth, or with a poëlé, if you have any, and let them

stew for four hours as gently as you can. When they are done, drain them, and put them into a sauté, (or frying-pan,) with a little glaze. Keep stirring them over the fire, that they may get the taste of the glaze. Dish them miroton way, and serve la jardinière in the middle.* The tendons of veal require to be very well done, and are consequently difficult to dress; then have some croutons (crusts of bread) fried of a nice colour, which put between them; this will enable you to dish them more tastefully, and you must put the sauce, of whatever kind it is, into the middle, whether macedonian (No. 54), pea, jardinière, cucumber, &c. &c.

275. *Tendon de Veau aux Pois, or Tendons of Veal with Green Peas, Brown.*

Whatever sauce you may wish to serve the tendons of veal with, they should always be dressed as directed above. They may be served in different ways, that is, either white or brown, which is explained in the article of Sauces. The tendons à l'Espagnole (tendons with Spanish sauce) are to be drained an hour before you send them up. When you have ascertained that there is no more fat left, put them with the peas, that they may acquire their flavour; give them one or two boils, then dish them miroton way, and cover them over with the peas à l'Espagnole (peas with Spanish sauce, No. 89), with croutons (crusts of bread) as above.

276. *Tendons de Veau aux Pois, or Tendons of Veal with Green Peas, White.*

Braize the tendons as before. When they are done, drain them, and glaze them in a sauté-pan or frying-pan. Dish them miroton way, and put the peas in the middle. —(See the articles green peas, white, or brown.)

* La jardinière means the gardener's wife. Any vegetable of good appearance may be used for this dish; those most particularly used are carrots, turnips, asparagus, green peas, heads of cauliflowers, artichoke-bottoms, mushrooms, French beans, Windsor beans, &c. They should, however, be used only in the spring, when they are in the highest perfection.

277. *Tendons de Veau aux Laitues, or Tendons of Veal with Cabbage-Lettuce à l'Espagnole.*

Braize and glaze the tendons as above. Then take some braized lettuce.—(See sheeps' tongues, No. 210.) Dish the tendons miroton way; that is, a tendon and a lettuce alternately, and cover them over with an Espagnole (Spanish sauce, No. 17), putting the jardinière (No. 274) into the middle.

278. *Marinade de Tendon de Veau or Tendons of Veal en Marinade.*

If you have any tendons that have been sent to table, and are returned untouched, you cannot send them up a second time dressed in the same manner, as they no longer retain their fine colour. Put them into a marinade cuite (stewed pickle, page 102), and then in paste.—(See paste for frying.) Fry them of a nice colour, and serve them up with a poivrade (brown sharp sauce, No. 27), or with love-apple sauce (No. 92).

279. *Tendon de Veau en Haricots Vierges.*

Braize them as above, and cover them with a white haricot (No. 70).

280. *Tendons of Veal in Chipolata.*

Braize the tendons as above. The chipolata is made in the following manner: Have some chestnuts ready peeled and boiled; take a few small sausages, which twist to make them very short, prick them with a fork, and put them in a sauté-pan in the oven; when done, drain the fat, and add some small onions stewed very white, likewise bits of bacon, the breast part, cut into the shape of corks, which also should be stewed white, and some mushrooms, which you stew with some sauce tournée (No. 19).—When the sauce is in a proper state of forwardness, skim off the fat, and thicken the sauce; put in all the ingredients, and after having dished the tendons in the shape of a miroton, or one upon another round the dish, put the

chipolata into the middle, but keep some of the sauce to cover the tendons. You may add some cocks'-combs, &c. It is almost unnecessary to observe, that all the ingredients of the chipolata should be done separately, and put into the sauce when ready to serve up. When you want to serve the chipolata white, you should use white sauce instead of brown; the reason for having two colours is, that sometimes, in spite of your endeavours to keep the tendons, as well as all the other ingredients, white, you can only succeed in obtaining a darkish colour. In that case, you should make the chipolata brown. This is an excellent dish, but has not a very prepossessing appearance, as the tendons do not dress well. Even if well done, it never looks well, and if it be ill done, it is absolutely uneatable.

281. *Tendon de Veau à la Purée de Marron, or Tendons of Veal with the Purée of Chestnuts.*

The tendons are served with all sorts of purées, either of peas, celery, sorrel, onions, mushrooms, &c.; but it is useless to repeat similar observations. Tendons with a purée must always be glazed, and dished miroton way when served in the first course with any sort of purées in the middle. Observe that, whenever you wish to give a good appearance to this dish, you must put between each tendon a crust of fried bread glazed, otherwise the tendons will not dress becomingly.—They always slip upon one another.

282. *Oreilles de Veau Farcie, or Calves' Ears Farced and Fried.*

Take eight or twelve calves' ears, and let them disgorge. Blanch them, and be particular to clean away all the hair they have inside; then stew them in a blanc.—(See calf's head, No. 300.) When the ears are done enough, that is, when you can stick your knife in them, drain, and let them cool; then introduce a farce fine (see farce, fowl à la crême) into the hollow part. Give the ear the shape of a horn. Dip them into an omelet and crumbs of bread twice successively, and then fry them till they are

of a fine brown Serve them under a maître d'hôtel gras (thick steward's sauce), or love-apple sauce. You may serve them the first time with any other sauce, and omit the bread-crumbs: when you dip them in crumbs, it must be always the second time, for the sake of variety.

283. *Oreilles de Veau, Sauce Tomates, or Calves' Ears, Love-Apple Sauce.*

These are to be done as above directed, more particularly when they are very white, otherwise serve them fried. Slit with your knife the part of the gristle all round. Cut the thickest side very flat, that they may stand upright. Dish them en fleurons à blanc, (like flowers,) over the love-apple sauce. It is a difficult matter to explain this dish accurately. Bind the thinnest part of the ears in two, and split them several times at equal distance. When you turn the tendon on the other side, they have a beautiful effect, and are excellent eating.

284. *Oreilles de Veau, Sauce Hollandaise, or Calves' Ears with Green Dutch Sauce.*

As above, very white, and the Dutch green sauce under it. The green Dutch sauce is a sauce tournée (No. 19), boiled down, and green extract of parsley (No. 64) in it, with the juice of a lemon and a little cayenne.

285. *Oreilles de Veau à la Ravigotte, or Calves' Ears with the Ravigotte Sauce,*

Are to be done as those above, and slit in the same manner, and served up with ravigotte sauce (No. 29). The advantage of this entrée is, that you can serve up the same meat two or three times, in different forms, and with a different flavour.

286. *Foie de Veau Piqué Rotie, or Calf's Liver Larded and Roasted.*

Take a fine calf's liver of a light colour. Lard it as a fricandeau, and pickle it in vinegar with an onion cut into

slices, some stalks of parsley, salt, pepper, thyme, and a bay-leaf. When it has been marinaded for four-and-twenty hours in the pickle, fasten it on a spit, roast it, and baste it frequently with the marinade. Then glaze it with a light glaze, as it is naturally of a black colour. Serve under it a brown sharp sauce (No. 27). This is but a common dish, but has an excellent taste when skilfully dressed, and capital when cold.

287. *Foie de Veau à la Poêle, or Scollops of Calf's Liver with Fine Herbs.*

Take a nice calf's liver as white as possible, cut it into slices of a good and equal shape. Dip them in the flour, and fry them in a black frying-pan, of a nice colour, with a little butter. When they are done, put them in a dish, and take some fine herbs which you have previously chopped fine, such as parsley, shalots, mushrooms, &c.—Stew them slowly on the fire with a little butter, and when the herbs are sufficiently done add a teaspoonful of flour, and moisten with gravy, if you have any, or with water, and add a small bit of glaze. When done, put the liver in the sauce, which warm, but do not allow it to boil; add a little salt, pepper, lemon, and serve very hot.

This is again a common dish, yet it is very palatable.—You may put the liver in the sauce; but mind that it does not boil. It is a dish for a breakfast à la fourchette.

288. *Les Noix des Epaules de Veau à l'Oseille, or the Petits Noix of Shoulders of Veal with Sorrel.**

The petits noix in Paris are generally sold at the rate of a half-pound of meat. Ten or even twelve are required for a dish for the first course, which is a very dainty dish for people who know how to eat it. In general they are very fat, for which reason you are forced to send them up to table with the fat, as it keeps the noix mellow. Set them to disgorge as you did the tendons. Trim a stew-

* The petits noix are to be found on the side of a shoulder of veal.

pan with layers of bacon, put in the noix after having blanched them, and give them a pleasing shape. Then moisten with a poëlé,* and stew them for an hour on a very slow fire. Next drain them, and glaze them at two different times. Dish them in a circle, and put the sorrel in the middle. This is a dish not easily procured in this country, as no butcher will serve you with the necessary quantity—ten, twelve, or sixteen.

289. *Les Noix d'Epaule de Veau à la Chicorée*—(*The Noix of Shoulder of Veal with Endive*).

These are dressed exactly in the same manner as those above; but you put endives, either white or brown, instead of sorrel.

290. *Pieds de Veau au Naturel, or Calf's Feet Plain.*

Take some nice white calf's feet, bone them as far as the joint; set them to disgorge, and stew them in a blanc.—(See Calf's head, No. 300.) When they are done, drain them and send them up quite hot, with parsley and butter in a sauce-boat.

291. *Pieds de Veau à la Marinade*—(*Calf's Feet Marinade*).

Prepare the feet as above. Make a marinade cuite, (boiled pickle, see page 102,) and some paste for frying. Serve them up with fried parsley in the middle. This dish may be made very economically. When you make a calf's feet jelly do not let the feet be too much done, then make a marinade cuite, and put the calf's feet to boil in it for half an hour; let them cool in a good shape, put them in the batter to fry, and serve under the poivrade (brown sharp sauce, No. 27), or tomata sauce (No. 92).

* See the page referred to in the Index under this name.

292. *Pieds de Veau Farcis—(Calves' Feet farcis).*

Stew a few calves' feet as above. When they are done, drain them. Then make a little farce fine (fine forcemeat).—[In order to prevent too frequent repetitions in a work of this kind, I have shown the manner of making the different farces of forcemeats in a separate chapter.] —When you have stuffed the middle of the calves' feet with the farce, give them a round shape, then dip them into an omelet, seasoned with pepper and salt, and into crumbs of bread twice over, and fry them till they are of a fine brown. Serve them up with fried parsley very green, and send up the brown sharp sauce, or poivrade (No. 27), or the sauce tomata, in a boat.

293. *Pieds de Veau à la Poulette, or Calf's feet à la Poulette.*

Stew them in a blanc, like those above. Dish them, and pour the sauce over them.—(See for the sauce, sheep's brains with maître d'hôtel, No. 31.) If you were to put them in the sauce, they would not look so well. Mind, drain them well before you put them into the dish.

294. *Longe de Veau Rotie, or Loin of Veal Roasted.*

Take a fine loin of veal, which cut quite square. Introduce attelets, or skewers, in the flank which you have rolled up. Then fix it on the spit, and cover it with buttered paper. Take the paper off about a quarter of an hour before you send the joint up, that it may be of a nice brown colour. Gravy alone is requisite under the joint.

295. *Longe de Veau à la Béchamel—(Loin of Veal with Béchamel).*

When you have served a loin of veal, and very little has been eaten of it, take off the fillet, cover the whole with some buttered paper, and put it to warm in the oven;

when well warmed, make a blanquette with what you have taken out; replace it in the fillet, and serve up very hot. This is as good as a new dish, and looks as well.—Observe, that these removes are to be served only with the dessert, by which is meant, whatever is left in the parlour; the following remove is of the same kind.

296. *Longe de Veau à la Crême—(Loin of Veal à la Crême).*

The same as No. 294. As soon as it is done, take off the fillet and cut it in scollops, which throw into the sauce à blanquette. Put this blanquette into the aperture, and send up with the same sauce under it.

297. *Tête de Veau au Naturel, or Calf's Head Plain.*

Take a nice calf's head and bone it, that is to say, take off the bones of the lower jaw, and of the nose, which you cut off as close to the eyes as possible. Then put all this into a large vessel with warm water, to wash and disgorge the blood, or otherwise the head would look reddish. Then blanch it thoroughly and let it cool. Now make a blanc in the following manner: one pound of beef suet cut into dice, one pound of fat bacon, also cut into dice, half a pound of butter, the juice of a lemon, salt and pepper, one or two onions, a bunch of parsley, seasoned with thyme, bay-leaves, cloves, mace, allspice, and water enough to cover the calf's head. When the blanc has boiled for an hour, fold the head up in a clean towel, let it boil in that blanc for about three hours. When done, drain it. Take out the tongue, flay it, and then replace it. A calf's head must be served up quite hot, with a sauce called au pauvre homme (poor man's sauce), namely, minced shalots, parsley ditto, vinegar, salt and pepper, and the brains well minced.

298. *Tête de Veau à la Sauce Tomate, or Calf's Head with Love-Apple Sauce.*

The same as in No. 297; with this difference only, that it is to be covered over with love-apple sauce (No. 92).

299. *Tête de Veau Bigarrée*—(*Calf's Head Bigarrée, —Party-coloured*).

Take a nice calf's head, which prepare as in No. 297; drain it whilst hot, that you may be able to give it a good shape; then divide it in two parts, which squeeze hard between two dishes, placing a heavy weight over, and let them cool. When quite cold, dip one half into the yolks of four eggs well beaten up with butter, and a little salt and pepper, then into crumbs of bread. This is to be repeated twice. Do the same with the other half, only add plenty of chopped parsley to the crumbs of bread, that it may be made quite green. (Have some butter melted, and dipping a paste-brush into the butter, shake it over the crumbs of bread, otherwise the bread will burn in the oven; this method preserves the colour. Do not forget a little salt and pepper in the crumbs of bread.) Next put both halves of head into the oven till they are of a nice brown colour, and serve up with either a sharp sauce, an Italian (No. 24), or a love-apple sauce, separate. When you have no other sauce by you, put a little glaze, make some good melted butter, and put to it some blanched and chopped parsley, some salt and cayenne pepper, and the brains chopped. Add a small bit of glaze or portable soup, and you will find this sauce as good as many others.

300. *Tête de Veau au Puits Certain, or Calf's Head au Puits Certain.*

Bone a calf's head. Make a farce or force-meat with veal, fat bacon, and sweet herbs, chopped fine and highly seasoned. Add to it two or three yolks of eggs. When made, stuff the calf's head with it, and sew it up all round, to prevent the stuffing from falling out; then wrap it up in a cloth, put it into a braizing-pan with an abundance of slices of veal and layers of bacon, seasoned with carrots, a bunch of parsley, thyme, bay-leaf, and spice; moisten with a glass of white wine and a ladleful of broth. Let it stew for four hours, and serve up

with a financière (financier's ragoût, No. 75). You must reduce a glass of Madeira to put in the sauce, as it should be highly seasoned. Mind to drain the head very well before you put it into the dish.

301. *Calf's Head à la Chambord.*

Dress it as in No. 297. When finished and drained, take pieces of pickled cucumbers and truffles cut into the shape of nails, with which symmetrically stick the head; then sauce it with a financière (financier's sauce, No. 75), garnished, larded sweetbreads, large quenelles, pigeons à la gautier, and some craw fish which you have trimmed, by picking the tail, and cutting the points of the claws, and taking off the smaller claws.

N.B.—All large entrées (first-course dishes) may be served as removes; as, for instance, a large noix* of veal à la bourgeoise (plain way, No. 17), a large carrée of veal garnished with vegetables, and, in short, whatever is of too great a magnitude for an entrée. All these calves' heads are always used as a remove or reliever.

* The noix is the large fleshy part of the leg to which the udder is attached.

CHAPTER VII.

DISHES OF PORK, HAM, &c.

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302. *Leg of Pork.*

TAKE the leg of a porker, rub it over with salt, and put it well covered with salt also in a vessel, wherein it must be left for ten days. Then boil it in soft water, and send it up with green cabbage all round, and a peas-pudding, which must be made as follows:—

Take a quart of dry peas, wash them clean, wrap them up in a clean towel, and throw them into the same vessel as the leg. When the peas are done, strain them through a sieve, put in a large lump of butter, some salt, two yolks of eggs, and poach the pudding wrapped up in a clean towel, to make it of a good substance. Observe that the peas must be put in cold soft water for two hours before you put them to boil, otherwise they will never boil mellow.

303. *Petits Pois au Lard, or Green Peas with Bacon, French Fashion.*

These may be served without any other meat; but they may also serve as a sauce for tendons, either of veal or of lamb, members of fowl, and giblets of turkey. It is to be observed, however, that those articles which are served in a deep dish should be cut up, as you cannot carve them in so much liquid. Take about a pound of bacon from the breast, cut it in bits of an inch square, boil it in water to extract the salt, then fry it in a little butter till it becomes of a fine brown. Next handle some

fine peas and a little fresh butter in cold water, After having drained them, put them into a stewpan with the bacon, a bunch of parsley and green onions. Let the whole sweat over a slow fire. When nearly done, moisten with two or three spoonsful of Espagnole (Spanish sauce, No. 17), and a little bit of sugar. Boil them a few minutes. Send up either with or without other meat. Do not neglect seasoning with a little salt and pepper, but be cautious of the brine of the bacon; and mind that the peas be neither too thick nor too liquid.

304. *Jambon de Westphalie à l'Essence, or Westphalia Ham à l'Essence.*

Take a small Westphalia ham, and trim it well. Be particular, in sawing off the knuckle, not to break the bone into splinters. Keep it one day in water, to take out the brine, and boil it in plain water for four hours. When done, drain it, take off the rind, and give it a nice round form. Then put it in the oven for a few minutes to dry the fat, which otherwise could not be glazed properly. When quite dried, glaze it of a fine colour, and serve under it an essence.—(See Sauces.) The same ham may be served up with broad beans, spinach, French beans, &c. &c.

305. *To make Ham superior to Westphalia.*

As soon as the pig is cold enough to be cut up, take the two hams, and cut out the round bone, so as to have the ham not too thick: rub them with common salt, and leave them in a large pan for three days; when the salt has drawn out all the blood, throw the brine away, and proceed as follows: for two hams of about eighteen pounds each, take one pound of moist sugar, one pound of common salt, and two ounces of saltpetre, mix them together, and rub the hams well with it, then put them into a vessel large enough to contain them in the liquor, always keeping the salt over them; after they have been

in this state three days, throw over them a bottle of good vinegar. One month is requisite to cure them; during which period they must be often turned in the brine; when you take them out, drain them well, powder them with some coarse flour, and hang them in a dry place. The same brine will serve again, except that you must not put so much salt on the next hams that you pickle. If the hams are smaller, put only three quarters of a pound of salt, but the salt will not do any harm if you do not let them remain too long in the brine; if you can get them smoked, they are then not so subject to be infested by vermin; no insect whatever can bear the bitterness of the soot; the smoke of wood is preferable to the smoke of coal. Be particular that the hams are hung as far as possible from the fire, otherwise the fat will melt, and they will become dry and hard and rank.

306. *Jambon au Vin de Madère*—(*Ham with Madeira*).

Take in preference a Westmoreland ham, which prepare in the same manner as directed above: but it need not be left so long in water, as it is not so briny as the Westphalia hams are. Blanch it in water only during two hours. Then drain it, and put it into a braizing-pan, trimmed with thin slices of veal at the bottom, seasoned with carrots, onions, parsley, bay-leaves, spices, &c. Pour over these two glasses of rich consommé (stock-broth, No. 2), and a bottle of Madeira. Let it boil for about a couple of hours. When done, pour some of the liquor, after having skimmed off the fat, to reduce to an Espagnole (Spanish sauce, No. 17), which is the proper sauce.

N.B.—When the ham has boiled for two hours in the water, you must trim it instantly, before you put it with the wine, that you may send it up the moment you take it out of the braize. Reduce the liquor to make the glaze for it.

307. *Ham with Windsor Beans.*

Boil the ham as in No. 304, glaze it in the same manner, and serve under it Windsor beans, dressed as follows:—

Take some very small Windsor beans, boil them in water with a little salt; when boiled enough, take a little velouté (No. 21), into which throw half a quarter of a pound of fresh butter, a little chopped parsley and winter savoury; toss the beans in that sauce after having drained them, and dish the ham over the beans.

CHAPTER VIII.

VENISON.

308. *The Haunch of Venison.**

It was customary in France to cut off a small rosette from the leg, to lard and then pickle it. In England, it is customary to put it on a spit, then to make some paste with flour and water only, and case the venison with it, securing it with a few sheets of paper. It cannot be done thoroughly in less than four hours. It is usually served up with red currant jelly made hot with a little port wine. The women cooks, in England, put flour over the roast just before they remove it from the spit: a custom which is utterly absurd. I approve of the practice of flouring roasted meat, if it be done early enough to imbibe the gravy, and get nicely browned, when it becomes very tasty. In the other case, the froth of the flour and butter adheres to the palate, and has an abominable taste.

I like to remove the paper from the venison a few minutes before it is served, and glaze the venison with very good glaze; some fine salt must be spread over it before the glaze is applied. This method is better and more tasty than the other.

309. *The Neck of Venison*

Is also to be roasted; but as it is not nearly so thick as the haunch, the paste may be less thick, if you take care to stop the spit in the under side of the neck.

* The great point in roasting venison is to keep the fat as much as possible from melting; the paste put over it prevents the heat of the fire from wasting it.

310. *Roast Beef of Chevreuil Mariné, or Saddle of Fawn, or Chevreuil.*

The same as No. 230. When larded, put it into a very large vessel, with salt, pepper, and onions cut into slices, parsley, vinegar, spices, &c. Leave it to pickle for two or three days, taking great care to turn it frequently on every side. Then roast it, and serve with a poivrade, or brown sharp sauce (No. 27), under it. Mind that the fillets and both legs must be larded.

CHAPTER IX.

FOWLS.

Observation.—In buying fowls, choose always white-legged ones; their flesh is finer and the skin more tender; they also look better at table. The manner of fattening fowls is, to separate them from the other chickens; mix together some oatmeal, milk, boiled potatoes, and bread, if you have any left from the table; add to the whole of it a little dripping; mind not to give them too much at a time, and not more than twice a day; and above all, keep them very clean. When they are sufficiently fattened, kill them, or they will fall ill and die. When you find any of your poultry sick, chop a few leeks with their food, which will cure them; but when they become very fat, if you do not kill them, they will inevitably rot and die away.

311. *Poularde au Consommé* (*Fowl boiled in Broth*), *ou au Gros Sel* (*with Coarse Salt*).

Take a fine fat fowl, the flesh and skin of which are perfectly white; empty the fowl without making too great an aperture, singe it gently, and scald the legs, which are to be turned inside the body; then lay on it a pretty thick layer of fat bacon; fasten it tight, and let it be boiled in broth, which must boil before you put it in, otherwise the fowl would lose its white colour. If the fowl is of a large size, it will require an hour and a quarter before it is done enough; if it is of a common size, one hour will do. Next drain it in a dish, wipe off all the fat, and send it up with a little of the liquor in which it was boiled, and which has been reduced in the

process from one quart to half a pint at least, with the addition of a little salt in the liquor and on the breast of the fowl.

312. *Poularde au Gros Sel—(Fowl with Coarse Salt).*

The same as above, with this difference only, that you lay both over and under the fowl some crystallised salt, which has not been pounded.

313. *Poularde à la Villeroi.*

Take a fine fowl, which may be known by a skin of bluish hue marbled with grey; it is to be emptied and singed in the same manner as directed in No. 311. Let it be trussed, the legs turned down outwards; introduce inside of the body a small quantity of butter kneaded with salt and lemon-juice. The fowl is to be put into an oval stewpan, with a layer of fat bacon: next pour some poêlé over it.—(See below.) As those articles which are poêlés* require to preserve their whiteness, they are not to be kept on the fire so long as others. It requires only three-quarters of an hour for a fowl to be done in this style. A capon would require full an hour. To be served with sauce à la financière (Financier's sauce, No. 75).

Observation.—As the poêlé has no translation, it retains its name; it is indispensable in fine cookery, and is made as follows:—

Poêle.

Take one pound of beef-suet, one pound of very fresh butter, and one pound of very fat bacon; cut the suet and the bacon into very large dice, put them into a stewpan with two pounds of veal cut in the same manner, fried till the veal becomes very white, and then moisten

* Poêle is almost the same operation as braizing; the only difference is, that what is poëlé must be underdone, and a braize must be done through.

with about three pints of clear boiling water, a handful of salt, one bay-leaf, a few sprigs of thyme, one onion stuck with three cloves, and a great bundle of parsley and green onions: let the whole boil gently till the onion is done, then drain it through a hair sieve, and use it for anything that may want poêlé. The use of poêlé is to make everything boiled in it very white and tasty: in the winter it keeps for a week, and is very useful in the larder, particularly if you do not put in any of the fleshy part of the bacon; otherwise the meat that you boil in it will turn quite red, on account of the saltpetre used in curing the bacon.

314. *Poularde à la Montmorenci—(Montmorency Fowls).**

The same care and attention are requisite in this case as in the former. The fowl being trussed up, you have some boiling water ready; then, laying hold of the fowl by the saddle, dip the breast only into the water in order to give additional firmness to the skin and flesh; next dip it into cold water. When the fowl is quite cold, lard the whole breast in the same manner as a fricandeau of veal, and put it into an oval stewpan, trimmed all round with fat bacon, and moisten with the poêlé, but none at the top. There must be a brisk fire over it, and a slow one under it, the same as for a fricandeau, and it will be done within three-quarters of an hour at most. Dry the bacon with a salamander, glaze of a good colour, and send up with German sauce (No. 20), or a ragoût à la royale. A ragoût is à l'Allemande, when in a sauce à l'Allemande; à la royale, when with the béchamel (No. 36); and à la financière, when with the Espagnole (Spanish sauce, No. 17).

* I do not see the necessity for repeating the word Montmorency, as it is the proper name of the dish, derived from that of the epicure who patronised it; the learner must retain the name, and the Amphitryon who wishes to give a dinner must learn the names of the dishes that come to his table.

315. *Fowl à la Condé.*

Procure a nice fowl, singe and truss it up as above; slit the breast, and introduce small slices of truffles cut into the following shape into the slits that you have made: cover the whole with slices of bacon, and let it be stewed as above. Care must be taken, however, when you take off the bacon, not to derange the symmetry. This dish requires to be garnished in imitation of a chambord (No. 77), with larded sweetbread, cocks'-combs, pigeons à la gautier, large quenelles à la cuillière, and financier's sauce (No. 75).

316. *Poularde à la Turque—(Turkish Fowls).*

Empty a fine fowl, and be particular in washing the inside of it with very hot water; if you leave any blood in it the rice will be full of scum, Your rice having boiled sufficient time in rich consommé (stock-broth), season it with salt, and introduce some into the body of the fowl, which you next roast, well wrapped up in layers of bacon, and in paper; it requires an hour to have it sufficiently done. Send it up with rice round the fowl, the same as you have used to put inside, only add to it two spoonsful of very good béchamel (No. 36) well seasoned; do not let it be too thin, and pour a little velouté (No. 21) over the fowl. Take particular care to keep the fowl white.

317. *Poularde au Ris—(Fowl with Rice).*

Wash a quarter of a pound of Carolina rice in water, which you must pour away till it becomes quite clear, and the rice retains no odour. Have a good and white fowl well dressed, wash the inside with hot water, then put the fowl in an oval stewpan with the rice, and an onion with two cloves stuck in it, and some salt, and broth enough to cover the fowl; you must reduce the liquor to mix with the rice. Let it boil gently for an

hour and a half, then take out the onion and the cloves, and skim all the fat. Serve this fowl with the rice, but mind that the rice must not be too liquid, or it will have a bad appearance. This is a cheap dish, and is very wholesome excellent diet.

318. *Poularde à la Dreux.*

The fowl to be singed and trussed up as above. In order to give it additional firmness, use boiling water, as in No. 317. Cut some ham into long squares; lard the breast of the fowl with them in imitation of a small draft-board, put it into the stewpan as above, and moisten with poêlé.—(See No. 313.) The same time, and no longer, is requisite for the fowl to be completely done. To this must be added the sauce à l'Allemande (German sauce, No. 20). Observe, the pieces of ham must not be too large, and must be carefully stuck in at equal distances so as to represent a draft-board; when done, glaze the ham to make it shine. If you like brown sauce in preference, you may use it .

319. *Poularde aux Huitres, or Fowl with Oysters.*

Singe and truss a nice fowl, and put it into a stewpan the same as in No. 313. When done enough drain it, and send it up with oyster-sauce as follows:—

Oyster-Sauce for Fowl or Turkey.—Take two dozen or more oysters, and take care to preserve all the liquor when you open them. Put them into a small stewpan with the liquor, and add to it a spoonful of water. When the liquor boils the oysters are done; stir them with a spoon, and put them to drain in a hair-sieve as you take them from the stewpan with a spoon; let the liquor settle, and pour it off clear into another vessel; beard the oysters, and wash them again in the liquor, in order to remove all grit and sand; then put a pound of fresh butter into a stewpan, with a spoonful or two of very fine flour; when the flour is fried a little, moisten with the

oyster liquor and a pint of cream; let this boil fifteen minutes, and add to it two spoonsful of béchamel (No. 36); if you have no béchamel, put a small bit of glaze, or portable soup, well seasoned. Mind this has no essence of anchovies, as for fish: it is the only difference. Mask the fowl with this sauce.

320. *Poularde aux Olives.*

Singe, &c. &c., a fine fowl as above, then take some olives which are to be blanched till they are no longer briny. Next boil them in a thin Espagnole (Spanish sauce, No. 17). Skim the sauce, and add a little lemon-juice, and pour it under the fowl. Serve up with some stuffed olives, without stones. Turn the olives with your knife, so as to take out a stone, and leave the olive whole.

321. *Poularde à la Crême*—(*Creamed Fowl*).

This dish is made out of a cold fowl, either roasted or stewed: you take off the breast and fleshy part of the fowl by cutting it square all through; with a little bread toasted and dipped in butter stop the aperture of the bottom. Then have the farce à la crême (force-meat of fowls), as directed in No. 150, with which fill the fowl: then make a kind of a wall round the fowl with buttered paper; cover the same with bacon, in order that the fowl may not get too much colour. If this dish be placed on the flanks, some of the same farce (forcemeat) may be served on toasts cut in the shape of hearts or lozenges, which are called témoins. These are to be baked in the oven the same as the fowls, and the fat to be well drained. Send up with a thin Espagnole sauce (No. 17), or velouté (No. 21). The toast must be fried before you put the farce (forcemeat) over it.

322. *Poularde à la Monglas.*

This is likewise made of a cold fowl left at dinner. Take off the breast as above. You must have ready either an

émincé (minced fowl), or a salpicon pretty thick (see below), which is to be introduced cold into the body of the fowl. Beat the yolks of two eggs with a little fresh melted butter; then cover the breast of the fowl only with crumbs of bread, basted with melted butter. Next give it a colour with the salamander, but you must be careful that it does not get a brown colour too soon. Now baste it with a little butter again: take the red-hot shovel to give the fowl a good brown colour on all sides. Serve a brown sauce under it, if you have applied a salpicon and a velouté (No. 21); if you have used an émincé, it may also be called a poularde en surprise (fowl in surprise). These dishes are very good and very cheap, as they are always made from the remains of yesterday.

Emincé or salpicon may be made with the same sauce; salpicon is a composition of different ingredients, and émincé is all of one sort of meat, either fowl or game.

Salpicon.— Cut into small dice some mushrooms, tongue, truffles, and fillets of fowl; the truffles and mushrooms must be ready done, as well as the tongue and fowl; put all this into a very reduced Espagnole, and when cold use as directed.

Emincé—is only the fleshy part of either fowl or game, minced and put into some béchamel (No. 36) well seasoned: the difference between mince and dice is, that when you have a short allowance of meat you are obliged to mince, as it requires no shape, and you may use whatever flesh you like: the dice requires very good meat. When the fillets are eaten in the parlour, you must make the best of what is left. Salpicon is in general brown; minced fowl always white. It is necessary to be understood that for all sorts of dishes made with what is left you have it not in your power to do as you like, but you must do as you can. Minced meat or pulled chicken must be made with all the white parts of the chicken, but salpicon, or monglas, may be made with any part, legs, &c., but no skin.

323. *Poularde à la Dubaril.*

This is likewise made with a fowl left at dinner, but yet very white. Take off the breast, as in the last. Then take the fleshy part of a nice white roast fowl, which you cut into small square pieces of an equal size; you also cut some tongue the same: put these slices of fowl and tongue into a béchamel (No. 36) pretty thick. Mind to have flesh enough to fill the fowl to the top; the flesh taken from the fowl is not enough, you must add to it more to make the mince look well, and put the eggs over; plover eggs are better as they are smaller. Keep the fowl very hot. The moment you are going to serve it pour the minced meat inside the body of the fowl; thin slices of tongue, cut of the shape of cocks'-combs, should be round the mince on the top of the fowl; serve under it a ragoût à l'Allemande (German sauce), and poached eggs on the top of the mince.

324. *Fowl à la Mirepoix, otherwise à la Cendre.*

Truss the fowl as in No. 311. Next make a mirepoix without its being melted, that is to say, scrape some bacon, a little butter, a few slices of ham, with a little thyme, bay-leaves, salt, and pepper. Then spread the whole on a sheet of white paper; wrap the fowl up in this sheet of paper, and cover it with several other sheets; let the whole be made hermetically close, lest the grease should be lost: then put it into the oven if not too hot; if it should happen to be so, let the fowl be then covered with hot ashes, and over these have some live burning coals, but not too vivid, for fear of the paper catching fire, which would spoil the fowl. It requires two hours for the fowl to be sufficiently done; when so, drain it well, and send it up with an Espagnole (Spanish sauce, No. 17) under it, or poivrade (brown sharp sauce, No. 27), or a sauce hachée (No. 25). This dish is seldom served, as it gives great trouble in the making.

325. *Poularde à la Cardinal—(The Cardinal's Fowl).*

Take a nice white fowl, singe it, and take out the bones without destroying the skin. Next have a farce à quenelles*(see farce quenelles of fowl, No. 147), wherein you introduce a little lobster spawn well pounded, to make it red. This farce (forcemeat), being made rather liquid, is to be injected, first between the skin and the flesh of the fowl, and then inside of the body. You then mould the fowl into an agreeable shape: next put it into an oval stewpan well trimmed with slices of bacon, and pour some poêlé (see No. 313, observation) over it; leave it on the fire for an hour and a half. As it has no bones left, it requires more time before it is done. Serve it up with a sauce à l'Allemande (German sauce, No. 20), to which you add some of the red to dye the sauce, or some love-apple sauce.

326. *Poularde en Campine—(or Pullet with Onions).*

Truss the fowl with the legs outwards, and roast it lengthways. It must be of a good colour. When done, slit the breast, cut raw onions in slices, which you introduce into the slits you have made, and send it up with a brown poivrade (sharp sauce, No. 26), highly seasoned and very hot.

This dish is of Provençal and Spanish origin: in general in warm climates they prefer strong eating: the onion should be sliced before, and remain in a plate ready to put into the fowl the moment it comes from the spit.

327. *Poularde à la Tartare—(Broiled Fowl).*

Take a fine fowl, turn in the legs as usual, then cut it in two, take the bones off from the back, cut the breast-

* *Farce à quenelles.*—The necessity of preserving this appellation arises out of the multiplicity of different farces which are made, and are called in England forcemeats. As this is a particular one, the proper name ought to be retained.

bones off, break those of the legs, flatten the fowl with the back of your knife, and season it with salt and pepper: then take the yolk of one egg, and with a paste-brush rub the fowl all over; dip it in the crumbs of bread and in the melted butter in succession. Next broil it up to a fine colour, on a slow fire, that it may be done thoroughly. Send it up with the brown Italian sauce (No. 24): thrust your knife into it, to ascertain if it is well done: it requires an hour, or at least three quarters, to be done properly.

328. *Fowl à la Chingara—(Chingara Fowl).*

Take a nice fowl, of a fine white colour, singe and pick it well; then cut it into four equal parts, well trimmed. Next cut some thin slices of ham, of a very good shape, put them into a buttered stewpan, and put the four quarters of the fowl over them; let the whole simmer for a while on red-hot ashes: when the fowl is done, drain off the fat, and powder a little salt and pepper over it; you then detach the glaze produced by the gravy of the fowl and slices of ham; pour a little Espagnole (Spanish sauce, No. 17), with the juice of a lemon, and send it up with the slices of ham over the four quarters, and four large fried pieces of bread between, of the same dimensions as the slices of ham. Mind, this is to be highly seasoned. This is the same dish that the moderns call à la Marengo.

329. *Poularde à l'Estragon, or Fowl with Tarragon Sauce.*

Take a fine fowl, truss it and poêlé it as in No. 313. When you are going to send it up to table, cover it over with tarragon sauce, made as follows:—Put into a small stewpan a few branches of green tarragon and a wine-glass of white vinegar; let it boil for ten minutes, then add four spoonsful of sauce tournée (No. 19), and thicken with two yolks of eggs. Strain the whole through a tammy, and put to it a small pat of fresh butter, a little lemon-juice, some salt and pepper, and some leaves of tarragon

cut like lozenges, and blanched very green: cover the fowl with this sauce.

All other pluches, such as leaves of parsley, chervil, &c. &c., are served up with whole entrées, *i. e.* dishes in which the fowl has not been cut in pieces. Then use any sauce you may fancy. Pluches may be made of different-coloured sauces, but green leaves shine better in white sauce than brown, and most companies prefer white sauce. When you cannot procure green tarragon, you put into the stewpan two spoonsful of white tarragon vinegar; let it reduce in a small stewpan, and when near reduced add to it béchamel or Espagnole and a pluche of parsley-leaves. Blanch very green in salt and water.

330. *Poularde aux Choufleurs, or Fowl with Cauliflowers.*

The same as in No. 329; the only difference is, that you boil some cauliflowers in water with a little butter and salt: this you put round the fowl, and then cover both the fowl and cauliflower with sauce velouté (No 21). Mind that whenever you boil cauliflowers for the garnishing of first-course dishes or removes, they should always be boiled in water, salt, and butter (one hour before dinner-time), because they become very white in water so prepared, and lose their green appearance.

331. *Côtelettes de Filet de Poularde à la Maréchale, or Cutlets of Fillets of Fowl, with Crumbs of Bread, à la Maréchale.*

Take four small fowls; cut off the fillets without injuring the filets mignons (small fillets); cut the merrythoughts in two. Take off the small fillets, pare them in the shape of hearts; and stick the merrythought-bones into the points of the hearts, to give them the appearance of chops: and do the same for all the rest. Season them with pepper and salt; then brush the fillets over with yolks of eggs, and dip them into crumbs of bread; next dip them into melted butter, and then into crumbs again. Use your knife to level the bread, and

broil those fillets over a brisk fire. The fillets, being very thin, require only to be lightly browned. Serve under them some thin Espagnole (Spanish sauce, No. 17), well seasoned. [The author would here observe to the young and inexperienced cook, that when he has something thin to broil, the fire must be very sharp; and when something thick, the fire must be moderate, as it takes more time to be done through.] These fillets may be sautéd, or lightly fried, in the same manner as the lamb-chops or mutton-cutlets. Take a very little melted butter in a sauté-pan, and put it over a very sharp stove, which will do as well as broiling them. The maréchale sauce is better when you prepare it in the following manner:—

Maréchale Sauce.—Reduce two spoonsful of tarragon vinegar to one; then add six spoonsful of velouté (No. 21) to it, thickening this sauce with the yolks of two eggs; work the sauce very well, finish with a small bit of fresh butter, salt, and a little cayenne. Serve this sauce in preference to the other.

332. *Les Ailes de Poularde à la St. Laurent, or the Wings of Fowls à la St. Lawrence.*

Take three fowls, divide the breasts into two parts, take off the sinews and small bones, season with salt and pepper, &c., brush them as above with yolks of eggs, then dip them into bread, then in melted butter and bread again; next broil them in the same manner as above, well seasoned, and send them up with a thin Espagnole (Spanish sauce, No. 17), or the maréchale sauce. (See last receipt.) Wings of chicken à la maréchale are made in the same way.

333. *Sauté de Poularde au suprême.*

Take off the fillets of three fowls, which will produce nine fillets, as two of the fillets mignos (small fillets) are used to make a large fillet. You then prepare them all alike, and put them into a sauté-pan, with some melted butter and salt, covered with a round of paper buttered,

to prevent the fillets from drying and getting dusty. When you have fried the fillets lightly on a sharp fire, on both sides, drain the butter, but be careful to preserve the gravy of the fowls with a small quantity of the butter: put four spoonsful of béchamel, and two spoonsful of double cream. Let them warm gently without boiling, or the fillets will get tough; put likewise a spoonful of consommé (stock-broth), and taste if the seasoning is palatable. You must mind that this dish is a fine entrée, and must not be too highly seasoned. Send up with sliced bits of bread, fried in butter, and glazed over, which are to be placed between the fillets. The sauce to be poured over the fillets only, and the pieces of bread to be kept crisp, and glazed.

334. *Escalopes de Poulardes aux Concombres, or Scollops of Fowls with Cucumbers.*

Take off the fillets of three fowls, cut your scollops of the size of a half-crown piece, dip them into some clarified butter in a sauté-pan or frying-pan, fry them lightly over a brisk fire on both sides, and throw them into cucumber sauce. The shortest way of making the scollops, and likewise retaining all the gravy, is to fry the fillets lightly just at dinner-time, and to scollop them quickly, and put them in the sauce.

335. *Escalopes de Poulardes à l'Essence de Concombre, or Scollops of Fowls with Essence of Cucumbers.*

These scollops are prepared in the same manner as those before, but the sauce is not the same: cut the cucumbers of the same shape and size as the scollops; keep the parings or trimmings of the cucumbers to make a purée. As this sauce must have a positive taste of cucumbers, put the cucumbers into a basin with a little salt and half a spoonful of vinegar; let them steep for one hour, then drain them upon a clean cloth, put them into a stewpan with a small bit of butter, let them fry a little without colour: to drain the water from the cucumber, sprinkle a spoonful of flour over them, then moisten with con-

sommé (stock-broth), enough to let the fat rise on the top. Put a small bit of sugar and a bundle of parsley and green onions. When the cucumbers are sufficiently done, drain them in a hair-sieve, and put them by, covered with a plate. Now take the parings, fry them in a stewpan with a little butter, moisten with the sauce in which you have boiled the cucumbers, skim off all the butter, boil down the sauce quite thick, taking care to add the juice of the cucumbers that drops from the sieve to be reduced with the sauce, and then put three spoonsfull of good béchamel (No. 36) with it; rub this through a tammy; keep this sauce very thick. Next fry the scollops lightly on both sides, but mind, as soon as they appear white they are done: lay the dish on its side, in order to drain off all the butter; put the fillets into the sauce, drain the cucumbers again, and put them to the fillets. If your sauce is quite thick, put to it a spoonful of double cream, a little salt, and serve in a deep dish with some flower-work of pastry round the dish; observe that this dish must be rather sweet. You must put a little sugar into it. The readiest mode of making scollops is to put a little salt to the fillets (without trimming them in the melted butter), and sautez them (fry them lightly) on a sharp stove till they are slightly done, then have a clean sheet of paper, cut the fillets in two, sideways, and scollop them with care, and very quickly, to keep the gravy in; then put them in the sauce with the cucumbers, that they may acquire their flavour. Take care the bain marie (hot-water bath, see page 19) does not boil, or the scollops will be too much done, and, in consequence, tough.

336. *Escalopes de Poulardes aux Truffes, or Scollops of Fowls with Truffles.*

These are prepared as above, but at the moment when you put the fillets into the butter, the truffles must be ready peeled and cut of the same round form and dimension as the scollops will be. Season with a little salt; sautez the truffles (fry them lightly) and scollops a few moments before dinner-time; and put them into some

béchamel (No. 36), to which you have added a little reduction of truffles. This reduction is made as follows:—The trimmings of truffles are to be reduced in a little consommé (stock-broth); introduce some of this glaze into the collops, and as it is always brownish, add three or four spoonsful of thick cream to the sauté to make the sauce white; season it according to your palate. Do not forget to keep the sauce very bright. You must be very particular in the preparation of this dish, as it is one which distinguishes the fine cook. Sautez (fry lightly) any truffles, whether fowl or game is not material, being almost similar, but take care that the meat and the truffles are both sufficiently done. The plan is to put in the sauté-pan or frying-pan, first the fillets, which you dip in the melted butter, and put in the sauté-pan; then, when you have done them all, put in the truffles ready cut in slices; when the fillets have been sauté (fried lighty), you must leave the truffles a little longer in the sauté-pan over the fire, and keep stirring with a spoon to fry them equally; then put the scollops together, and give them a turn on the stove; raise the sauté-pan on one side, to drain the butter, then put the scollops in the sauce one hour before dinner to give the taste of truffles to the meat, and keep the sauce thick, as it is always easy to make it thin afterwards.

Observation relative to Sautés (*dishes fried lightly, see* Introduction) *in general.*—Mind, you must never let the sauté be too much done. These dishes are very difficult to make in perfection. When they are too much done they are not eatable. It is this point of perfection in the management of cookery which distinguishes the *good* from the *bad* cook.

337. *Escalopes de Poularde à la Conti aux Truffes, or Scollops of Fowl à la Conti with Truffles.*

The same quantity of fowls as No. 334; the only difference is, that you keep the filets mignons (small fillets), which you lard, one half with bacon and the other with truffles. You

must take care that the contis are not overdone. Those that are larded with bacon must be well covered with fire, and those that are decorated with truffles must be wrapped up in bacon, and afterwards glazed. Give them any shape you please when you put them into the sauté-pan, either of garlands, rosettes, &c. The contis must be put round the dish when you have dished the scollops. Observe, that the greatest epicures do not like any decoration in cookery, but in a great dinner it is always necessary that everything should appear uncommon.

338. *Escalopes de Poularde à la Purée de Truffes, or Scollops of Fowl with Purée of Truffles.*

These scollops are prepared and done in the same manner as those above. When they have been sauté (fried lightly) put them into the purée of truffles, which is prepared as follows:—Take the trimmings of truffles, and all those that are of a bad form; boil them in a little consommé of fowl, put them into a mortar, and moisten with two spoonsful of good Espagnole, well seasoned: use them either for scollops or fillets. Mind, when you use them for game, such as partridge, pheasant, or rabbit, you must use consommé of game to make the purée.

339. *Filet de Poularde à la Chingara.*

Take the fillets of three fowls, which you divest of the skin and sinews. Prepare them as the above with clarified butter in a sauté-pan or frying-pan, together with some slices of boiled ham of the same size. Fry them lightly over a slow fire; but do not let the fillets be too long on the fire. Let the ham be of a fine colour; glaze it well, and dish it miroton way. Put three spoonsful of Espagnole (Spanish sauce, No. 17) into the sauté-pan, after having drained the butter, one spoonful of consommé (stock-broth), two pats of fresh butter, the juice of one lemon, some salt, and a little cayenne; glaze the bits of ham, and cover the fillets only with this sauce. Three fowls produce, in general, nine fillets, as you must make three with the inside fillet: the nine fillets will make a

very small entrée (dish for the first course): but you must always add nine other things, either fried bread, tongue, or ham, otherwise the dish will be shabby: a good cook will always save a small bit of tongue or ham; if he finds nothing else, he puts in its place some crusty pieces of fried bread of the same shape as the fillets. The motive for putting tongue, ham, or fried bread between the fillets is, that it gives a better appearance to the dish, and likewise saves a great expense, by saving as many fillets of fowl as you put either croutons, slices of tongue, &c., between the fillets.

340. *Blanquette of Fowl Marbrée.*

This dish is one which the author does not approve of, but it is served at grand dinners. Take off the breasts of three fleshy fowls, wrap them well up in bacon and paper, then roast them; do not let them be too much done. Next lay them aside to cool. Take off the flesh, first from one side, then from the other, which you cut to the size of a half-crown piece, as also some slices of a red tongue; then put into the dish that is to be sent up a miroton of tongue and of fowl; that is, a slice of each alternately, and so on in a spiral line. Take care to keep the dish quite hot. The moment you are going to send up cover it with a sauce à blanquette, or à l'Allemande (German sauce, No. 20). These entrées should be made when you have much cold fowl in your larder, such as after a ball-supper, for instance.

341. *Les Ailes de Poularde à la Dauphin.*

If you have a very large dinner to send up, and use a great number of fowls, take eight fillets off from the same side, which makes no difference with regard to the expense: this dish looks better when the wings are all from the same side. Prepare your fillets well, lard them with fine bacon, and then put them into the oven in a well-buttered stewpan, in order to give them a good shape; when they have got a certain degree of firmness, lay them over slices of bacon, and put under the bacon a bed of vegetables, the

same as for a fricandeau, with a little salt and a good fire over them, in order that the larded part may be seized: the wings will be done in ten minutes; glaze them, and send up with whatever sauce you think proper. Endives with béchamel (No. 36), the Soubise (No. 45), the purée of celery (No. 44), of green peas (No. 50), or of truffles (No. 338) are, however, preferable to all others.

342. *Boudin à la Reine*—(*Queen's Puddings*).

This dish is made out of cold fowls. Take the breast and fleshy parts of several fowls, which you cut into small dice, all of an equal size. Throw these dice into some béchamel boiled down thick, and season them well; next put them into a dish that they may cool, and give them a good form with your knife. When quite cold, cut them into two equal parts, which you make into boudins* of the size of the dish: roll them into crumbs of bread; then dip them into an omelet,† and roll them again in bread. You must take care that the extremities are well covered with the crumbs, otherwise they would break in the frying-pan. When they are fried to a good colour, drain them, wipe off the grease with a clean towel, and serve with a thin béchamel between.

343. *Croquettes de Volaille.*

These are prepared in the same manner as the boudins à la Reine (Queen's puddings), but you must keep them rather thick, to prevent their shrinking while frying. A little fried parsley is to be put into the middle of the dish, and you erect the croquettes round it. There are several modes of rolling them, as in the shape of a cork, of a ball, of a pear; the tail of which is made out of a carrot, or some other substance; those which look the best are in the shape of a cork. You must press pretty hard on the extremities, that they may stand erect on the dish.

* A long shape.

† Omelet consists of eggs beaten together with a little salt.

Placing them in a circular form, with fried parsley in the centre, has a pretty effect, though it is very plain.

Those that are in the shape of a pear are called à la Dubaril. There are also croquettes of sweetbreads, of palates of beef, of cocks'-combs: but they are all much alike, as will be shown hereafter.

Croquettes of any kind ought to be made only with remnants of fowl or game, as they require a great quantity of flesh; but they may be made with what is left from the preceding day.

344. *Hachi de Volaille à la Polonoise.*

If you have any remnants of fowl, mince them, and put the minced-meat into some good béchamel (No. 36), without suffering it to boil. Sometimes you may put the whole into a vol-au-vent, another time into patties en timballe (see Pastry); another time you may put it in a bordure (see Pastry), with poached eggs over the mince-meat. By this means you obtain a variety of dishes: you may likewise send it up in croustades, but it has then the appearance of a second-course dish. This dish also looks well garnished with plovers' eggs.

345. *Cuisses de Poularde en Caneton—(Duckling-like).*

After having prepared the fillets of several fowls, the legs should be turned to advantage; pull the bones entirely away from the white flesh; but take care not to destroy the knee, which must serve to make the beak of the duck. Cut the bone on both sides the joint, and keep the knuckle. When you have boned the thighs, stuff them moderately with a farce à quenelles (forcemeat for quenelles); next sew them up with a little thread, and put them into the oven on a flat dish; put over these another flat dish with a weight on it, to give them a good shape. Leave them in the oven till they are quite firm, that they may retain their shape; next put them into a stewpan, wrapped up with some bacon; add a few bits of carrot, an onion stuck with a clove, a little bay-leaf, thyme, salt, and pepper.

Put the knuckles to braize with this ; when the whole has simmered gently on the fire for an hour, drain the legs and the knuckles ; take off the thread, and stick the knuckle into the large part of the leg, and it will represent exactly the form of a duckling. Put under it a purée of green peas in summer ; and at other times any kind of sauce, sharp or not.

The sauce tomata, or a poivrade (brown sharp sauce, No. 27), are very good with this dish, which is a saving one. When you use many fillets for a dinner, you should contrive to do something with the legs. If you are particular in binding the knuckle of fowl when you put them in the braize, you will be surprised how much it will resemble a duckling, when stuck properly in the large part of the legs.

346. *Balotine de Poularde, or Legs of Fowl en Balotine.*

Bone the legs of the fowl; cut the knee entirely off, and the leg just above the joint ; then roll the legs, and thrust the claws into the hole of the leg-bone : tie them up quite round, and put them between two plafonds, with a pretty heavy weight over them in the oven, to give them a nice shape. When they are become firm, put them between layers of bacon, and braize them in the common way: when they are done, drain and glaze them. Send up with any sauce you may fancy. The love-apple, or sharp sauce (No. 92), will answer the purpose very well. If you have a ragoût left from the preceding day it looks very well in the middle of the dish.

347. *Cuisses de Poularde à l'Orlie, or Fried Legs of Fowls.*

Bone the legs of several fowls, and set them to be pickled raw in an earthen pan, with the juice of a lemon, a little parsley, thyme, bay-leaves, salt and pepper, &c. &c. When pickled or marinaded for three hours, drain them : then beat the white of an egg, mix a little flour with crumbs of bread, and dip the legs first into the white of

the egg, and then into the flour and crumbs; next fry them, but mind, your dripping must not be too hot, for if it is, the legs will get a colouring before they are done through: serve up with the brown sharp sauce (No. 27), or love-apple sauce (No. 29).

This is a very excellent dish when you have had a large dinner the day before; you trim and bone these legs, and put them in the basin with marinade (pickle, p. 102) as before directed, but you must leave the skin very large, and trim them very round, so as to give them a good form; when fried, glaze them, and serve a poivrade (brown sharp sauce,) or tomata sauce, under them. This dish is most excellent for a family; it is what is called un plat d'économie (an economical dish).

348. *Cuisses de Poularde à la Dreux, or Legs of Fowl à la Dreux.*

Bone the legs, fill up the vacuity with a forcemeat or quenelle; give the legs a round shape, then lard the upper part with small slips of ham, mark them between layers of bacon, and braize them as above. When they are done, glaze and send them up with whatever sauce you think proper. It is to be observed, however, that a glazed dish requires a white sauce, that the glazing may appear to greater advantage. These legs are to be put into a sauté-pan, or frying-pan, on which you have spread layers of bacon. You also put the same over the legs, and cover the whole with the lid of a stewpan, and over this put a heavy weight, to give the legs a good shape. When they are become sufficiently firm over a slow fire or in the oven, take them out and prepare them the same as any other braize.*

* The entrées of legs of fowl are not in very great repute, but they are a very great saving of expense, and nothing but prejudice can object to them: for when they are well made they are excellent food, and make a very good appearance on table, as they can be served in so many different forms, and with such variety of flavour.

CHAPTER X.

FAT CHICKENS.

It is almost unnecessary to particularise what can be made with fat chickens. Whatever can be made with fowl can also be made with chicken. The only difference is, that chickens, when too small, cannot be used for fillets, but when they are fleshy enough to be filleted they are a great deal better and cheaper, and also more tender, than large fowls.

349. *Poulets à l'Ivoire*—(*Ivory-white Chickens*).

Take two chickens of the same size and equally white; pick them well and singe them; then thrust your fingers inside to pull out the breast-bone. Having mixed a little butter with the juice of half a lemon, and some salt and pepper, introduce an equal proportion of this mixture into the body of each chicken, and bind them up in a good shape. Then put them into an oval stewpan, surrounded with layers of bacon: next cut the juicy part of a lemon, and cover the breasts of the chickens with thin slices of it and fat bacon. Pour some poêlé (see No. 313 —*Observation*) over them. The chickens will be done in half an hour's time, and retain their white colour. Drain them, take off the packthread, and send them up with the velouté (No. 21), or béchamel (No. 36).

350. *Poulets à la Villeroi*—(*Villeroi Chickens*)

Are dressed in the same manner as those above. The sauce, however, is to be an aspic lié (No. 28). The aspic lié is the same sauce as the maréchale (No. 103): put in a stewpan three spoonsful of tarragon vinegar, let it reduce full half, then pour into it six spoonsful of velouté (No. 21), a little salt and pepper, the yolks of two eggs,

and mix this sauce very well. Add to it a very small piece of fresh butter, and work the sauce well, to make it as fine as possible. Cover the chicken all over.

351. *Poulets à la Montmorenci.*

Take two chickens of the same size, and equally white; bind them up as before; next have some boiling water, wherein you dip only the breasts of the chickens, to make the flesh firm. Then lard them the same as a fricandeau, and put them into an oval stewpan, surrounded with bacon; though there is not to be any over them, moisten with the poêlé (see No. 313), or with some new broth, as old broth will turn anything red. A large fire is required over the lid to seize the bacon; which having acquired a good colour, you remove the fire from over them, and let the chickens boil gently for half an hour: then drain and glaze them nicely, and serve up with ragoût à la financière (financier's ragout, No. 75). Mind, they must be well done and drained; if any blood should remain in them, the sauce will be spoiled.

352. *Poulets à la Condé*

Are to be dressed as above, but it is useless to dip them into boiling water: slit them equally with a penknife, and introduce between the slits thin slices of truffles and of tongue à l'écarlate, cut like a cock's-comb , then stew the chickens as mentioned above, and serve up with the ragoût à l'Allemande (German sauce, No. 20). The ragoût must have cocks'-combs, quenelles, mushrooms, &c.

353. *Poulets à la Turque.*

Take two white chickens of the same size, empty them, and dress them up as above. Then have some rice well cleaned and blanched, and boil it in some consommé (stock-broth, No. 2). When sufficiently swelled and very

thick, season it well, and take one half of it, which you put inside the chickens; stuff them as full as you possibly can, with the rump turned inside, to prevent the rice from bursting out: wrap them up in layers of bacon and paper, split them, and they will be done in one hour. When done, lay them on the rice that remains, into which you may pour four spoonsful of béchamel (No. 36), and one spoonful of thick cream. Season the whole well. Mind that you have the inside of the chicken well washed with boiling water before you put the rice in, otherwise it will be full of scum, and will spoil the rice.

354. *Poulet aux Pâtes d'Italie, or Chickens with Italian Paste.*

Take two fat pullets as above, dress them in the like manner, but your Italian paste must be in a state of readiness, and made very thick, as it has less substance than rice: then stuff the chickens with part of the paste, and do them the same as above.

355. *Poulets Gras aux Nouilles.*

Take a couple of fat pullets, which dress and prepare as directed in No. 349, and stew them in the same manner. The Nouilles are made as follows: Take the yolks of four eggs, five spoonsful of flour, a lump of butter of the size of two eggs, and a little salt; make a paste, which you moisten with a little water, yet let it be kept thick; work it hard with your hand, and spread it on the pastry-table with the rolling-pin; mind to powder a large quantity of flour when you cut the paste into long bits, to prevent their sticking to the pan: blanch the nouilles in water with a little salt. Drain them, throw them into cold water, and stew them in consommé (stock-broth, No. 2); when they are done, drain them again, and toss them in a small quantity of Allemande (German sauce, No. 20), or of velouté (No. 21). You may also pour those sauces over the chickens. The paste may be cut into different shapes, as squares, lozenges, &c. &c. Emincés (minced meats) or blanquettes agree very well with the nouilles.

356. *Poulets à la Tartare, or Broiled Chickens.*

Take two very young chickens, singe them; then make a hole above the joint of the leg, and thrust the claws into those holes: then split them in two, break the bones of the legs, and bone the backs and breasts, leaving as few bones as you possibly can; then mould the chickens into a round shape; season them with salt and pepper; take a brush dipped into yolks of eggs, and brush the chickens all over; next dip them into crumbs of bread; have some melted butter ready, dip them into it, and then into crumbs of bread again, and roll them equally; lay them on something flat to give them a good shape; half an hour before you send them up, broil them on a clear fire; serve up with gravy or Italian sauce (No. 23). Observe, that the legs are a long time boiling; ascertain if they are done before you send them up. Mind to put under anything with which bread-crumbs are used a very thin sauce, otherwise the bread makes the sauce too thick.

357. *Poulets Gras à la Givry.*

Dress two young pullets, and stew them as directed in No. 349. The givry is made in the following manner: Take some small white onions, which you cut into rings; select them all of the same size, which you stew in a small quantity of consommé (stock-broth, No. 2); take care your onions are not too much done, for they would break. Then spread these rings at an equal distance over the breasts of the chickens. Have a verd de persil (green of parsley, No. 64) ready, and put a little in the centre of each ring; the remainder you mix with some sauce tournée (No. 19), well reduced and well seasoned; add a little lemon-juice and a little cayenne, and pour this sauce under the chickens.

358. *Poulet à la Barbarie, or Chickens à la Barbarie with Truffles.*

Dress two young chickens as at No. 349. Cut small

pieces of truffles in the shape of nails, make a few holes in the breasts of the chickens with a penknife, and fill them up equally with the prepared truffles. Then cover the chickens with layers of bacon, and stew them with a poêlé as at No. 313, and serve up with Italian sauce with truffles.

359. *Poulets à la Cardinal.*

Take a couple of fat chickens, very white, but mind that the skin is not injured, and pick them with the utmost care. Have some of the spawn of lobsters ready pounded and mixed with a little forcemeat in quenelles (see No. 147); introduce the handle of a small knife between the skin and the flesh, and thus separate the skin without tearing it; next introduce the red quenelles between the skin and the flesh very evenly; then truss the chickens in the common way, and poêlé (No. 313) them as usual, but do not do them too much; let them stew gently, and pour under them a love-apple sauce or a poivrade (brown sharp sauce, No. 27), or tarragon sauce (No. 33).

360. *Filets de Poulets à la Royale.*

If you have a large dinner to serve, take the fillets of four chickens, and thus you obtain eight large fillets, and a similar number of filets mignons;* flatten them with the handle of a knife that has been dipped in cold water, to prevent the knife breaking the fillets or sticking to them. Then use the knife to pull off the upper skin, which is very tough; take out the sinews from the small fillets, put them into a sauté-pan, after having dipped them into butter; then powder them over with salt only, pepper being intended merely for highly seasoned dishes, but disagreeable to a dainty palate. When you are going to serve them, fry them lightly and hastily, drain the butter, pour over them two or three spoonsful of béchamel (No. 36) and one spoonful of thick cream, which you keep stirring for a short time; then send up, dressed mirotonway, with the ragoût à la royale (royal ragoût) in the

* Filets mignons are the inside small fillets.

centre, after having dished the fillets in a circle.—The royal ragoût is white, and must be composed of the following articles: cocks'-combs, kidneys, mushrooms, small quenelles, and truffles, if you have any. Observe, that the sauce must be well seasoned.*

361. *Côtelettes de Poulet à l'Epigramme*—(*Epigram of Chicken Cutlets*).

Take the fillets of five pullets, and pare them well; then take the small bone of the pinion, scrape it well, and stick it dexterously into the point of the fillets; season with salt and pepper. Brush them over with the yolks of two eggs, then dip them into crumbs of bread, next into some melted butter, and crumbs of bread again; let them be covered entirely. Broil them exactly at dinner-time. Then put the filets mignons (small inside fillets) in scollops, in a sauce à la blanquette (No. 260), with mushrooms, into the middle of the dish, and put the cutlets round the dish and send up. On other occasions you may fry the small fillets entire, and dish them between the cutlets, with thin Allemande (German sauce, No. 20). You may put in this scollop some slices of truffles fried lightly, with the small inside fillets.

362. *Filets de Poulet Gras au Suprême.*

Take three small fowls, very white; clean and pick them well, scald the legs in boiling water: singe the chickens over the flame of a stove, then cut the fillets from the breast; flatten and trim the six large fillets: take the six small ones, and make three of them by sticking two together; lay them in a sauté-pan, or frying-pan, and cover them with melted butter and fine salt. Just at dinner-

* It is necessary to observe that Ragoûts are only six in number, viz. La Financière (the Financier's); La Toulouse (the Toulouse); L'Allemande (the German); La Royale (the Royal); La Godard, and La Chambord. Each of these ragoûts has its distinct characteristics, and varies as much in appearance as in taste.

time put the sauté-pan on the stove, and fry the fillets lightly on both sides; when they are firm, they are done; drain the butter, but preserve the gravy at the bottom of the pan; add to it three spoonsful of béchamel (No. 36), well seasoned, and move the pan over the fire without letting the sauce boil: the fillets will not be good if they have boiled at all. Dress the nine fillets with a bit of bread fried of a nice colour between each fillet, and pour the sauce over them, but not on the fried bread, as that must be crisp. If you can use more chickens do not put the bread; but, as I have said above, if the dish be large the nine fillets look scanty and shabby: use your discretion according to the fortune or the character of your employer.

N.B.—Use the backs and legs of the fowls to make consommé (No. 2), or soupe à la reine (Queen's soup, No. 126).

363. *Filets de Poulet Gras sautes à la Lucullus.*

Take the fillets of four fat pullets, take off the small inside fillets, and pull the sinews from them: flatten them with the back of a knife, and put them in melted butter. The larger fillets are to be garnished with truffles, cut into small round slices, as in the Contis (see No. 337). Next make three round slits in each fillet, and introduce the sliced truffles within each slit, though not so far as to reach through the fillets, which would break them. When your fillets have been garnished, put them in melted butter, and fry them lightly in the usual way; mind, they must be only under-done, by which is meant, that they are to retain somewhat of the reddish hue; but as they are to be kept hot with the sauce, they will soon be thoroughly done, and are always tender.

Sauce to the Fillets.

Strip the legs and loins of the chickens, wash the inside of the lungs clean, and put them into a small stewpan with a few bits of ham, half a shalot, and the parings of

the truffles; let the whole sweat for one hour, moistened with a spoonful or two of consommé (stock-broth, No. 2). When the meat is done through, pour over it some boiling-hot consommé, and let it boil for about an hour again, then drain the whole on a double silk sieve; reduce the consommé to a light glaze: this will serve for different purposes. When you have fried the fillets lightly, drain the butter; take four spoonsful of béchamel (No. 36), a little of the glaze of fowl and truffles, and a spoonful of thick cream; keep stirring the fillets in the sauce, and dish them alternately, a large fillet and a filet mignon (small inside fillet). Pour the sauce over the parts that have no truffles on them, and that are not glazed; if you dress the dish with care, it will be very good. This dish will be found also under the head "GAME." It requires very great attention to be made in perfection. The fillets must be sliced at three different places, as follows: When the truffles are put into it and dressed, it has a charming effect.

Be careful to have in a dish sauce sufficient to eat with every fillet.

364. *Escalopes de Poulets aux Truffes, or Scollops of Chicken, with Truffles.*

See scollops of fowl, No. 396. You must always reduce to a glaze a little consommé (stock-broth, No. 2), into which you have put the parings of the truffles.—When reduced, strain it through a sieve, that the parings may not injure the sauce. Then use a small quantity of it with the sauce of the sauté, and add a little cream to whiten the sauce.

365. *Escalopes de Poulets Gras à la Conti aux Truffes.*

The same as the preceding, with the difference only that

you preserve the filets mignons (small inside fillets), which you garnish with truffles, and mark them in a sauté-pan, or frying-pan, in order to be enabled to give them the shape either of garlands, crescents, &c. &c. Butter the sauté-pan, and put in the fillets that you have larded with bacon: divide the thickest part of the fillets, preserve the right side point, turn over the two parts that you have divided, and give them the shape of a dart or arrow. Another time you may convert them into the shape of an S, and dish them round your scollops, which are dressed in the middle in the shape of an obelisk.

366. *Escalopes de Poulet à l'Essence de Concombre—(Scollops of Chicken with Essence of Cucumbers).*

Mark the fillets of four fat pullets in a sauté-pan, or frying-pan, with some melted butter, and a little salt over them: cover them with a round piece of paper till dinner-time.—See No. 335.

Sauces to the Scollops.

Take eight very green cucumbers, cut off the ends, and apply the tip of your tongue to taste them: if they should taste bitter do not use them. Slice those only that are good about the size of a half-crown piece, take out all the seed, and put the parings, with a few minced cucumbers, to sweat in a little melted butter till they are melted: steep the large slices in a little salt and a thimbleful of vinegar to draw the water from them, and lay those slices on a clean towel to drain, and put them into a stewpan with four spoonsful of sauce tournée (No. 19), a small bit of sugar, a little salt, and let them stew gently. When they are done, drain them on a hair sieve; then mix the whole of this sauce with the parings, and let it boil gently, in order to extract all the butter. When there is none left, reduce the purée till it becomes thick, then mix three or four spoonsful of béchamel (No. 36), and strain the whole through a tammy, like a purée. When dinner-time is come, put the fillets over the stove; after having fried them lightly, drain and scollop them,

and put into the sauce, which must always be kept very thick. The moment you are going to send up, drain the cucumbers in a hair sieve, and put them with the scollops; mix a little cream with the scollops; taste whether they are well seasoned, and send up either with or without Contis, according to your taste. This dish should be rather sweet. When you have no sauce tournée, fry the cucumbers in butter. Spread flour over them, moisten with very good consommé, adding a bundle of parsley and green onions, a little sugar, and proceed as above. If you have no béchamel, add three spoonsful of very thick cream which has been boiled, and keep the sauce thick; it is easily made thin with a little consommé or broth.

367. *Blanquette de Poulets à la Turque.*

Take a cold fowl or chicken and cut it into scollops, in the shape of half-crown pieces: have ready some rice, well washed, and which has been boiled in rich broth or consommé (No. 2); let the rice be thick, make it richer with a few spoonsful of béchamel (No. 36), dish it en buisson (like a bush), put the scollops of chicken one on another, up to the top of the buisson; keep the whole hot, well covered, and when ready to send up, cover it over with a sauce à blanquette (No. 260), or béchamel.

To this dish I prefer the following:—

368. *Sauté of Fillets of fat Pullets à la Turque—(Turkish way).*

Take the fillets of three fat pullets, tear off the skin, and cut the sinews out of the small inside fillets, stick two together, and then you will have nine fillets; put the whole into a sauté-pan or frying-pan with some melted butter and a little salt (never put any pepper into white made dishes), cover them with paper to prevent the dust. At dinner-time have some rice ready that has swelled in rich consommé; the rice must be kept thick; mix two spoonsful of béchamel (No. 36) with it, and a small bit of very fresh butter. This rice is dressed en buisson (in

the shape of a bush), in the centre of the sauté, which is made in the same manner as the sauté au suprême, with the fillets round it. Keep some of the rice a little thicker than the rest, mould in a spoon as many spoonsful as the fillets; dress them between, and keep the dish very hot. When the dinner is called for, sauce the fillets and the rice. This latter method is preferable.

369. *Sauté de Poulets au Suprême*—(*Sauté of Fillets of Fat Pullets au Suprême*).

See No. 333.

370. *Ailes de Poulet à la Dauphine.*

See No. 341.

371. *Boudins à la Reine.*

See No. 342.

372. *Boudins à la Richelieu.*

Look into the Chapter of Farces (Nos. 147 to 150) for the method of making quenelles. The boudins à la Richelieu are the same thing as a farce for quenelles, made of either veal, or fowl, rabbits, whitings, carp, &c. Sweat some white onions that are cut into small dice or fillets: when well done drain them in a hair-sieve, in order that there may not be the least particle of butter; work the farce or forcemeat with a wooden spoon before you put the onions in, to prevent their breaking, for it is requisite that the onions should remain entire in the boudins à la Richelieu. Next let this farce stand to cool. When it is quite cold roll it in the shape of a rolling-pin of the length of the dish, and poach it in the following manner: After having rolled the boudins (puddings), rub with butter a stewpan large enough to contain them with ease: lay them over the butter; pour some boiling water with a little salt into the stewpan, and let them boil

gently, till you see they are swelled properly; then drain and let them cool. When cold, mould them of an equal size, dip them into yolks of eggs well beaten, with a little salt, and then slightly into crumbs of bread, next into eggs again, and once more slightly into crumbs of bread: then fry them on a clear fire; they only want to get a fine colour; drain them with a clean towel, dish them, and pour over them Italian sauce. Some people make use of the sauce d'attelets (No. 55); in that case it must be poured hot over the boudins or puddings. When they are cold, and the sauce begins to cool, put some equally with your knife on each square. Dip them into crumbs of bread, take care that you make them into regular squares; then prepare an omelet, with yolks and whites of eggs, beat up with a little salt. The boudins are to be dipped only once into this preparation; give them a good colour by frying in very hot dripping; you may serve them sometimes with crumbs of bread, and sometimes white. Epicures prefer them white without the crumbs of bread, and just at the instant they are poached.

373. *Boudins à la Sefton.*

Make some quenelles of fowl (see No. 147), in which you introduce some essence of mushroom, which mix with the farce or force-meat in the same manner as the boudins à la Richelieu (No. 372); then poach the boudins. When done, drain and put them in the dish; have some béchamel (No. 36) very thick; cover over the boudins with the thick sauce, and put over each of them the small fillet, larded, which you must prepare in the following manner:—In order to give the larded fillets a proper shape, take a piece of carrot, or a bit of bread, of the same shape and size as the boudin; put over the carrot a thin slice of fat bacon, to prevent the fillets from smelling of it; bind the fillets over the carrot, and put them into the oven till they are firm; then glaze them, and put them over the boudin after having poured the sauce, which must be thick; when the boudins are covered, put a spoonful of consommé (No. 2), and some of the juice

of mushrooms, to make the sauce thinner, and put it under.

374. *Quenelles de Poulets au Consommé.*

The quenelles are to be rolled much about the size of a thick cork, and to be put into a stewpan rubbed with butter, as directed above. You must have ready some fowl consommé (No. 3), very clear yet rich: drain the quenelles on a clean cloth, put them into a silver dish, and pour the consommé gently over them, that they may not break, and that the consommé may remain clear.

Observation.—This dish is seldom called for in England. The other quenelles are made in the same manner, but only of various sizes. There are quenelles called à la cuiller, or spoon, which are prepared in the following manner:—Take two spoons, one of which is always to be kept in hot water; fill the other with some farce or forcemeat, which you shape with a knife: when your quenelle is quite round, with the other spoon you take it out, and put it over some butter in a stewpan, and so on with the rest. This manner of preparing quenelles is also practised in dressing entrées of fish. The farce à quenelles (forcemeat for quenelles) not only makes good entrées, but is indispensably necessary in the making of the Chambord, la financière (the financier's ragoût), le ragoût à l'Allemande (German ragoût), the Godard, the Toulouse ragoût, and in general of all garnitures. The quenelles are a branch of the art which I would select to try the knowledge of a cook; many cooks do not personally finish these dishes, but leave to their attendant the care of them, by which means they are seldom well done.

375. *Risolles de Volailles.*

Risolles were formerly made with a farce fine (fine forcemeat) either of fowl or rabbit. (See Farces, No. 147.) Spread some puff paste, and lay at equal distances balls of the farce. Then use the paste-brush over the paste, round the farce, and fold the paste, which you press all round, in order to make the borders stick close together.

Then cut the risolles with the paste-cutter in the shape of a crescent. When you have about two dozen, fry them and send them up with fried parsley in the middle. The risolles are commonly made in the following manner: Have some minced fowl, that is, the white fleshy part, which you put into some velouté (No. 21) reduced, or béchamel; give it a good seasoning, and then let it cool. When cold, divide it into small balls, and wrap them up in paste, fry them, and serve up garnished with fried parsley.

376. *Croquettes de Poulets.*

Take the flesh of roast chickens, which you cut into small dice of an equal size; put them into some béchamel (No. 36), then let them cool; next mould them of the shape of a cork; dip them into an omelet, and then into crumbs of bread; lastly, fry them till of a light brown, and serve up with some fried parsley of a good green colour. This, requiring a quantity of white flesh of chickens, is termed most naturally an entrée de desserte, remnants of cold chicken. The croquettes are better when made with some of the remnants of fowl, and sweetbreads, turkey, pheasants, &c.

A good cook will never prepare croquettes, except he have something left in the larder, as it requires many little pieces of fowl; if he happen to have them in the larder, they may be made at a trifling expense.

377. *Fricassée de Poulets (au naturel).*

Take a couple of fat chickens, empty them, and singe them till the flesh gets firm, in order that they may cut better, and the skin may not get injured, and cover every part of the chickens: some persons neglect this operation, but the flesh of chickens intended for a fricassee or a raw marinade must be made firm. Next carve your chickens as neatly as possible, and each will supply you with ten pieces. Take out the lungs and the spongy substance that is within the loins, wash the members with lukewarm water; let them disgorge all the blood, and

blanch them in boiling water, that the flesh may be made firm, and that you may give the members a good shape; drain them from that water, and put them into cold water; when cooled, trim them and put them in a stewpan with a small bit of butter, till you have the consommé made in the following manner ready to moisten the fricassee; viz., put the trimming of the chicken in the water in which you have blanched the chicken, and add the necks, the four legs, some parsley, green onions, a clove, a few bits of mace, one small shalot, and a bay-leaf: let these stew well for one hour, and use them to moisten the fricassee. When the chickens have been fried lightly, dust a little salt and flour over them; drain through a sieve some of the liquor they were blanched in, and moisten them with it; let them boil for about three-quarters of an hour: skim off all the butter and scum; then put the members into another stewpan, reduce the sauce, and strain it through a tammy over the chickens. This stewpan is to be put into a bain marie (hot-water bath, page 20, Note) till dinner-time; then thicken the fricassee with the yolks of four eggs and a little cream: it is to be observed, that if the fricassee does not boil, the thickening will not be thoroughly done. Some people add a little lemon-juice, but others do not use any, and they are right, for lemon is admissible only in fricassees of high flavour. It must be particularly observed, that when you put lemon, you must put more seasoning, as salt, pepper, &c.

378. *Fricassée de Poulets à la Paysanne.**

This fricassee is to be prepared in the same way as that above, only boil four onions in it, which, however, are to be taken out again. Take about three dozen small white onions of equal size, peel without injuring them, and blanch them in water first; next boil them in a little consommé

* Fricassee of chicken is a dish of most frequent occurrence.—It may be given as one of the dishes for a trial dinner; as very few cooks are able to make a good fricassee. The author considers this dish the most wholesome and the least expensive of any, as it requires only water to make it well.

(No. 2), with a little sugar and salt. They must simmer only, to prevent their breaking. When done, leave them in the liquor. When it is dinner-time put some chopped parsley into the sauce after having thickened it. Toss the fricassee gently, in order that all the members may be equally covered with the parsley, and dish it: then put the onions on a cloth to drain, that they may not thin the sauce, and put them with the sauce over the meat. Lemon in this fricassee is requisite, and you must give more seasoning to it than to that above; you must also add a little ground pepper or cayenne to it.

379. *Fricassee de Poulets à la Chevalière.*

This is prepared in the same manner as No. 377, with this difference only, that you lard the fillets; which is a method I do not approve of. You must cut off the small inside fillets of the wings; the small fillets only are to be larded, but keep the wings entire, and make the fricassee as usual: when it is dished with the sauce, lay the four fillets on each corner of the dish, with sweetbreads of lamb in the middle; by this means the members are all left entire except the breast. The small fillets are to be done by putting them into a buttered sauté-pan, or frying-pan; sprinkle a little salt over them, and put them into the oven; as soon as they are white they are done; glaze them of a nice colour, and serve up. The sweetbreads of lamb may be done in the same manner, but they are longer in doing. When you prepare a grand dinner, take the inside fillets of four chickens larded, and turn them round like a ring over the buttered sauté-pan; when done, put the round one over the leg, and the four others between; by this you have the fricassee complete in all its members, and the dish will be better garnished.

380. *Fricassée de Poulets à la St. Lambert.*

Make a broth of all sorts of vegetables.* Prepare the

* The vegetables are carrots, turnips, onions, celery, parsley, &c. &c.

fricassee as above, moisten with the vegetable broth, and proceed as usual. This fricassee, instead of being white, is rather of a brown colour.

381. *Fricassée de Poulets à la Dauphine.*

If this is made on purpose for the day, the sauce must be very thick: let it cool; next pour the sauce equally over each member, dip them into crumbs of bread, equalise your pieces, and dip them into an omelet, and next into crumbs of bread a second time. Fry them till of a light-brown, and pour some velouté (No. 21) under them. This dish is to be made with remnants. When a fricassee of chickens has been taken down untouched, serve it up again the next day in this manner.

382. *Marinade de Poulets à la St. Florentin.*

Take two young and very fat chickens, singe them till they are firm, and cut them in pieces as if for a fricassee; put them into an earthen pot with a few leaves of parsley, a few slices of onion, a little salt and pepper; then squeeze a lemon or two over the limbs, and steep them for a couple of hours. The steep is to be stirred every now and then. At dinner-time, drain the chickens, beat the whites of two eggs, and dip the pieces first into it, next into flour; cover them all over, that they may be made of a good equal colour; then fry them, but take care that the dripping is not too hot, for fear the chickens should be too brown and not done through; drain them on a clean towel, and serve under them a poivrade (brown sharp sauce, No. 27), or love-apple sauce (No. 92).

383. *Friteau de Poulets.*

This dish is prepared similar to the above, but is to be garnished with a few fried eggs. Serve up with love-apple sauce (No. 92). You must select very fresh eggs, and fry them in sweet salad oil. Observe, that you must use very little oil, otherwise the eggs will break to pieces; put a little oil into the corner of the omelet-pan, and fry them

one by one of a very good colour, and not too much; then glaze them, and garnish with them.

384. *Fricassée de Poulets à la Bardoux.*

This is prepared as that of No. 377. After having thickened your fricassee, take a few onions cut into dice. Sweat them in a little butter, but take care they do not get brown: when done drain the butter, put them into the sauce, and cover the fricassee with them.

385. *Capilotade de Poulets.*

This dish is made with the remnants of a previous dinner. Take two chickens that have been either roasted or poêlé (see No. 313); cut them as for eating, flay them and prepare them in a stewpan like a salmi: now pour a brown Italian sauce (No. 24) over them, and let them simmer gently over a slow fire, that the sauce may not stick to the pan. Then have thin slices of bread cut into the shape of flat pears; fry them in butter till they are of a light brown: dish them between the members, glaze the fried bread, and pour the Italian sauce over the chickens only.

386. *Membres de Poulets en Soleil, or Marinade Cuite.*

This is made of a previous day's remnants. The stewed pickle is to be prepared in the following manner: put a little butter into a stewpan, with four shalots, an onion, and a carrot cut into dice, a little parsley, a few roots of ditto, a bay-leaf, a little thyme, clove, and some spice. Let the whole lie on the fire till the vegetables are of a light brown; then moisten with a little vinegar and water. When the pickle is done enough, season it so as to give it a high relish, then pour it over the members of the chickens; let the whole boil for a minute or two, and let it cool till dinner-time; drain the members, dip them into proper paste (see Batter), and fry them. Serve under them a brown sharp sauce (No. 27).

387. *Poulets à l'Orlie.*

This is the same as the St. Florentin, No. 382, with the only difference, that you mix a few crumbs of bread with the flour, into which the limbs are to be dipped.

388. *Emincé de Poulets à la Polonoise.*

Take the fleshy part of roasted chickens, chop it very small, and put the whole into some well-seasoned béchamel (No. 36). Send up in a vol-au-vent (see Pastry), or a bord de plat, with poached eggs over; if you have a deep dish, send them with fried bread round the dish only.

This dish is made when you have a blanquette or sauté left: chop all together, truffles, chickens, &c., and denominate it, hachi de volaille (hashed fowls), either "au truffe" (with truffles), or "à la Polonoise."

389. *Blanquette de Poulets aux Pois.*

This dish should be made out of roast chickens that have already been served up, or it would be very expensive, as it would require five chickens at least to make it, and it would be but a small dish after all. Cut scollops of chickens as large as possible, give them nearly a round shape; but it matters not whether they are of different sizes: put them into the sauce for blanquettes, as directed, with white peas, but not till you have thickened the sauce.

390. *Soufflé de Poulets à la Crême.*

This dish is also made of the remnants of roasted chickens; take off the white flesh, and mince it very small, and pound it in a mortar with a little béchamel (No. 36), and a good lump of fresh butter, and salt and pepper; with this mix the yolks of four eggs. Strain the whole through a tammy, or a hair sieve; then beat the whites of five eggs till made into a single body; mix these with the former preparation, and put the whole in the dish to rise, or in a croutade that has been raised like the crust of a pâté chaud (hot pasty). It will be

done in a quarter of an hour or twenty minutes, according to the quantity. It is to be observed, that if the oven is too hot, the outside of the soufflé will be burnt, although the inside is not done enough. This, therefore, must be carefully attended to.

391. *Gratin de Poulets.*

This is likewise an entrée de desserte (a dish made of a previous day's remnants); mince the flesh of cold roasted chickens, which you put into a velouté (No. 21), well reduced; then make a border to a dish, if you are without a deep one, about an inch thick, and put the minced meat in the middle. Your mince must be thick and levelled with a knife; dust it over with crumbs of bread; pour some drops of clarified butter over the crumbs, then throw some more crumbs over, and again some clarified butter and crumbs of bread. Then give a colouring with the salamander, which you must hold at a distance, otherwise it would spoil the colour, which must be acquired gradually. Next cut pieces of bread in balls, and in the shape of corks, fry them in butter, with which alternately garnish your gratin all round, and serve up quite hot. Before you put the mince, pour some of the sauce into the dish to reduce to gratin.

392. *Galantine de Poulet.*

Take a nice fleshy chicken, which empty and pick nicely. When picked neatly, bone it without injuring the flesh. Take some slips of ham and some truffles, which cut into bits of the same thickness at least, if you cannot make them of the same length; cut the flesh of the chickens into fillets, and add a few slices of veal; of these form a kind of bed, in such a manner that when they are cut the slices may be chequered; season with all sorts of spices, salt, &c., then close the skin of the chicken, sew up the back, and give it a nice shape before you put it into the stewpan. Put the chicken into a cloth, well tied at both ends. You must have some calf's-foot jelly ready, for the chicken is much sooner done than the calf's-foot; then put the chicken in a stewpan, and cover it with layers of bacon; season it

with salt and pepper, a bunch of parsley and small onions, some thyme, a bay-leaf, a clove, a little spice, a few carrots, a couple of onions, and some slices of veal; then mix with it a little broth and a small quantity of the jelly. The chicken must not boil above an hour: then take it off the fire, and let it cool in the liquor, that the slices may stick together by means of the jelly, for, were this neglected, the galantine would break to pieces on being cut. If you send it up hot, you may pour over it such sauce as you think proper; but it must be a brown sauce, or sorrel, or onions made brown in an Espagnole (Spanish sauce, No. 17): however, it is much better to serve a galantine cold with jelly; take some of the liquor, beat the whites of two or three eggs, which mix with the cold jelly after having skimmed off the fat; then again put the whole on the fire, and keep stirring till the liquor is white; then let it boil gently; next take the jelly off the fire, and lay it aside with a cover and fire over it: when quite clear, strain it through a cloth and let it cool, to be used when wanted. If you serve the jelly cold, season it with more salt and pepper, as above mentioned. In order to have the galantine perfect, when the chicken is done, take it out of the liquor, squeeze it closer in the cloth, and put it again into the jelly to make it stick well together: when cold, take it out of the cloth, clarify the jelly, and use it when wanted.

393. *Boudins de Poulets à la Ude.*

Make these boudins with quenelles, like those à la Richelieu (No. 152): dip them into crumbs of bread, and fry them to a light brown: make on the top an oblong square opening, empty the boudins, taking care to preserve, however, a coat thick enough to admit a salpicon of chickens, truffles, and mushrooms, cut into small dice, and thrown into some well-seasoned béchamel (No. 36); take six small inside fillets, as three are wanted for each boudin: give them the shape of the handle of a basket, after having larded them with bacon, or decorated them en Conti, as it is called. Then take a very large carrot, cut it of the same size as the

puddings, wrap it up in thin layers of bacon, put the small fillets over the carrot, and dust a little salt over them: then put the whole into an oven; do not let it be too much done, but of a light brown only. Glaze them when ready to send up to the dinner; pour the salpicon into the puddings, with the sham basket-handles at an equal distance over the puddings: mind, the fillets are not to be thrust in too far, that they may really look like basket-handles.

This dish is intended for a grand dinner, when common dishes are not to make their appearance.

394. *Grenade de Filets de Poulets.*

You must have a mould ribbed like a melon; cut very thin layers of bacon; line the mould with them: then take fillets of chicken larded with bacon, and others decorated with truffles. Have sweetbreads of lamb already done, one of which put between each rib, and the thickest part of the small inside fillets. When you have thus arranged alternately one fillet larded, and another decorated with truffles, cover the whole of your fillets with a farce à quenelles (force-meat for quenelles). Put a thick salpicon in the centre, and cover it with the force-meat: stick it with force-meat, then put the mould in the hot-water bath (see Note, p. 20), or in the oven, in order to poach the whole at once; next turn the grenade on a dish for entrées, dry the larded slices with the salamander, and glaze them. When the fillets or slices are of a light brown, uncover the rest, glaze them slightly, and serve them with an Espagnole (Spanish sauce, No. 17).*

395. *Turbans de Poulets à la Sultane.*

Take the small inside fillets of chickens, lard them with bacon; have ready a farce à quenelles (force-meat for quenelles), rather thick, which should be kept in ice, that it may acquire substance, and be more easily worked: take some remnants of puff-paste, work it with plenty

* The *grenade* is likewise a dish for grand dinners, and is excellent when well dressed.

of flour, roll it very thin, and bake it in the oven: when done, cut the paste of the shape of the dish which you use for the turban, put a sweetmeat-pot empty in the middle of the paste, and raise all round the farce to make the turban; then lay the force-meat all round, about five inches in height; stick the fillets in the force-meat, not perpendicularly, but at equal distances, leaving a separation between each fillet for the reception of cocks' kidneys. These are to be put in only when you are going to send up: cover your dish with an earthen pot, or a lid that closes hermetically. Put the turban into the oven, and when done, glaze the fillets with a salamander. Make small holes for the admission of the cocks' kidneys, which must be very white, and made to resemble so many pearls. If you have nothing to cover the dish, use layers of bacon; but a plain cover is preferable, as it is free from fat, and the quenelles are better and more easily poached.

Take out the sweetmeat-pot, and put the turban in the silver dish—mind to have the paste cut close all round, by which means you keep the dish clean; and put into the centre of the dish a blanquette of chickens. (See Blanquette, No. 389.) When in the season of truffles, garnish alternately with a kidney and a ball made out of a truffle, ready done; and then put scollops with truffles in the middle. The following is a better method, and is now generally adopted. Have a sweetmeat-pot, buttered, and put in the middle of the crust. Make the crust with some remnants of paste, filled up with flour, and bake a little, to make it firm. Then put the pot in the middle, garnish all round with the quenelles, and stick the fillet as directed above. This method will be found easy, and when the turban is done in the oven, take off the pot and put the ragoût in its room. Drain all the fat, and make this dish very neat.

Observation to the Cook.—I have in many instances substituted melted butter for clarified butter; but you must understand that butter must be melted only, as when you let it be quite clarified it tastes greasy, and when it is only melted the butter-milk goes down, and you can use the butter with advantage several times, either to fry crusts (croutons), or for crumbs of bread, &c.

CHAPTER XI.

TURKEYS.

396. *Dindon de Ferme à la Montmorenci, or Farm-yard Turkey à la Montmorenci.*

Take a large fat farm-yard turkey; truss it up as if it were to be poêlé (see No. 313); dip the breast into boiling-hot water to make it firm, which will enable you to lard it nicely; then braize it with a good fire on the cover of the pan, that the bacon may get dry and retain the glaze better when you glaze it. Take care not to do it too much; drain it and serve up with a financière (financier's sauce, No. 75) of a fine light brown colour and well seasoned. The turkey will be better if you put it on the spit to be roasted covered with bacon and paper: though not equally white, it will have a finer flavour. Remember always to make stuffing for turkey as directed in No. 159.

397. *Dindon Bouillie Sauce au Céleri, or Turkey with Celery Sauce.*

Truss it nicely, wrap it up in layers of bacon; then boil it in plain water with a little salt, butter, and lemon-juice. Drain it and cover it over with celery sauce. (See No. 94.)

398. *Dindon à la Périgueux aux Truffes.*

Take a nice fat turkey the moment it has been killed; empty it and put plenty of salt inside of the body, to draw the blood out. Then let it cool, and prepare some truffles in the following manner: take two or three pounds, peel them, and smell whether they are all of a good flavour, and not musked. Pick out the smallest

from amongst them, and chop them very fine.—Take some fat white bacon, and rasp it, so as to obtain the fat only, without any of the sinews. When you have rasped a sufficient quantity to fill the body of the turkey, put the chopped truffles into the mortar, pound them with the rasped bacon, season well with salt, pepper, spices, &c. then mix this with large truffles, and put all in the turkey. Let the turkey remain thus for two or three days, to acquire the flavour of the truffles; sew the bird up as soon as you have finished it, and when you want it roasted, put it on the spit, covered with bacon on the breast, and a few sheets of white paper, and take great care when you open the paper that you do not loosen the truffles. Serve up with a clear Espagnole (Spanish sauce, No. 17).*

399. *Dindon Bouillie Sauce aux Huitres—(Boiled Turkey, with Oyster Sauce).*

This is to be boiled in the same manner as in No. 397.—Oyster Sauce (see No. 99).

400. *Abattis de Dindon aux Navets—(Haricot of Turkey Giblets).*

Giblets of turkey are the pinions, the neck, the liver, the gizzard, &c. When all those parts have been washed clean and scalded, to disgorge all the blood, blanch them and simmer them over a sharp fire, then wipe them very clean, and place them in a stewpan. Wrap them up in layers of bacon; moisten with good broth, a little salt and pepper, and a bunch of parsley seasoned. When done, drain them, and after having placed them in a dish, cover them with the haricot (No. 69). Mind that the turnips are brown.

* This dish is one of the best possible, if it is well seasoned and roasted. It is scarcely necessary to observe that the carver must serve the inside with the fillet, as that is one of the best parts of the dish.

401. *Ailerons de Dindon aux Navets—(Haricot of Turkey Pinions).*

Take the pinions of half a dozen turkeys: bone them as far as the middle joint, and let them disgorge in warm water; next blanch and singe them, mark them well wrapped up in layers of bacon, and moisten with a braize, if you have any: if not, with a small bit of butter, a little broth and salt, an onion, two cloves, and a bunch of parsley and green onions. When done, drain them and cover them with the haricot (No. 69).

CHAPTER XII.

PARTRIDGES, YOUNG AND OLD.

Observation.—It will be necessary to premise, in treating of game, that partridges in particular should be selected from very young birds, the old ones being of no use in cookery, except to make consommé of game, partridge, and cabbage, perdris à la purée de lentille, &c.; but in general they are tough and thready. To prove their inferiority, a young bird, in Paris, will fetch three shillings, while the other is not worth one. The only way of using the old birds is to put them with cabbages or purées of lentils. They are good for consommé (stock-broth) and glaze of game, but they are too tough for anything fine. Young birds, in general, have yellowish claws; but it will sometimes happen that the claws and legs are of a gray, or even of a bluish colour, and yet they may be tender. Look at the extremity of the wing; if it is sharp-pointed and whitish, the bird is still tender; but if none of these marks exist, the bird is old, and unfit for use, except as above mentioned; or for sauces, consommés, and cold patties. You should also be careful to remove the sinews when you bone them.

402. *Perdreaux à l'Espagnole, or Whole Partridges à l'Espagnole.*

The size of the dish must determine the number of birds you are to dress; in general two or three are wanted; empty them as usual, and take care not to injure the skin: pick them well, cut off the sinew that is under the joints of the legs, truss the legs up towards the breast, and then dress up the birds in the following manner:—

First put the packthread-needle through the stump of the right wing, then through the thick joint of the leg,

and next across the body; then again through the other stump; let the packthread be very tight, and fasten the knot.

Next run the needle from the back through the side beneath the leg, and then above the pinion below the breast, so as to perforate the breast-bone: let the needle come out from the part parallel to that where first it was introduced, and then through the side to the back, and fasten the packthread.

Give a good shape to the birds, which is an indispensable branch of knowledge in the art of cookery.—A man cannot be really a thorough good cook, unless he is practically acquainted with every branch of his art; and this branch of it is very important, though it is certainly not easy to teach how to truss poultry or game by any written directions; you may as well attempt to teach drawing without a master.

Put the partridges between layers of bacon, and pour a poêlé (No. 313) over them. If you happen to have no poêlé ready, use some of the pot-top, with a little salt, parsley, and onions, well seasoned with spice, salt, and pepper. They will be done in the course of twenty minutes, but let it be on a slow fire; drain and put them into the dish, and pour an Espagnole (Spanish sauce, No. 17) over them, in which you have put a little glaze of game, to give it the taste of game.

All dishes of game require more seasoning than white fowl. Mind never to waste the liquor in which you have boiled turkeys, fowls, chickens, partridges, rabbits, &c., as it is very good to strengthen all kinds of broth, consommé, sauces, &c.

403. *Perdreaux à la Montmorenci.*

Take some young partridges, which empty, and truss as in No. 402; dip the breasts into boiling water; when made firm, dip them immediately in cold water. Next lard them with thin slits of bacon; mark them in a stew-pan with slices of fat bacon all round only, pour a little poêlé (see No. 313), or any other liquid, enough to immerse about one-half of the birds. Have a brisk fire

over them to seize the bacon; when they have been stewed for twenty minutes, glaze them and probe them near the back; if no blood issues, it is a sign that they are done enough. Drain them, glaze them a second time, and send them up with a ragoût à la financière (financier's ragoût, No. 75).*

404. *Perdreaux à la Barbarie.*†

Truss the birds as in No. 402, stuff them with chopped truffles and rasped bacon, seasoned with salt, pepper, and allspice. Pound this mixture in the mortar, and when the truffles are reduced to paste, mix with them some whole ones that have been cleaned and peeled, and put the whole in the body of the bird: then cut small pieces of truffles in the shape of nails; make holes with a penknife in the breasts of the birds, widen the holes with a skewer and fill them with the truffles; let them be nailed in very regularly. Then proceed with them as in No. 403. They are to be stewed also in the same manner. Serve under them an Italian sauce (No. 23), with truffles.

Take care to drain them well, otherwise the fat will spoil both the taste and look of the sauce.

405. *Perdreaux à la Dreux.*

This is nearly the same as the foregoing dish, except that instead of using truffles you must lard with small pieces of ham, gherkins, and truffles, cut all square: use the penknife to make the holes, as larding-pins would spoil

* It will be needless to remind the reader that everything larded on the top is called piqué. LARDED is when you put bacon through the flesh. When you only lard the surface, you should say piqué; otherwise, you will only have one term to express two distinct things. The larding never glazes well. If you do not dry the bacon in the oven, put the glaze over lightly, and place it in the oven several times till it becomes of a fine colour.

† The reason that partridges, so dressed, are named à la Barbarie is, because it is always barbarous or cruel to put a nail in the breast of any living being; but it is necessary for variety of dishes.

the look of the birds, which are to be served whole. Prepare and stew as above, and serve up with the essence of game—(for which see No. 411).

406. *Perdreaux à la Crapaudine.*

Cut off the claws, after having emptied and picked the birds; make a hole below the joint of the leg; truss the leg inside of the body; singe the birds over the flame till the flesh gets firm; pinch the breast with your left hand; scollop the breast without quite reaching the skin; turn the flesh over on the table; beat the bird flat; dust it with a little salt and pepper; then dip it twice into clarified butter and crumbs of bread; broil it and send it up with an Italian sauce (No. 23), or essence of game; or it may be broiled without bread-crumbs.

407. *Perdreaux à la Givry.**

In this case you add a decoration to the birds, in the following manner, after having trussed and stewed them as in No. 403. At dinner-time take rings of white onions, let them be stewed white in a little game consommé (stock-broth, No. 4), then take a cutter of the same size as the inside of the rings of the onions, cut round pieces of truffles that have been braized with the birds; mind, the truffles must be of a very black colour (the parings are to be chopped and mixed with the Italian sauce, No. 23): the round pieces of truffles are to be put over the breasts of the birds, three on each side, Mosaic fashion, and the rings of onions round the truffles, and one over the pouch. If the truffles do not stick well, use a little glaze to make them stick, as they are liable to fall off. Do not cover with the sauce, which must be poured into the bottom of the dish; the sauce must be an Italian with truffles: mix with it a little glaze of game, to give it the taste of game.

* This dish is likewise one of those that are necessary for variety.

408. *Compote de Perdreaux à blanc.*

Take four young partridges, cut off the claws, and truss them with the legs inward, and singe them. Then take a few pieces of the breast of bacon, cut them into the size of small corks, and boil them in water for half an hour. Next fry them white, and take them off from the fire as soon as they are done. Fry the partridges white also, in butter and the fat of the bacon. When they are quite firm, take them out of the stewpan. Then throw a spoonful of flour into the butter; fry this flour white. Next pour in a little broth till the sauce is thin enough to be skimmed (for if a sauce is too thick it can never be skimmed); then put in some parings of mushrooms, a bunch of parsley and green onions, and season with a little thyme, bay-leaves, a clove, a little salt, and a very small lump of sugar. Stew the birds in this sauce, the same as a fricassee of chickens; if onions are agreeable, put a few small ones to give a flavour. When the compote is done, skim off all the fat, and drain the partridges in a clean stewpan; drain all the bacon and mushrooms, which you throw into the stewpan with the partridges; reduce the sauce after it has been skimmed; strain it through a tammy over the birds, and put the stewpan in the bain marie (hot-water bath, Note to No. 44); now take some small white onions of an equal size, which have been boiling in a little consommé (stock-broth, No. 4), with a very small bit of sugar; have also some mushrooms, fried white in butter; when the onions and mushrooms are ready, set the compote boiling; thicken the sauce with the yolks of four eggs beat with a little cream and lemon-juice; next put in the small onions, mushrooms, and bacon, with some quenelles, if you think proper to garnish your dish. If the dish is of a large size, put a crust of bread, cut in the shape of cocks'-combs, between each bird in the dish, and send up with a good seasoning.

409. *Compote de Perdreaux, Brown.*

Do exactly the same thing as in No. 402; instead of moistening with game consommé (stock-broth, No. 4), use gravy of veal. Fry the onions in a little butter till they are of a fine brown, then let them boil in a little gravy of veal: they should be of an equal size; give them a good colour. Add truffles and mushrooms, if you have any, and reduce the sauce till thick enough to cover the partridges.

410. *Perdrix aux Choux.**

Take a couple of old partridges, empty and truss them, with the legs inward: simmer them on the fire till they get firm. Blanch two cabbages that you have cut in halves, or in four if they are large. When they are well done, they reduce exceedingly. You must blanch the bacon with the cabbages, otherwise it will be too salt.—When the cabbages are blanched, put them into cold water to cool; cut off the tops of the middle, squeeze them so as to leave no water; have also blanched about a pound and a half of breast of bacon with the cabbage; put this bacon into a small braizing-pan, and the birds close to the bacon. Next put in the cabbage, seasoned inside with salt and pepper; tie them two together, and put them round the birds; and put a few carrots turned round, two or three onions, a bunch of parsley seasoned, and a small quantity of allspice, bay-leaves, thyme, salt, and pepper: cover the whole with a few layers of bacon, and with a sheet of buttered paper; then moisten with a braize, if you have any; if not, take some of the pot-top, but in this case you must season a little more. Set the contents of the braizing-pan boiling, and this being done, put it over a slow fire for three hours and a half. Now take out the layers of bacon, the onions, and the carrots. Place a large sieve over a dish of the same size, turn the

* Observe, in general, *perdreaux* means young partridges, and *perdrix* old ones.

birds into the sieve, take a clean towel, mould the cabbages into a large roller, squeeze them so as to leave no fat; and then take a plain mould and garnish it with very thin layers of bacon, make a kind of flower in the middle of the mould with the carrots, and put a border of small glazed onions all round the top; next take some of the cabbage with a spoon, with which fill the mould. At the same time let the birds be covered all over with the cabbage equally on all sides. Make a rosette of carrots on each face of the mould, which fill to the brim. Then put it into the oven to keep warm. At dinner-time turn the mould into a dish, let it lie for a moment to drain out all the broth; when well drained, put it in the silver dish, and send up with a nice Espagnole (Spanish Sauce, No. 17) over it.

Partridges with cabbages are, in my opinion, far superior when not put into a mould; squeeze the cabbage as before in a clean towel, to give it the shape of a large rolling-pin, then take the two ends of it to make a bed for the bird on the dish; cut the cabbages of an equal size, dress them round the partridges with a carrot between each cabbage: put also some sausages, and cover the whole when well dressed with a good Spanish sauce (No. 17), in which you have reduced a little of the liquor of the cabbage. If the cook has any ingenuity, this dish will be most excellent, and exhibit a beautiful appearance.

411. *Sauté de Perdreaux au Fumet de Gibier.*

Take four young partridges, rather stale, that they may have more flavour and be more tender; flay them, take up the fillets, detach the small inside fillets from the upper fillets, cut out the sinews of the small fillets, and flatten the fillets with the handle of your knife dipped into cold water, the blade being also dipped into the same; pass it gently over the fillets, leaning heavy on the table, in order to take off the second skin of the fillets only: trim the fillets nicely, put them with melted butter in a sauté-pan, or frying-pan; lay the small fillets over the others, dust a little salt, and cover the whole with a round

piece of paper till dinner-time, then fry the fillets lightly over a very brisk and equal fire. With the remnants of the birds put a few thin slices of veal and ham in a small stewpan, lay the remnants over the veal, and moisten the whole with a few spoonsful of game consommé (stock-broth, No. 4). Let the whole sweat on a slow fire, and when the meat is sweated thoroughly, moisten with boiling consommé, to which add a few mushrooms, if you have any, together with a bunch of parsley and green onions. Let the whole stew for an hour and a half; strain this fumet through a silk sieve, and reduce it to glaze, to use it when required. When the fillets have been sautés, drain the butter; then take four or five spoonsful of béchamel (No. 36), some of the above glaze of game, and keep stirring without allowing them to boil. Taste whether seasoned enough: pour a little thick cream to whiten the sauce and make it mellower; have as many slices of bread cut into the shape of the fillets, fried in butter of a good colour, as you have large fillets; glaze the fried bread lightly, then dish the sauté in the following manner: a slice of bread, and next a large fillet with the thick end upwards, then a small inside fillet with the point upwards, then again a slice of bread, &c. &c., as above. Cover the fillets only with the sauce, not the croutons (slices of bread), and send up to table. This dish, when well made, is the *ne plus ultra* of refined cookery.

412. *Côtelettes de Perdreaux en Epigram aux Truffes.*

Take five young partridges, flay them as before; take off first the fillets, and next the filets mignons (small inside fillets); tear off the second skin from the fillets, point the smallest bone of the pinion or wing, and stick it into the end of the fillet. Then season with salt and pepper; rub the fillets over with a brush that has been dipped into the yolk of an egg; then dip them into crumbs of bread, next into melted butter, and again into crumbs of bread; just before dinner-time broil them on a very sharp fire. Fry the small fillets lightly, of which you

make a blanquette, in which you must mix some glaze of game. Put the blanquette into the middle of the dish, and the broiled fillets all round. Cover the fillets with some light glaze of game. If you expect much company, in order to give the dish a better appearance, put as many croutons (slices of bread fried) between, as you have fillets, and add some mushrooms to the blanquette, mixed with the truffles. The truffles must be fried lightly, with the inside fillet. Take out the fillets first, and let the truffles fry a little longer in the butter before you mix the whole.

413. *Sauté de Perdreaux à la Sefton.*

Take five or six young partridges, as tender as possible, and of an equal size, flay them, take up the fillets, and cut off the second skin. Next slit the fillets at three equal distances; have ready some truffles that are not musky* and cut into the shape of cocks'-combs; take about eight of these slices of truffles, lay them equally over one another, and introduce some into each of the slits that you have made, and next into the other two parts; take care not to make the slits too deep; do the same with regard to every one of the ten fillets. The small inside fillets are only to be put in melted butter; do not forget to pull off the sinews, to prevent the fillets from taking a bad shape while frying. Put the fillets in a sauté-pan, or frying-pan, with butter and round slices of truffles of an equal size, and fry the fillets lightly when dinner-time is at hand. For the sauce, see Lucullus's sauce (No. 59): next drain the butter, put the round truffles on the sauce, and keep the other halves to lay over the fillets. Make a kind of coronet with the large fillets, and dish the blanquette in the middle, standing nearly upright, by which is meant that you are to press upon each intermediate one. This has a fine appearance when dished properly.

* Those truffles which have the smell of musk are unfit for use.

414. *Croquettes de Perdreaux.*

The same process as in No. 376 (Croquettes of Chickens), only add a little glaze of game to the béchamel.

415. *Soufflé de Gibier.*

Take the flesh of roasted partridges, which chop and pound in a mortar, with a few spoonsful of velouté (No. 21), and a very small bit of butter: season the whole well. Mix with this purée the yolks of four or five eggs, and strain the whole through a sieve. Then put it into a basin. Beat well the whites of six eggs, which you mix lightly with the purée. Let the whole be put into a dish to rise, and baked in the oven for twenty minutes; take care it does not burn at the top, which may be prevented by covering it with paper. As this dish is always made from remnants of a former dinner, cut a large square aperture in each partridge, clean out all the black stuff from the inside, use the flesh to make the farce, and when done as directed above, put buttered paper round the partridges, and put the appareil in the middle.

416. *Purée de Gibier.*

This is an entrée of dessert, a dish made of a previous day's remains. Take the fleshy parts of young partridges that have been in a salmi or hash, chop and pound them well. Warm the sauce, in which some fried bread is to be left simmering. Then throw the pounded meat into the sauce. Strain the whole through a tammy. You need not put any seasoning, if the salmi is seasoned enough. If you should be asked for purée of game, you must make a sauce à salmi, the same as in No. 417, and put the pounded flesh of young partridges into the sauce. This purée is to be sent up in a deep dish, and covered with poached eggs, or in a vol-au-vent.

This entrée is likewise very acceptable in a casserole

of rice, a vol-au-vent, in croustades, or petits pâtés. (See Pastry under these heads.)

417. *Salmi de Perdreaux.*

Take five young partridges rather stale, roast them under-done, but let them be covered with paper, for fear they should get brown while roasting; and mind they must be kept as under-done as possible. Then carve the birds as if for eating—by which is meant the wings, legs, and breast; flay them entirely, so as not to leave a particle of skin; trim them nicely, and put them on a clean stew-pan; cover it, and let the whole cool till the sauce is ready. Take four or five shalots, some slips of ham, a small bit of carrot cut into dice, three or four mushrooms, a little parsley-root, a bay-leaf, a little thyme, two cloves, eight grains of corn pepper, and as many grains of all-spice; fry all these ingredients in a stewpan with a little butter, and when fried lightly, moisten with three glasses of Madeira wine, six spoonsful of Espagnole (Spanish sauce, No. 17), and two spoonsful of consommé (stock-broth, No. 4); then put all the parings of the birds, namely, the loins and skin, but not the claws, as they would give a bad taste. Let them stew for an hour and a half on the corner of the stove; skim off the fat, put in a small bit of sugar to counteract the bitter taste of the lungs, and strain the sauce through a tammy over the limbs; put the salmi into the hot-water bath (see note to No. 44), and send up with fried slices of bread cut into the shape of a kite or of bellows. If by chance you are short of Espagnole (Spanish sauce), make a little roux (No. 14), and moisten with some veal gravy, and a few glasses of wine, Madeira in preference.

The following is a different way of making the salmi, and which the cooks term l'Ancienne (the ancient): it is a good method, but does not look so well. Roast and cut the partridges in the same manner as before, making the sauce the same, but instead of putting the trimmings into the sauce, put them in the mortar pounded fine and rubbed through a tammy; moisten with the sauce, then put this purée over the members in the stewpan; warm

them in the hot-water bath, and dress the salmi (hash) with croutons (fried slices of bread), in the same manner as the others. Mind the purée be not too thick.

418. *Perdreaux à la Monglas.*

This is also an entrée of desserte (dish made of a previous day's remains). Take three roasted or stewed birds; they must be whole, not damaged at all; cut out the whole of the breast in a square piece, so as to form a square aperture; clean away from the interior all the spongy substance, in order to put a salpicon inside of the breasts of the birds. The salpicon * is to be made in the following manner: Cut into very small dice the flesh that you have taken up; cut likewise small dice of tongue and of mushrooms; if you have any truffles by you, a few may be added. Reduce a little Espagnole (Spanish sauce, No. 17), with which you mix some glaze of game. Put the dice of meat into the sauce, season well and put the salpicon into the aperture. Lay with a paste-brush some yolk of egg all over, and put some crumbs of bread over the eggs, then some butter over that, and crumbs of bread again; use the salamander to give a colouring to the birds. Next keep the whole hot in an oven, and send up with an Espagnole of game (No. 18). By putting a little glaze of game in the brown sauce, it gives the taste of game.

419. *Perdreaux en Surprise.*

Do as above, but instead of a salpicon make a mince of fillets of partridges only, and put this to a béchamel flavoured with a few drops of glaze of game; let it cool, and when cool put it in the apertures and make it neat with your knife; then dip them into eggs and crumbs of bread as above, fry them of a nice colour, and send

* As the meat taken from the body of the bird is not sufficient to fill it again, if you have not some of the same sort of meat, it is necessary to use the various articles mentioned, as tongue, mushrooms, &c., to fill up the body.

up with a suprême of game: this sauce must be white, as you put some glaze of game into a white béchamel, and use white sauce for the mince.

All dishes that are made with what is left in the larder are economical; and, if they are well managed and properly seasoned, are excellent, and of good appearance.

420. *Quenelles de Perdreaux au Fumet.*

Make the quenelles as directed in No. 149, only they are to be made of the meat of young partridges. You may send them up in different ways, with clear consommé (No. 2), or à l'essence, or with fumet. Fumet is the concentrated essence of game.

421. *Boudins de Perdreaux.*

Make puddings of quenelles of young partridges (No. 149), butter the bottom of a stewpan, lay the puddings over the butter, and pour some boiling water over them, with a little salt. When poached, drain them, and lay them to cool: when cold, dip them into an omelet and crumbs of bread; next fry them. Drain them well, till not a particle of dripping is left, and send up with a brown Italian sauce (No. 24) under it. If you wish to send them up broiled, you must use yolks of eggs, next crumbs of bread, then butter and crumbs again, before you broil them. But they are better with crumbs of bread fried.

422. *Quenelles de Perdreaux à la Sefton.*

Take the flesh of three very young partridges, and make it into quenelles, as directed in No. 149. When the quenelles are made, and are quite cold in ice, mould three puddings of the size of the dish, and poach them in the usual way. For the sauce take four spoonsful of béchamel (No. 36), and mix with it two spoonsful of glaze of game, three spoonsful of double cream, a little salt, and very little cayenne; work the sauce very fine,

and cover the quenelles with it. This dish is most delicate when well dressed.

423. *Perdreaux Rouges*—(*Dishes of red-legged Partriges, or Bartavelles*).

This sort of partridge is very scarce in England; when you meet with them, cook them in the same manner as other partridges; their flesh is whiter and more delicate than that of other kinds.

CHAPTER XII.

PHEASANTS, QUAILS, WOODCOCKS, PLOVERS, PIGEONS, DUCKS, WILD DUCKS, LARKS, &c.

PHEASANTS.

It is not often that pheasants are met with possessing that exquisite taste which is acquired only by long keeping, as the damp of the climate prevents their being kept so long as they are in other countries. The hens in general are most delicate. The cocks show their age by their spurs. They are only fit to be eaten when the blood begins to run from the bill, which is commonly six days or a week after they have been killed. You may then either roast or make entrées (first-course made dishes) of them, The flesh of a pheasant is white, tender, and has a good flavour if you keep it long enough; if not, it has no more than a common fowl, or a hen.

424. *Salmi de Faisan à l'Espagnole.*

Those articles in general which, after having been roasted, are to be put into a sauce, require to be under-done, and especially pheasants. After having trussed them nicely, spit them. They will be done sufficiently in half an hour. If small, take the bird from the fire at the expiration of that time. When cold, flay and cut it, as for eating, and put the parings into the sauce à salmi (Sauce for hashes, No. 78). If you have two pheasants, you must not use the legs, except to give flavour; as the breast of pheasant is generally very fleshy, cut each side in three

pieces, and pare them of a nice shape; cut likewise some slices of bread of the same shape and size, and fry them of a nice brown; put the flesh into a stewpan covered, to prevent it drying, and keep the trimmings; put into the sauce as follows: Cut four shalots, a small bit of lean ham, some parsley-roots, a small bit of carrot cut into dice, some thyme, bay-leaf, six cloves, mace, ten grains of allspice, and a small bit of butter; fry all these in a stewpan till the ham is of a good colour; if you have no brown sauce, put a spoonful of flour into the pan; moisten with two glasses of Madeira and a ladleful of veal gravy (No. 6), season with salt and pepper; put the trimmings to boil with the gravy and skim off all the fat; if it should taste a little bitter, correct with a very small bit of sugar. Keep this sauce thick enough to cover the meat: put it over the flesh through a tammy, and let it warm but not boil. This dish, when well made, is most excellent: if you like to make it with truffles, put the trimmings of them to boil in the sauce; have some truffles cut the size of a nutmeg, and put them separately to boil in clean sauce; when done, put the sauce of the truffles with the other, and put the truffles in the middle of the dish when you send the dinner up.

425. *Croquettes of Pheasants.*

The operation is the same as for all other croquettes of fowl or game; it is only to be observed that croquettes of game must be higher flavoured than those of poultry. You must not forget to mix a little glaze of game, which makes the only difference. Serve up garnished with fried parsley.

426. *Hachi of Pheasant à la Polonoise.*

Use the same method as for hachis of poultry, or of game. Garnish with poached eggs, but remember to put into it some of the glaze of game. You may put this hachi to a vol-au-vent, casserole au ris, pâtés, &c.

427. *Soufflé of Pheasant.*

See No. 415, page 198, Soufflé of Partridges. In general all entrées that are made of partridges may likewise be made of pheasants; such as aux choux with cabbage à la Monglas, à la Barbarie, otherwise en petit Deuil, à la Givry, à la Crême, &c. &c.

428. *Cutlet of Pheasant with Fumet.*

Take the fillets of three young pheasants, and keep all the small bones to stick on the point of each cutlet. Prepare six cutlets with each pheasant, two with the large fillets, and one with the filet mignons (small inside fillets). Flatten and trim them of a good shape, and crumb them as above directed; broil them and serve under brown Italian sauce (No. 24), or brown fumet of game.

429. *Scollops of Fillets of Pheasant with Truffles.*

Take the fillets of two very young but well-kept pheasants; do not use them when fresh killed; as they have no fumet, you may as well cook an old fowl: then put those fillets in a sauté-pan, or frying-pan, with some melted butter, and put with them some truffles cut in slices of the shape of a penny, of very moderate thickness; spread some salt over lightly, and cover with a round of paper till dinner-time; when ready to serve up, put the sauté-pan on the fire, and do the fillets equally on both sides. Then have a sheet of clean paper on the table, scollop the fillets of equal shapes, and let the truffles fry alone a little longer; then put the scolloped fillets once more together, and give them a little turn over the fire; put the sauté-pan on one side to drain the butter; with a hollow spoon take the meat and truffles, and put them in a béchamel (No. 36), after mixing some of the essence of game and truffles. If you prepare this one hour before dinner the taste will be admirable:—if sooner the flesh will turn red. You may

serve this dish in a vol-au-vent, casserole au ris, or in a bordure of mashed potatoes.

QUAILS.

Young quails are called cailleteaux, but, owing to their enormous price in England, they are very seldom, if ever, to be procured at the poulterer's. A dish of fillets of young quails is never attempted; the expense would be extravagant, without any other merit.

Quails in my opinion have no flavour, and from the circumstance of confinement and bad feeding are never very fat; it is only their rarity that makes them fashionable. They must be served as roast only.

430. *Compote of Quails, brown.*

Take six or eight quails, according to the size of your dish. Cut the claws off, empty the birds, without making too large an opening, Truss them en poule, that is to say, with the legs inward. Have a dozen pieces of bacon cut in the shape of corks, blanch them in order to draw the salt out; then let them fry in butter till they are of a light brown; next take them out of the stewpan to make room for the quails, which stew till they begin to be of a light brown also, and then take them out. Make a roux, which moisten with a ladleful of gravy of veal; add a bunch of parsley and green onions, some small white onions (if approved of), mushrooms, &c. As soon as the quails are done, take them out of the stewpan, and let the bacon stew till thoroughly done. Skim the sauce well, and strain it through a tammy over the quails: then dish the bacon, mushrooms, and small onions, and send up quite hot and well seasoned. This dish will not do for an English dinner.

431. *Compote of Quails, white.*

This is made in the same manner as the compote of partridges (No. 408), with the only difference that you use

broth instead of veal gravy: thicken the sauce with yolks of eggs, and serve the onions white, the same as the mushrooms, &c.

432. *Quails with Peas.*

Empty, singe, and truss six nice quails; put them into a stewpan wrapped up in layers of bacon: moisten with a poêlé (No. 313), if you have any; if not, with two spoonsful of broth, a bunch of parsley, seasoned with bay-leaves, thyme, a clove, &c. Stew them for twenty minutes over a very slow fire. Drain them well and let them boil for a moment with the peas and bacon. (See Sauces, Green Peas, brown or white, No. 88.) Next dish them, and boil down the peas, which, the quails having been boiled in it, would be too thin to cover the quails over with. Mind to skim off the fat, as quails are very fat and their grease is oily.

433. *Quails au Gratin.*

Bone six quails, pick them nicely; take a little farce fine, or quenelle (see No. 148), made in preference with the flesh of young rabbits; fill the bodies of the quails with the farce: then raise a kind of dome on a dish, and with a spoon make room for the birds: next make an opening in the middle; let it be either round or square, according to the shape of the dish. Put a sweetmeat-pot within the opening; cover the birds with layers of bacon, and put the dish into the oven for about a quarter of an hour, or twenty minutes at most, till the birds are done. Drain the fat carefully, take out the pot; then take six slices of bread cut in the shape of cocks'-combs, which fry in the butter till they are of a light brown, and put them one by one between the birds. Serve a ragoût à la financière (financier's ragoût, No. 75) in the middle, and cover the birds and the gratin over with a good Espagnole (Spanish sauce, No. 17), well reduced.

434. *Quails à la Bourguignotte.*

Prepare the quails as directed No. 432: when done drain them well, and let them boil for a couple of minutes in bourguignotte (Sauce No. 34); leave them in the sauce during an hour, when the stewpan is to be put au bain marie, in the hot-water bath (see Note to No. 44), that the birds may taste of the sauce and truffles.

435. *Quails à la Crapaudine.*

These are dressed and cooked in the same manner as pigeons, or partridges à la crapaudine. (See No. 406.) Serve them up with an Italian sauce (No. 24), or with glazed consommé (consommé à glace) over them.

BÉCASSES—(WOODCOCKS).

Woodcocks, like snipes, are good only when they are fat. They are cooked but in a very few ways. The most delicate parts are the legs and the intestines. The fillets of woodcocks, for those persons who do not like their meat under-done, are tough and without savour. They are held in high estimation when roasted, or en salmi (as a hash). A purée of woodcocks is also served occasionally. They may, however, be dressed in as many ways as young partridges. When roasted, you must always put a toast under them, to receive the intestines, which generally drop out while roasting, unless paper is used to secure them. Take care to stop the spit when the back is towards the fire, because the legs are to be well done, and the fillets under-done.

436. *Salmi de Bécasses—(Hashed Woodcocks).*

The same operation is required as for the salmi of partridges (No. 417). Instead of boiling the trimmings in the sauce, take out the members, as you do in the salmi of partridges, and pound the remainder and trimmings in a mortar, till you can strain it through a tammy.

When you have skimmed the fat from the sauce, and given a good seasoning, moisten the pounded meat with it; then strain it through a tammy, and put it over the legs in a bain marie (hot-water bath, Note to No. 44). The salmi must be made hot, but without boiling. Serve up with it slices of fried bread cut into hearts and glazed. The intestines are to be served separately, to cover the croutons.

437. *Salmi de Bécasses à l'Espagnole.*

If you have any roasted woodcocks left, cut them as for eating; put the members in a stewpan; make a sauce as for salmi of partridges, No. 417: put the parings into the sauce to boil for an hour: when the sauce has been well skimmed and there is no fat left, strain it through a tammy over the members. Let it be made hot without boiling, and serve up with slices of fried bread between the members. This salmi will be good only if the birds are not too much done; when game is over-done, it is of no value as good cookery; this salmi, when returned from the table, makes excellent hachis à la Turc (Turkish hash), or purée of game. When dinner comes down, remove the sauce and put the members in a plate; the next day place all the flesh in a mortar, and when well pounded, mix with it the same sauce; add to it a little Espagnole (Spanish sauce, No. 17), or consommé (stock-broth, No. 4); rub this through a tammy, and warm it at dinner-time (in the hot-water bath, Note to No. 44), and serve in a vol-au-vent (see Pastry), a casserole au ris or pâtés.

438. *Croustade of Purée of Woodcocks.*

If you have any salmi of woodcocks left (No. 437) drain all the sauce, mince the flesh well, and pound it in a mortar; then moisten it with the sauce, and warm it, to know whether the pounded mass is too thin or too thick: then strain it through a tammy, and put it au bain marie (in the hot-water bath, Note to No. 44);

then work it with a small lump of very fresh butter. Cut eight slices of bread into hearts all of an equal size; try them on the dish, to see whether they form a regular flower; then cut another slice quite round to put in the middle over the points of the hearts; this completed, make a deep incision all round the upper part, without, however, its being cut through; then fry them in clarified butter till of a light brown: as soon as they are fried, cut the middle out, to leave as little crumb as possible. Keep them hot, well wrapped up in a clean sheet of paper. When ready to serve up, work the purée (pounded meat) and pour it into the pieces of bread.

You may send up this purée in a bord de plat with poached eggs, or in a vol-au-vent, &c. (See Pastry.)

439. *Salmi de Bécasses à la Lucullus.*

For this dish, you must be particular in having the woodcocks very much under-done; then take out the intestines, and with the addition of two or three fat livers of fowls make the following force-meat:—

Take half a dozen mushrooms chopped very fine, a shalot and some parsley the same; fry these herbs in a small bit of butter; when they are nearly done, put the fat, livers, and the intestines of the woodcocks, to fry with them; and when done, put the whole into a mortar, and pound them very fine; season with salt and pepper, &c.; rub this through a tammy; then, as three woodcocks give you six fillets, cut six bits of bread of the same shape, fry them of a nice colour; then spread the farce (force-meat) equally divided over the six pieces of bread; put them into the oven, and when they are a good colour, serve them between each of the fillets; as for the sauce, you make it with the trimmings as usual for salmi: this, well managed, is a delicious dish. The sauce must be made early, so as to keep the fillets in it to prevent them from drying; then warm them without boiling, for boiling would make the dish good for nothing. Serve the legs in the middle.

PLOVERS.

440. *Plovers, with Bourguignotte Sauce.*

Plovers are hardly fit for anything but roasting. Sometimes, however, they are prepared à la bourguignotte (with bourguignotte sauce, No. 34), which is indeed the only way of making a ragoût of plovers. In this latter case, empty and truss them as neatly as possible; put them in a stewpan with layers of bacon; moisten them with a little poêlé (No. 313) or with broth; when done enough, let them simmer a little in a bourguignotte sauce, and serve up hot with a garnish.

441. *Capilotade of Plovers.*

If you have any roasted plovers left, and are short of an entrée (first-course dish), cut them in halves and pare them: flay them, put them into a stewpan with two spoonsful of Italian sauce (No. 24), a glass of white wine, a little salt and pepper. Let them simmer for one hour, and dish them with fried slices of bread between. Skim the sauce, squeeze the juice of a lemon, and cover the members over with the sauce. This dish must be highly seasoned.

PIGEONS.

There are pigeons of various sorts; namely, tame pigeons, wild pigeons, and wood pigeons. The former are most in use, although wild pigeons are good either boiled or roasted; but if made into ragoûts or fricassées, their flesh is too black. Small pigeons à la gautier, or squabs, are of great service for garnishing, but they make very indifferent first-course dishes, as they are seldom well prepared by the poulterer in this country.

442. *Compote de Pigeons—(Pigeons stewed brown).*

Take four or six pigeons, according to the size of your

dish; after having picked them clean, cut off the sinew below the joint of the leg; empty them without taking out the liver, but feel with your finger if there is any grain left in the paunch. Truss the legs inwards, and make an incision in the back, that they may disgorge the blood. Then put them into a stewpan with some lukewarm water, to draw out the blood: next place them in layers of bacon, and stew them as you would do chickens. When done, drain them, and send up with a ragoût à la financière (financier's ragoût, No. 75).

443. *Compote de Pigeons à la Paysanne.*

Truss your pigeons as above, and wash them clean in warm water. Cut half a pound of breast of bacon into small slices of about an inch square, blanch them, and then put them into a stewpan with a small bit of butter; when they are a nice light brown, take them out, and put the pigeons in their place, and when they have become firm, take them out also. Throw a good spoonful of flour into the fat that is in the stewpan, and let it become a light-brown colour; then pour a little broth or warm water into it to dilute the flour; season with salt, pepper, spices, a bunch of parsley and green onions, a few mushrooms, and some small white onions. Then put the pigeons into this sauce, and let the whole stew gently. Skim off the grease and put the pigeons into another stewpan, with all the ingredients to garnish them nicely. Reduce the sauce, and strain it through a tammy over the pigeons; serve up hot: add a small bit of glaze to increase the flavour. Observe that the onions, mushrooms, &c., used in making the sauce, are not to be served; but some small onions, mushrooms, &c., that have been kept separately in a small clean stewpan with the bacon and a little of the sauce. When about to serve up, dress the pigeons on the dish, and pour this ragoût over them.

444. *Pigeons à la Crapaudine—(Broiled Pigeons).*

Pick the pigeons, cut off the claws, truss them with the

legs inwards, and then with your left hand press on the breast, and scollop one-half of the flesh of the breast; turn it down on the table, flatten it well with your knife, dust it over with salt and pepper, break the yolks of two eggs into a plate, brush the pigeons all over with them, then dip them into crumbs of bread, next into melted butter, then into crumbs of bread again, which level as smooth as possible. Broil the pigeons on a slow fire, that they may get thoroughly done without being burnt. Ascertain when they are done enough, by thrusting the point of a knife into the fleshy part of the leg, and if no blood issues they are done enough. Serve under them an Italian sauce (No. 24), or some rich gravy. This being a common dish, I shall explain a method of making a sauce piquante (keen sauce) in a moment.

Sauce piquante—(keen Sauce).—Chop a dozen of shalots, which put into a stewpan with two spoonsful of vinegar; boil till there is no vinegar left: then put in a little broth, or gravy of roast meat, with raspings of bread, salt, pepper, &c. Let this boil for a short time, pour it over the pigeons, and send up hot; if you put to it a small bit of glaze or portable soup, it will give it a good taste.

445. *Pigeons au Soleil—(in Sunshine).*

Truly these are not well named, for they shine but very little indeed. It is an entrée of desserte (dish made of yesterday's remnants). If you have any pigeons left, either roasted or otherwise, cut them in two and put them into a marinade (pickle or steeping, see No. 222, page 102).—When they have simmered for half an hour in the marinade, let them cool, drain them, and put them into a paste for frying.—(See Pastes.) Fry them of a good colour, and serve up with fried parsley in the middle, if you like, or a poivrade (brown sharp sauce, No. 27), or a sauce piquante (see No. 444).

446. *Côtelettes de Pigeons à la d'Armagnac.*

Take eight pigeons, as you may make one dish with the

loins and legs, and another with the fillets. Take the flesh off the breasts, and make a force-meat of it, with the same quantity of calf's udder, or calf's suet ready boiled, but somewhat less of the panada.—(See *Farces*, No. 146.) Put the whole into a mortar, but observe that with the panada, plenty of herbs, shalots, parsley, mushrooms, &c., are required. When the farce (force-meat) has been well pounded, use a couple of eggs to give it more substance; then bake a little bit in a tartlet mould, in order to taste whether it is sufficiently seasoned. Spread the whole on a plafond well buttered and very even, about the thickness of a mutton chop; then let it cool. When cold, cut the minced meat, either with a cutter or with your knife, into the shape of cutlets, without however detaching it from the plafond; this being done, put the plafond over something hot, merely to melt the butter. Then take the bones out of the pinions, which scrape well, and stick them into the extremity of the mock cutlets; dip them into an omelet, and into crumbs of bread, and fry them; but do not let the dripping be too hot, that the cutlets may have sufficient time to be done through without being burnt. Dish the cutlets miroton-way, with either fried parsley or Italian sauce in the middle; send a brown Italian sauce (No. 24) separately in a boat.

447. *Côtelettes de Pigeons à la Maréchale.*

Take the fillets of eight pigeons, flatten them with the back of your knife, scrape the bone of the pinion, and stick it into the point of the cutlet; after having seasoned them with salt and pepper, take the yolk of one egg, and with the paste-brush rub the cutlets all round; dip them into melted butter, then once only into crumbs of bread, but very even and smooth; broil them till they are a nice colour, and send them up with a rich gravy, or an Italian sauce (No. 24), or the maréchale sauce (No. 103). Mind that for all dishes in which bread-crumbs are used, the sauce must be very thin and well seasoned.

448. *Pigeons à la Toulouse.*

Pick, empty, truss, and singe six young pigeons : put them in a stewpan trimmed with layers of bacon ; moisten with a little poêlé (No. 313) ; let them stew for sixteen or twenty minutes. Then drain and dish them ; cover them over with a ragoût à la Toulouse (No. 97). This dish is nearly the same as the Compote (No. 442).

449. *Pigeons à la Financière—(Pigeons Stewed).*

For this entrée you must procure young pigeons à la gautier or squabs ; singe them slightly. Melt about half a pound of butter, squeeze the juice of a lemon into the butter, and then let the pigeons be fried lightly over the fire twice or three times only. Then put the pigeons into a stewpan trimmed with layers of bacon ; pour the melted butter and lemon-juice over them, and then cover them well : it is also requisite to pour in a spoonful of poêlé (No. 313), to prevent their frying. Sweat them for a quarter of an hour over an equal fire, and drain them ; dish them nicely, and cover them with a financière sauce (No. 75). Take care to have them well disgorged of all blood before you put them into the butter ; and put between each a very fine crawfish divested of all the small claws.

450. *Pigeons à l'Aspic clair—(Pigeons with Aspic Sauce).*

Take six pigeons à la gautier, which cook as those above (No. 449). When done, dish them with a large crawfish between each pigeon, and use the aspic for sauce (No. 8).

451. *Pigeons cooked in all manner of ways.*

To avoid introducing a multiplicity of names and of entrées which are no longer in fashion, it is only necessary to observe that pigeons in general are rather used for garnitures than for entrées. In the first case, they are

prepared as directed in No. 449. They may be dressed with peas, white or brown, marinade or love-apple sauce, &c. &c. The only science consists in preserving their white colour. The shape is always the same; and with respect to the sauce, every one has his choice and taste.

For the godard and the chambord ragoûts (Nos. 76 and 77), as also for the generality of great garnitures, pigeons à la gautier are requisite. They are called squabs.

452. *Pigeon Pie.*

A pigeon pie is a very plain dish, which is left to the management of common female cooks. To make a pigeon pie, put a few thin slices of beef in a dish, and the pigeons over them, well seasoned with salt, pepper, and spices, the yolks of a few eggs within the intervals, and a spoonful of broth: cover the whole with plain paste, or with puff-paste. A pigeon pie must be tolerably well seasoned if intended to be eaten hot, but if to be eaten cold it will require still more seasoning.

CANARDS, CANARDS SAUVAGES, &c.—(DUCKS, WILD DUCKS, ETC.)

Ducks are fit to be sent up for entrées (first-course dishes) only when they begin to be plump; they are good towards November, when they are plump and fat; but those that are sold in London in May, June, or July, are nothing but skin and bone. When ducks begin to grow old, keeping them a few days makes them tender. Ducks, like woodcocks, require the fillets to be under-done; but in that case the legs would be nearly raw, as they require a much longer time to do. Care must therefore be taken to stop the spit when the back is turned towards the fire. The legs and breast, by this means, will be equally done.

453. *Canard au Navets, or Duck with Turnips.*

After having emptied, trussed, and singed the duck, put it between layers of bacon, and moisten either with a

poêlé (No. 313), or broth, with a little salt. Stew the duck for three-quarters of an hour if it is a young one; if old or tough, it will require an hour: when done, drain it, and let it simmer in turnip sauce to take the taste of turnips: otherwise, roast the duck of a nice colour. When partly done, cut it in five parts, the two wings, the two legs, and the breast; cut six turnips in the shape of olives, fry them in butter with a little powdered sugar, to give them a good colour; when they have got a good colour, mix a spoonful of flour with them; moisten with broth and veal gravy in equal proportions; season with salt and a little pepper, a bundle of parsley, and green onions; skim the liquor; when the turnips are done, put them into a stewpan separately, with a very little sauce. In the remainder of the sauce boil the duck till well done; then skim off the fat, reduce the sauce, and serve all together.

454. *Canard aux Pois, or Duck with small Green Peas.*

Prepare and cook the duck as above. When done, lay it with the green peas. When the duck is too large, it is not to be served whole, but cut into four or five pieces; namely, the breast, the two wings, which otherwise are called fillets, the two legs, and the back. Pare all the members properly, and make the sauce in the following way: take two quarts of very fine fresh green peas, put them into a pan with clean water, and half a quarter of a pound of fresh butter; mix up the butter with the peas, drain the peas by taking them out of the water with your hand, otherwise all the dirt would go into the colander; let them dry; next put into a stewpan half a pound of the best part of a breast of bacon, cut in squares of an inch, and a very small bit of fresh butter; fry the bacon of a nice colour, then drain the fat, and put in the peas to sweat gently. When they are all very green, put half a spoonful of flour to them, and moisten with boiling water. Add the members of the duck, with some salt and a little pepper, a very small bit of sugar, and a bundle of parsley

and green onions. When the duck is done, serve the members covered with the peas, and take great care to skim off the fat, and reduce the sauce.

455. *Canards à la Purée de Pois Vert.*

Prepare the duck as above, and send it up with a purée of green peas over it (No. 50), or with a hochepot. (See Hochepot, No. 84.)

456. *Canetons à la Bigarade—(Ducklings with Bitter Orange Juice).*

This entrée requires plump, fleshy ducks: pick, empty, and truss them well, with the legs stuck upwards. First roast them so as to leave them under-done, then make incisions in the breast, what the French call aiguillettes; pour the gravy that issues from the duck into the sauce, which must be ready made, in order that you may send up quickly—a thing to be particularly attended to. With respect to the appropriate sauce, see Sauces. If you are allowed to serve up fillets only, then you must have three ducklings at least. Roast them under-done; when properly done cut them into aiguillettes, that is, four out of each duck; put them into the sauce with the gravy that runs from them, and send up without loss of time, and quite hot. As soon as you have put the aiguillettes into the sauce, squeeze a little juice of bitter orange over the whole; keep stirring well, and serve up the fillets in the sauce. This is a dish for an epicure of the daintiest palate. Send it up in the sauce. Mignonette, or coarse pepper, is required in this sauce, and the dish altogether must be highly seasoned. Before roasting the duck, blanch a handful of sage with a couple of onions cut into quarters; chop them; season them with a little salt and pepper, and stuff the duck; by so doing it will acquire additional flavour.

457. *Salmi de Canard Sauvage, or Wild Duck Hashed.*

If you roast a duck on purpose, let it be under-done. Pare it whilst hot, and let the parings simmer in the sauce. Then strain the sauce through a tammy over the members, and let them be made hot without boiling. The sauce is made in the same manner as that of the salmi of partridges, or as follows: Cut four shalots into several pieces, a small bit of ham, a few bits of carrot, some parsley-roots, thyme, bay-leaf, three cloves, a few blades of mace, five allspice, and a small bit of butter; fry all this in a stewpan till the ham has acquired a little colour, then put a little flour to it, fry it a little more to do the flour; moisten with a glass of wine, either red or white, a ladleful of good veal gravy, and salt and pepper; put all the trimmings of the duck to boil with this sauce; skim off all the fat, reduce the sauce, and put it over the members through a tammy, to warm them only; when you send up, squeeze the juice of a lemon over. This entrée must be highly seasoned; add a little cayenne, and do not let the members boil.

458. *Members of Ducks with the Purée of Lentils.*

Poêlé the members as directed in No. 313. Drain them, and cover them over with a purée of lentils. (See No. 116.)

459. *Canard aux Olives, or Duck with Olives.*

This dish is admired only by the Italians. Poêlé the ducks as directed in No. 313. Pour over them the sauce aux olives (olive sauce), made as follows, which, in my opinion, is no great treat. Take a bottle of French or Italian olives, cut the kernels out, but mind to preserve the shape of the olive; blanch them in boiling water to take off the salt: if they are not too briny, put them into a very good Espagnole (Spanish sauce, No. 17), with the

juice of a lemon and a little cayenne. Serve this sauce with duck only.

460. *Capilotade de Canard, or of Duck.*

If you have any roasted ducks left, and want another dish for the first course, cut the ducks as for eating, flay them, and let them simmer in a thin Italian sauce (No. 24). Fry a few slices of bread cut into the shape of a kite, and send up with the juice of a lemon.

If you should not have any Italian sauce ready, mince a few shalots, boil them in vinegar, and make a little browning (roux, No. 15), which moisten with broth or even water, and mix with a little glaze seasoned with salt and pepper: put the shalots into the sauce; let it boil a few minutes; then put the duck into the sauce to heat, but without boiling, and give it a high seasoning. Such common dishes are always to be highly seasoned.

461. *Canard à la Choux-Croute, or Duck with Sour-Crout.*

Sour-crout is sold ready pickled. Drain some, and put it into a braizing-pan with a piece of breast of bacon, a bunch of parsley and green onions, spices, bay-leaves, thyme, and mace; put also a little whole pepper. Next place the duck in the middle of the sour-crout, cover the whole with layers of bacon, and moisten with some liquor of braize, or top-pot (the fat which rises over the broth), strained through a silk sieve. If you happen to have a knuckle of ham, you may put it in after having blanched it. You may add a German sausage, together with some English sausages, observing that the small sausages must not be added till half an hour before serving up, otherwise they would be too much done. Three hours are required for the above to be done over a slow fire. When the sour-crout is done, put it into a large hair sieve to drain; then dish it in a deep dish with the duck in the middle, the sausages and bacon, &c. being put round it. The duck will be better if cut into four, as it is difficult to carve anything that has so many other things with it.

462. *Membres de Canard à la Choux-Croute Française, or Members of Duck with French Sour-Crout.*

Braize the duck in the same manner as that with the purée of green peas (No. 455), and cover it over with the sour-crout, which is made as follows:—Take off the stock of a white cabbage, mince the whole nearly as is done for sour-crout; cut some bacon (the breast part) into small squares of about an inch in size; fry them a little, and then take them out to put the cabbages into the grease, in which they are to sweat. When nearly done put the bacon in again, and moisten with some sauce tournée (No. 19), which must be thin, for, if thick, you could not get the fat off. Skim off all the fat, reduce the cabbage, and use it to mask the duck. You may also put in some sausages that have been braized with the duck.

MAUVIETTES—(LARKS).

463. *Mauviettes (or Larks) au Gratin.*

Take eighteen larks as fat as possible, pick and bone them; next season them with salt and pepper, and stuff them with a farce fine, or a farce à quenelles (force-meat for quenelles), the former, however, is preferable. Dish them nicely, and put some of the force-meat into the dish. Put slices of fried bread cut to the fancy between the birds, so or so . When the larks are put all round the dish, if there are any left put them into the middle; which latter are to be raised higher than the rest. Cover the whole with layers of bacon, and leave it in the oven for twenty minutes. Then take off the bacon, drain the fat, and serve up with an Espagnole (Spanish sauce No. 17) of a nice colour, and well seasoned.

464. *Mauviettes en Caisse, or Larks in Cases.*

Bone the larks as above, and stuff them with farce fine.

Have ready small paper cases dipped into warm oil. Give the larks a round shape, put into the cases some of the farce (forcemeat), and put the larks over. Next put them on a plafond with some buttered paper over them, for fear they should dry while baking. When baked enough dish them. If there is room enough pour into the cases a little Espagnole (Spanish sauce, No. 17) and lemon-juice; mind to drain all the fat out before you put in the sauce.

465. *Pâtés de Mauviette*—(*Hot Raised Lark Pies*).

Bone the larks as above: dress the pie-crust, put the force-meat (or farce) in the bottom and the birds over; then fill the crust with force-meat, close the pie, but leave a little hole at the top, to prevent the crust from breaking. Let it be baked a light brown colour. When done take it out of the oven, take off likewise the top crust, or cover, drain the fat, then pour a ragoût à la financière (financier's ragoût, No. 75) into the pie. Do not put the top crust on again: send up hot with high seasoning, which brown entrées require more than white ones.

466. *Mauviettes en Croustade.*

This dish would find few admirers, as birds in crust, and even hot raised pies, are very seldom called for, being generally economical dishes made of legs or such other parts of either fowl or game. People in general never taste any part but the fillets. Larks in croustade must be done beforehand. Put the birds into croustades fried of a light brown, the inside part of which you take out with a cutter; into the vacuity put first a little farce (force-meat), and the lark over it. Keep the birds hot till you serve up.

CHAPTER XIII.

RABBITS.

467. *Filets de Lapereaux à l'Orlie, or Fillets of young Rabbits à l'Orlie.*

It is to be observed that warren rabbits only ought to be sent up to a good table, tame rabbits in general having no flavour but that of cabbage; and you must be particular in using for table only young rabbits; whether they are so may be ascertained by breaking the jaw between the thumb and finger; if they are old, they resist the pressure: also by feeling in the joint of the paw for a little nut; if it is gone, the rabbit is old and not fit for fine cookery; in such case use them to make rabbit puddings or pies.

Take four rabbits, detach the fillets and filets mignons (small inside fillets); cut the large fillets of an equal size: marinade them in lemon-juice, a little parsley, a shalot cut into slices, a little thyme, a bay-leaf, salt, pepper, &c. &c.; leave them in that marinade for two hours. Drain and dip them in the white of an egg that has been well beaten, and then into some flour mixed with a few crumbs of bread. Fry them of a fine brown, and serve under them a poivrade (brown sharp sauce, No. 27), or an Espagnole (Spanish sauce, No. 17) of game. Observe, particularly, that the fillets must be under-done.

The cook's own skill will inform him that, when the rabbits are too small to be filleted, he must make a marinade with the members of the rabbits cut as follows:— The shoulders, the legs cut to pieces, with the back, and the head, as many persons like to eat the brains; the small bones of the carcase must be thrown out, except

you have broth in preparation, then put these trimmings into it, which will clarify your broth. When the rabbits are small you must use several. This is an appropriate dish for a shooting party, being the produce of the sport.

468. *Turban de Filets de Lapereaux à la Sultane.*

Take the fillets of four rabbits; there will be eight; likewise the filets mignons (small inside fillets) and kidneys; lard the eight fillets with very small slips of bacon, all of an equal size. Have a farce à quenelles (force-meat for quenelles) ready made of the flesh of the legs of the rabbits. If you do not place a mould in the centre of the dish, have a kind of paste-cutter, very deep, or a sweetmeat-pot, to put into the middle of the dish, that you may raise the turban all round it; in this case the fat, which is always very abundant, may be more easily drained. Take a large piece of stale bread, cover it with a thin layer of bacon, lay it in the middle of the dish, and dress the force-meat equally round on it; then with the handle of a wooden spoon place eight ribs, leaving an interval between each, not straight but rather sloping; put the fillets of rabbits inside each of those ribs; and after having skinned the kidneys put them into four of the intervals, two by two; in the other four put fillets of truffles. You may give this dish a superb sppearance.

Turn the pointed extremities of the fillets inside of the turban, otherwise they will not stick. Cover the whole with layers of bacon. If you have an earthen pan that may cover the whole close, lay it over, without using the layers of bacon. The steam alone will prevent the fillets from getting dry. When the turban has been kept in the oven long enough to be well baked, glaze the fillets of a light brown and put them into the oven again: take the lump of bread out from the middle of the dish, and wipe off all the fat. When going to send up, put a ragoût made with quenelles, cocks'-combs, and mushrooms, in the middle of the dish, and sauce the outside with a very good fumet of rabbits. To make the fumet of rabbits you must use all the rabbit-bones with a little veal, ham,

mushrooms, parsley, green onions, &c.; and when that consommé has been made in the usual way reduce it, and then put some of the reduction, with some béchamel (No. 36), to sauce the turban or any other entrée of rabbits with. Whether the sauce is to be white or brown, you must always give it the taste of rabbits. To make the turban in a more clean and efficient manner, have some trimmings of paste, which spread the size of the inside of the dish. Bake it in the oven, and when done dress the turban upon this paste; when the turban is quite ready to serve up put it on the dish, which prevents it dirtying the dish, and the entrée will not be so greasy.

469. *Emincé de Lapereaux au Fumet—(Mince of Rabbits with Fumet).*

This is a dish to be made of the remains of a former dinner. Take the fillets of roasted rabbits, pare the sinews, then make a mince, but hold your knife on a slope, that the thin slices may curl like shavings; put the mince into some reduced velouté (No. 21) or béchamel (No. 36), mixed with some glaze of game; do not forget to pour into the mince a little thick cream to give it a white colour and make it mellower. You may put the mince either in a bordure, a vol-au-vent (see Pastry), a casserole with rice, a turban, a grenade, a gratin, petits pâtés, petites casserolettes au ris (little casseroles with rice), &c. &c.

470. *Escalopes de Lapereaux à la Conti aux Truffes—(Scollops of Rabbits with Truffles, the same as à la Conti).*

Take five rabbits; detach the fillets, tear off the sinews, then scollop the fillets keeping your knife on a slope; flatten them with the handle of your knife; put the scollops into the sauté-pan with some melted butter; have ready some truffles peeled and cut into slices of the same size as the scollops, mix them with the rabbits in the butter, salt, and pepper. Fry the whole lightly a little while before dinner-time, drain the butter and put the

scollops into the sauce, in order that the truffles may give their flavour to the sauce, and likewise to the meat. Garnish the edges of the dish with a Conti.* The best and most expeditious manner is to put the fillets with the truffles in the sauté-pan, without previously scolloping them; put some salt as before, and put the sauté-pan over a sharp fire about twenty minutes before dinner-time; turn the fillets equally on every side, then take a sheet of clean paper, scollop the fillets very quickly, and putting them again in the sauté-pan let them remain on the fire a few minutes with the truffles; drain the butter in a basin, and put the scollops in the sauce in the bain marie (hot-water bath) to acquire the flavour of the truffles, &c.

471. *Blanquette de Lapereaux aux Pois, or with Green Peas.*

Take four rabbits; detach the fillets, fry them whole in melted butter with a little salt and pepper; next cut them on a sheet of paper to the size of a shilling, and put them into the sauce blanquette aux pois.—(See Sauces, No. 88.) This dish is sent up in a vol-au-vent (see Pastry), a casserole with rice, &c. &c.

472. *Escalopes de Lapereaux au Fumet* † —(*Scollops of Rabbits with Fumet—flavour*).

Take five rabbits; detach the fillets, fry them lightly in melted butter. When done, cut them as for a blanquette, and put them into a sauce made as follows: Make some consommé, or stock-broth, with the remnants of the rab-

* I call Conti some of the fillets larded with small bacon, or decorated with truffles: they must be done in the following way:—Take a sauté-pan, and put on the bottom of it some slices of fat bacon, lay your Conti on the top of them in any shape you think proper, and powder some salt over; put them into a hot oven, and as soon as they are firm, glaze them, and serve them round whatever they may be wanted with.

† Fumet is the essence of rabbit. Make consommé with the trimmings, and reduce it to flavour the sauce.

bits; put a few slices of Westmoreland ham in a small stewpan, with small pieces of veal, &c.; put the bones of the rabbits over them; then moisten with two spoonsful of the first broth (No. 1). Let the meat sweat thoroughly, till, on thrusting your knife into it, neither scum nor blood issues. Then fill the stewpan with boiling broth, seasoned with a bunch of parsley, green onions, thyme, bay-leaves, and a few mushrooms. When the consommé is done enough, put a small lump of butter into a stewpan on the fire, and as soon as the butter is melted, throw in a spoonful of flour; let the flour fry a little in the butter, without, however, getting brown. Next moisten with the consommé. Let this sauce boil gently on the corner of the stove for an hour. Skim the grease off carefully, then reduce the sauce, and thicken it with the yolks of three eggs well beaten with some cream. Strain this sauce through a tammy over the scollops, and send up quite hot. This dish may be served either with or without contis in a casserole with rice (see Rice), a vol-au-vent (see Pastry), or in a border of mashed potatoes. This sauce being made in the same way as any other sauce for blanquette (white dishes), if you should have any other dishes that require white sauces, by keeping a little of this, you will save at once expense and trouble.

473. *Escalopes de Lapereaux—(Scollops of Rabbits à la Conti).*

See No. 472. Only keep four fillets, which you divide into eight pieces, cross-ways. Flatten them a little with the handle of your knife; lard them with thin slips of bacon. Then butter a sauté-pan. Give the above pieces whatever shape you think proper, powder a little salt over them, and bake them. Do not let them be too long in the oven; glaze them nicely, and dish them round the scollops. In the country, when you have plenty of rabbits, you should use the fillets for the parlour, and make a pie or pudding for the domestics with the legs and shoulders.

474. *Friteau de Lapereaux,* or Young Rabbits en Friteau (Fried).*

Take several very young rabbits; skin them and cut them in four, according to the size; let them be marinaded as in No. 467. Drain them and dip them into flour; then fry them till of a light brown. Serve up with a poivrade (brown sharp sauce, No. 27), or a love-apple sauce.

475. *Lapereaux à la Vénitienne—(Rabbits, Venetian way).*

Take three or more young rabbits; skin and empty them nicely, then cut them into pieces in the following manner: Take up the shoulders, then the head from the neck, divide the back into four parts; take off the legs on each side of the saddle, and cut them into two pieces. Have ready half a pottle of mushrooms chopped very fine, with parsley and shalots the same. Put a small lump of butter into a stewpan with a little rasped bacon: put the sweet herbs on the fire with a little salt, pepper, and allspice; let them stew for a short time on a slow fire. When sufficiently fried, put in the rabbits, make them get firm with these sweet herbs till they are sufficiently done. Take the limbs out from the seasoning, lean the stewpan sideways to skim the fat that comes uppermost, put a spoonful of sauce tournée (No. 19), or, if you have none, add to it a small teaspoonful of flour, moistened with a spoonful or two of consommé (No. 5), let it boil a few minutes, and make a thickening of the yolks of four eggs; put the juice of a lemon and a little cayenne pepper; stir the sauce well; if it happens to be too thick, make it thinner with a spoonful of broth; keep it quite hot, throw the members into the sauce again, and send up quite hot. This sauce must be rather highly seasoned.

* *Lapereau*, a young rabbit.

476. *Lapereaux en Caisses, or Rabbits in Cases.*

Make cases of paper, either square or round: do the rabbits as before with sweet herbs; when nearly done, put them into the paper cases and the sweet herbs over them, with the rasped crust of a twopenny French loaf, to absorb the fat. Then put the paper cases into an oven. Before you send up, squeeze over it the juice of a lemon, and pour in a few spoonsful of Espagnole (Spanish sauce, No. 17).

477. *Giblottes de Lapereaux.*

Take two young rabbits to make a giblotte; but observe, they must be both alike as to quality; if you put a young one with an old one, the young one will be done to rags, when the other will be scarcely done at all. Skin them, and cut them into pieces as in the last. Have ready some pieces of breast of bacon cut into the shape of small corks, which are to be blanched in order that they may not be briny. Fry them in the stewpan with a little butter, to give them a light brown colour. Take the bacon out of the stewpan, and put the members of the rabbits into it: when made firm, take them out also; throw a good handful of flour with the butter into the stewpan, let it get a little brown; next moisten with some veal gravy. Let the sauce boil a little, to see whether it is not too thick; if so, you will never be able to skim off the fat, and accordingly it will never be of a good colour. When sufficiently stewed, put in the members, bacon, a bunch of parsley and green onions, thyme, bay-leaf, clove, &c. &c.; and when the sauce has boiled for an hour, skim it well, and put the members into another clean stewpan, and drain the sauce through a tammy; then take some turned mushrooms, and some small onions, and fry them white in butter; let them boil for a quarter of an hour in the sauce. When you are going to send up, first dish the members, next the small white onions, and then put the bacon and the mushrooms over. Take off the fat and

scum, otherwise there can be no good cookery; and cover the whole with the sauce when reduced.

478. *White Giblottes of Rabbits.*

Do as above, but after having dredged with flour, and moistened with consommé (No. 5), let the whole stew for about an hour. Next take off all the scum and fat; shift the members into another clean stewpan; reduce the sauce, strain it through a tammy over the members, lay the giblotte on the fire, and when it boils, thicken it with the yolks of four eggs and the juice of a lemon. This sauce, although white, must be highly seasoned.

NOTE.—If you want to make the giblotte whiter, disgorge the rabbits, blanch them, and add a little cream.

479. *Filets de Lapereaux en Lorgnette.*

Take the fillets of four young rabbits that have been skinned; lard them with thin bits of bacon; when larded, make an opening on the thickest part, by thrusting your knife nearly to the very extremity. Then run the knife in, but no farther than the middle; and so on with the rest. Put a little butter into a sauté-pan; thrust your finger into the opening, and put into it some carrot or turnip to keep it open; give those parts the shape of a lorgnette, or eye-glass; put them for a moment into an oven, that they may take a good form. When firm, put them in a stewpan, over a bed of minced roots and vegetables, covered with bacon, seasoned with salt, pepper, thyme, bay-leaves, &c. &c., and moisten with two spoonsful of consommé (No. 5). Let the whole stew for a quarter of an hour or twenty minutes; drain the fillets, boil down the liquor, to which add a little glaze of a light colour, and send up with endives au velouté (see Index), or a soubise (No. 45). Dish them miroton way, and pour the sauce in the middle. Mind, this sauce must not be too liquid. Don't forget to glaze them.

480. *Pâtés de Lapereaux, or Hot Raised Pie of Rabbits.*

Take one or two rabbits, according to the size of your pie. Skin and empty them; then detach the legs and shoulders, which you cut into halves; from the head to the tail cut out four pieces of an equal size: then chop a shalot, a little parsley, and a few mushrooms, and stew them a little: next put the members into the butter with the sweet herbs till the flesh is quite firm, then season with salt, pepper, and spices. In the course of a few minutes drain the butter. Then raise a pie-crust (see Pastry); put the limbs into it, and put the whole into the oven. When the crust is baked enough, make a round opening, lift up this kind of cover, and just as you are going to send up pour into the pie a ragoût à la financière (financier's ragoût, No. 75) over the rabbits. Be careful to drain the fat that may have remained.

N.B.—The above is the true manner of making a raised pie of rabbits. Many people make a pie-crust, which is commonly called croustade; and after having emptied it, put in a giblotte. The former method, however, is preferable, as it retains the flavour of rabbit better.

481. *Quenelles de Lapereaux.*

This farce is made like the generality of quenelles: the only difference is, that you take the flesh of rabbits instead of any other meat. The legs, in general, are used for making the quenelles; the fillets will supply you with another dish, so will the legs occasionally. The bones and the parings are used to make the consommé and sauces. As the legs are tougher than the tender fillets, they should be pounded for a longer time, and rubbed through a tammy, on account of the number of nerves and sinews.

482. *Gratin de Lapereaux.*

This is a dish made from a former day's remnants. Take a couple of roasted rabbits; take off the whole of the fleshy parts; then pare those that have sinews about them; mince the meat very fine, and put this mince into some béchamel (No. 36) reduced; take a little of the liquor, which gratin (by gratin is meant to boil it in a silver dish till it sticks to the bottom without burning). When the preparation is cold, stick a border of soft bread all round the inside of the dish, and put your mince into the middle: level it well with a knife; then powder crumbs of bread over it, which baste with melted butter, and then put crumbs a second time, and baste with butter again. Then make it brown all over with a salamander, because, if you were to put the dish into an oven hot enough to give it a colouring, the gratin would burn. Keep it hot, and send it up either with slices of bread fried in butter all round the dish, cut in the shape of corks, or with flowerets made of puff-paste; but take out the bread that you have put to it first.

483. *Soufflé de Lapereaux.*

This is also an entrée of desserte (dish of yesterday's remains). Take off the flesh of roasted rabbits, chop it very fine and pound it: pour into it a few spoonsful of velouté (No. 21); season it well. Break half a dozen eggs, keep the whites separate from the yolks, throw the beaten yolks into the chopped rabbits, and rub this through a sieve; then put it on the fire a little, that the eggs may stew, but take your stewpan off from the fire as soon as you perceive they are done; then add a small bit of fresh butter, and work the whole well. Next beat the six whites well, and pour them also into the above preparation, which you put into a soufflé dish, and then into the oven ten or twelve minutes before you send up. In case you should not have a soufflé dish, you must use a croustade or pie-crust.*

* By pie-crust I mean here the crust of a pie which has been served up and returned unbroken. It can then serve again for a soufflé.

484. *Croquettes de Lapereaux.*

Cut the meat of young roasted rabits into dice, which throw in some béchamel (No. 36) boiled down, adding a little glaze of game. Let this cool, then roll it into whatever shape you please, either into balls, or in the shape of a cork, or of a pear. Fry them and send up as other croquettes, garnished with fried parsley in the middle of the dish. It is necessary to observe respecting croquettes, or any other thing made use of in cookery, that the less you handle them the better. Put the preparation of the croquettes in a flat long dish; level it with the knife till you have it the thickness required: mark with the knife the number of croquettes you intend to make. Then take them off the dish, roll them in your hand as little as possible, and put them in the crumbs of bread and roll them again in the omelet (eggs beat with a little salt), and make them of equal sizes in a cover of a stewpan till such time as you wish to fry them, and serve them very hot.

485. *Boudins de Lapereaux à la Reine.*

Prepare in the same manner as the croquettes: roll the meat into large boudins, sausage shape, dip them into eggs and crumbs of bread, and fry them. Serve under them some velouté (No. 21), with a little glaze of game. For croquettes or boudins à la reine, made of fowls, rabbits, or game, if you should have by you some sweetbreads, they will be a great improvement to them, as they make them more mellow and delicate.

486. *Boudins de Lapereaux à la Richelieu.*

Take some quenelles of rabbits, and fry some white onions of a light colour. Put them into a hair sieve to drain the butter, and then mix them with the quenelles; let them cool, and roll it into two boudins of the same length as your dish. Poach them in boiled water with a little salt; when done, drain them on a clean cloth, and let

them cool.* Next dip them into an omelet (yolks of eggs beaten with salt), and then in crumbs, and fry them till they are of a light brown. Send up with an Italian sauce (No. 24) under.

487. *Cuisses de Lapereaux à la Maintenon.*

Bone the legs of the rabbits. Have ready some sweated herbs, the same as for Maintenon cutlets (No. 244), with a little rasped bacon, salt, pepper, spices, &c. Stew the legs in those herbs till they are done through. Let them cool. When cold, cut slips of paper of the size of the legs, or a little larger. Then lay a small layer of bacon on the paper, and the leg over the bacon; then a little seasoning, and another layer of bacon; wrap the whole in the paper, which is to be plaited equally all round with the back of the blade of the knife. Then broil them over a slow fire, and send up hot, with no other sauce but the seasoning of the herbs inside. Send in a separate sauce-boat a little Italian sauce.

488. *Rissoles de Lapereaux.*

Take the remnants of roasted rabbits, with which make a farce fine. (See Farce Fine, No. 148.) Spread on the table some puff-paste, but do not let it be too rich; cover it, at equal distances, with little lumps of the farce or forcemeat; moisten the paste all round the farce, then fold it in two; lean upon it all round with your fingers, that the paste may stick; then with a rowel cut it and fry it till it is a fine brown colour. You may occasionally dip them into eggs, and then powder them over with crumbs of bread; they by that means fry of a better colour, but it makes the crust thicker. You must always send them up with fried parsley in the middle of the dish.

* You may serve them, when hot, covered with good béchamel (No. 36); they have not so good an appearance, but they are better eating.

489. *Boudins de Lapereaux à la Lucullus.*

Make boudins of rabbits with quenelles of the same length as the dish; poach them in milk and butter, and a little salt, or boiled water and salt. When done enough, drain them on a clean towel. Cut one side flat, that they may dish well; have a little béchamel (No. 36) boiled down and pretty thick, which whiten with a little thick cream. Cover the puddings with this sauce, but do not use more than is requisite for covering them; in the middle you are to serve a ragoût à l'Allemande (German ragoût), which is the same thing as a Toulouse (No. 97). You must have six fillets larded equally. Take a very large carrot, cover it with thin layers of bacon, and lay the fillets over the carrot with a little salt: let them stand a moment in the oven till they are firm; then glaze and dry them with the salamander; glaze them a second time; then lay a fillet at each end of the boudin, and one in the middle. Keep this dish well covered, for otherwise it would not be of a fine colour: the béchamel would dry up, and consequently it would not preserve its white colour.

490. *Filets de Lapereaux à la Maréchale.*

Take the fillets of four young rabbits; divide each of them into two pieces, in order that they may not be too long; flatten them with the back of your knife, that they may be sooner done; let them be of an equal size; season them with salt and pepper; then brush them over with the yolks of eggs, and dip them into crumbs of bread, next into melted butter, and then again into crumbs of bread, but so as to lie very even. Press the fillets between both your hands, in order to melt the butter, and that the crumbs may stick equally all round. Broil them on a brisk fire, always observing that the thinner and the more tender the articles, the more brisk must the fire be; for if it were not so, the fillets would get over-done, without being of a nice brown. Glaze and dish them miroton way, cover them with a brown Italian

sauce (No. 24), mixed with a small quantity of glaze of game, or the sauce Maréchale. (*See* Sauces.)

491. *Filets de Lapereaux à la Pompadour.*

Take the fillets of four young rabbits; cut each fillet into two, lengthways, and keep them as long as possible. Make a sauce for attelets (No. 55), put the fillets into the seasoning, after having dusted them over with salt and pepper. Let this preparation cool, without, however, getting quite cold, yet sufficiently so as to enable you to lay some round the fillets. Then take the fillets one by one, and with your knife open them twice to make them very large; put some of the seasoning in the middle, then fold the fillet, and put in with your finger a little of the omelet to keep the seasoning in; then break three eggs into an earthen pan with a little salt, beat them, throw in the fillets, dip them lightly a second time into crumbs of bread, and fry them of a nice colour. Dish them in the shape of miroton, for which purpose they must be kept crisp. Send up with the Pompadour sauce (No. 65) in the middle.

492. *Attereaux de Lapereaux à l'Italienne.*

Take the fillets of four young rabbits; cut them into pieces of an inch square: then have some mushrooms, parsley, and shalots, chopped fine; put them to fry gently in a small bit of butter over a slow fire till they are done, then put the bits of rabbits to fry gently in those herbs; and when nearly done, drain them, and season them with a little salt and pepper; take the sweet herbs with which they have been stewed, and make a sauce for attelets in the following manner:—put a spoonful of flour to the herbs, and mix it well with a wooden spoon; moisten with a few spoonsful of good consommé (stock-broth); let the whole boil till the flour is quite done; skim off the butter; reduce the sauce thick, and then thicken it with the yolks of two eggs; throw into this the square pieces you have prepared;

then let them get quite cold; next take some silver skewers, have a few pieces of calf's udder ready done, of half the breadth of the pieces of rabbits, but not so thick; run a skewer first through one of the pieces of rabbit, dipped into the sauce, and next through a piece of the udder, and so on; observing, however, to have a piece of rabbit at each end. Do not stuff the attelet too full, for some of it must project at each end. Put plenty of the sauce, and give a square shape to the above preparation; then dip it into crumbs of bread; next, when of a good shape, into an omelet well seasoned; and into crumbs of bread a second time; then fry it till of a fine colour, and send up with a brown Italian sauce (No. 24), mixed with a little glaze of rabbit or the white sharp sauce.

There are many dishes of rabbits, which I omit mentioning in this present edition; such as the bressole, pains of rabbits, profitrolles, &c. &c., which are now quite out of fashion, for fashion prevails in our art as in all others. A veteran cook may still make good dishes, which yet will not attract. In the common way, many entrées may be made with the legs of rabbits; but as many dishes of game are not to be sent up at a time, provided you have fillets, it is better to use the legs for farces, or petits pâtés, or croquettes, &c. &c.

493. *Rabbits and Onions.*

As this dish is of the English school, it will not require many observations; but the author would recommend that old rabbits be never used, as they always spoil both the taste and the look.

Take one or two rabbits, skin them and skewer them as for boiling; put them into warm water in order to extract all the blood: when they are very white, boil them in boiling water and a little salt, to prevent them from skimming. An hour is sufficient to boil them if they are young; the sauce is made as follows:—Peel a dozen of white onions, cut the tops and the tails off,

then cut them into six pieces each, put them to boil in boiling water and a little salt; when nearly done, drain them on a sieve, put them into a clean towel, squeeze out the water, then chop them very fine on the table; put them into a stewpan, with half a quarter of a pound of butter, let them fry to drain the water away: then put half a spoonful of flour, mix well together, and moisten with cream or milk, but cream is preferable: next let this sauce boil down on a sharp fire, put some salt and pepper to it, and make it rather thick. Drain the rabbits, and cover them with this sauce.

494. *Soup à la Reine avec des Lapereaux—(or Rabbit Soup).*

This soup is made almost in the same way as the Soup à la Reine (Queen's soup, No. 126). Take the fillets of four rabbits to make an entrée, and with the legs and shoulders make the soup as follows:—Put them into warm water to take out the blood; when quite clean put them into a stewpan with a bundle of parsley and a ladleful of good broth; put all this to simmer over a slow fire; when done through, moisten with some good broth. Season it of a good taste, and let it boil for an hour only: if you let it boil too long the soup will be brown: next take the meat out of the broth, drain it, and let it cool, then pick all the meat from the bones, and put it into the mortar, with four yolks of eggs boiled hard, and the crumb of a penny-loaf soaked in a little broth; pound all this very fine; rub it through a tammy, moisten with the broth, and when done add to it a pint of double cream that has boiled; mix altogether, and serve up. Take particular notice that this soup must be very white; sometimes you give it with vermicelli, sometimes with pearl barley, sometimes with rice; on all occasions, each of these articles must be done separately in broth, and put into the soup afterwards. If you have an abundance of rabbits, you may also use the fillets, as the soup will then be whiter and better.

495. *Filets de Lapereaux à la Ude.*

Take the fillets of five rabbits, and make some quenelles (see No. 145) with the legs and inside fillets, seasoned rather high; then split the fillets in two (first cutting one side of the fillet so as to make it wider, and then the other side); when the fillet is very wide, spread some salt and pepper lightly over it, then put some of the quenelles in the apertures; then wrap up the fillets together to hide the quenelles; have some sauce for attelet (No. 55), the same as the fillets à la Pompadour, cover it with crumbs in the same manner, and fry it of a very good colour in a frittee (not too hot), allowing space enough to the fillets and the quenelles to be thoroughly done. This is a very good and delicate dish, but requires great care to bring it to perfection; serve under it a very clear brown Italian sauce (No. 24) well seasoned.

N.B.—Make the fillets as flat as you can, because they are more easy to dress on the dish.

496. *Rabbit Pie.*

Put into the bottom of a baking-dish a few slices of ham, veal, or beef; cut the rabbit into as many bits as you like; season each bit with salt, pepper, pounded spices, &c.; put them in a dish as close as possible; add a glass of broth, if you have any, if not a wine-glass of water and a drop of white wine; cover this dish quite close with a good crust, beat an egg in a gallipot, and with a paste-brush rub it twice over the paste, and bake it in a hot oven for an hour and a half, then use it: whether hot or cold, you will find this dish very good. Remember, if the rabbit pie is made to eat cold, it must be more seasoned than when made to eat hot.

CHAPTER XIV.

HARES AND LEVERETS.

It is proper to observe that hares are fit to be sent up to a nobleman's table only when they still show their age. In order to judge of this, feel the first joint of the fore claw: if you find a small nut, the animal is still young: should this nut have disappeared, turn the claw sideways, and if the joint crack, that is a sign of its being still tender; if not, it is only fit to be made en daube (see Hare en Daube, No. 497), or en Civet (see Civet of Hare, No. 499); but if very tough, a daube is preferable: yet it is a very insignificant dish, particularly as it requires high seasoning; it is too nourishing to be sent up to the table of any nobleman, or of a real epicure.

497. *Hare en Daube—(Stewed Hare).*

After having skinned, emptied, and washed off the blood of a hare, cut it through the middle. Have ready layers of bacon well seasoned with chopped parsley, spices, salt, and pepper. Lard the hare as thick as you can; put slices of bacon into the bottom of a stewpan, cover them with the bits of hare, tie up a large bundle of parsley, seasoned with thyme, bay-leaves, sweet basil, a clove, and common spices, a few carrots, four large white onions, two calf's feet, and a few pieces of breast of bacon; season the whole with salt, pepper, &c., and a few roots of parsley. Moisten with a couple of spoonsful of broth and a pint of white wine; cover the whole with a round of buttered paper, to prevent the hare from getting dry; close it hermetically, and let it stew for three hours as gently as possible: then take it off the fire; drain the hare; skim the liquor, strain it through a sieve, and let it cool, that it

may be eaten cold, though it may be served hot, with a garnish all round. In this latter case make a roux or thickening, with a little flour and butter; when of a very light colour, moisten it with the liquor in which the hare has been stewed, and let it boil enough for the flour to be done, and then send it up, plain as it is; but mind to put the fleshy part in some of the liquor, otherwise the meat will become dry.

N. B.—If you wish the jelly to look bright, break a couple of eggs into it before it is hot; beat it over the fire till it begins boiling, then lay it aside with a cover and a little fire over it; when limpid, drain it through a cloth, and let it cool, to be used occasionally.

498. *Potted Hare.*

Proceed as above. When the hare is stewed, remove the vegetables and the bones, take all the flesh, as well as the bacon, place it in a mortar and pound it very fine; when you find it becomes smooth, rub it through a sieve, then put this paste in some small pot, and place it in the oven covered with paper; when it becomes very hot, take it out, and let it cool; melt some butter, and pour it over the paste to prevent its drying, and cover it with paper to preserve it. This is a very good thing for breakfast or luncheon. Observe, when you stew the hare for potting only, you must put less moisture; and when the meat is ready to be pounded in the mortar, you must reduce the liquor to mix with the paste before you bake it.

499. *Civet de Lièvre, served as Soup.*

Skin and empty the hare, but take care to keep the blood. Cut off the two legs, and divide them into two or three pieces; cut the body into equal parts, and be particular in preserving the blood. Take half a pound of the breast of bacon, cut it into small square pieces about an inch thick, blanch them in water, and put them into the stewpan, with a small lump of butter; let them fry till they are of a fine brown; then take out the bacon and

put the pieces of hare into the stewpan; stew them in the butter till firm; then take them out and make some roux, or thickening, with a little flour and butter, which must not be kept too long on the fire. Moisten with about a quart of broth and a pint of red wine; put in the pieces of hare, the bacon, a bunch of parsley, &c., seasoned with pepper, salt, spices, and a few white onions, to give a relish, together with some trimmings of mushrooms. Let the whole boil for an hour, and try whether the pieces of hare are done. Skim the fat off the sauce; then put the members into a clean stewpan, one after another, as also the bacon; then skim the sauce well, reduce it to a good substance, that it may stick round the hare; and put the sauce over the members through a tammy. You must have ready some white onions fried in butter till they are of a light brown; then stew them in a little consommé (stock-broth). Have likewise some mushrooms stewed in butter, and put them with the onions to take off the butter. At this period the blood that has been kept apart is to be poured into the sauce as thickening. You must not let the sauce boil, or else the blood would in some measure curdle, and the sauce would not be of the same dark-brown colour. Civet must appear as black as possible: then put in the onions and mushrooms, and send up highly seasoned. The consommé in which you have boiled the onions and the mushrooms must be boiled down and put with the sauce.

Sometimes you take all the flesh of the worst bits, as the shoulders, the legs, the head, &c., leaving merely the back, cut in four or five pieces, then take out the bones; pound the flesh very fine, and rub it through a tammy moistened with the sauce. In this case you should pound the onions, mushrooms, &c., and warm the soup in the bain marie (hot-water bath, Note to No. 44); leaving in it, however, the best pieces of the fillets. This is a delicious soup. Mind not to make the soup too thick.

500. *Filets de Levreaux au Sang.*

When a hare has been skinned, thrust your knife all along

the spine, always taking care to lean towards the bone.—Detach with your fingers the fillet from the neck down to the legs; leave the thick fleshy part of the leg; then introduce your knife, the sharp side towards the tender part of the fillet, and your thumb towards the skin; press with your thumb on the sharp side of the blade of the knife, in order that it may not cut the part which contains the sinews; then pull towards you the fillet, and the sinew will remain attached to the leg. This operation being performed, lay the fillets on the table, and flatten them with the back of your knife; put them into a sauté-pan with melted butter, and dust a little salt and pepper over them. At dinner-time fry the fillets lightly, drain the butter, and scollop the fillets; put them into a civet sauce, which you have made with the remnants, as it will require at least a couple of hares to make scollops.—Mind you preserve the blood of both, in order that the sauce may be black, or of a dark brown. Just at dinner-time put part of the civet sauce to boil in a small stew-pan; when it is in ebullition use the blood to thicken the sauce: mind to have the sauce very smooth; put the scollops in it, and serve up in a dish with croutons of pastry round it. The members may serve for soup. When you wish to make soup, take the parts from which you have cut the fillets and make a civet; the sauce is to be made by the same process—(See Civet, No. 499).

The best and shortest method is to sauté (fry lightly) the fillets whole, and scollop them after they are finished; it is better, as it retains the gravy, and is made quicker.

501. *Filets de Lièvre en Chevreuil.*

Take the fillets of three hares, according to the size of your dish, detach the fillets, and lard them with bacon cut very equally; then put them into a deep vessel, with salt and pepper, a little parsley, two onions cut into slices, a bay-leaf, a little thyme, a glass of vinegar, and half a glass of water. Let all this steep for a couple of days, and then drain the fillets, and lay them in a sauté-pan, or frying-pan, with a little butter: bake them under-done, and glaze them with a light glaze, as they are

always dark enough. Send them up with a poivrade (brown sharp sauce, No. 27).

You should observe what has already been noticed, that larded is not the proper word—piqué is the term; larded is when you lard the meat quite through; but piqué is what is seen every day at the poulterer's.—(See page 191, Note.)

502. *Pain of Hares (Hare Bread).—Boudins of Hares (Hare Puddings).—Roasted Hares.*

The author will merely remark that boudins, quenelles, minces, &c., can be made of hares, although in England it is more customary to serve them roasted. They are, however, very good when dressed as first-course dishes. Hares for roasting ought always to be tender. After being skinned, make a stuffing in the following manner:—Take a good handful of crumbs of bread, with the same quantity of beef-suet well chopped, a little chopped parsley, a little thyme, salt, pepper, two eggs, a little butter, a little milk, and a shalot chopped very fine; mix up these well with the rolling-pin on the table till very smooth; then form them into an oval shape, with which stuff the belly of the hare, and sew it up. Stick the fore legs under the belly, and double the hind legs under the belly also, then skewer them well: the head stands erect, as if the hare were running; skin the ears. If it is an old hare, it will be good for nothing; if young, three-quarters of an hour will do it. Serve it up with gravy, and some currant jelly in a sauce-boat; mind that you stop the spit with the belly towards the fire, or else the stuffing will not be done. Some persons like a poivrade under it—(See Brown Sharp Sauce, No. 27).

503. *Hare Soup.*

Take two hares, young ones are the best; skin them, and wash the inside well; separate the limbs, legs, shoulders, &c., and put them into a stewpan with two or three glasses of port wine, two onions stuck with four cloves, a bundle of parsley, a bay-leaf, a couple of sprigs of thyme,

ditto of sweet basil, marjoram, and a few blades of mace: put the whole over a slow fire on the stove. When this has simmered for an hour, moisten with some very good boiling broth, till the meat is entirely covered with it; then let the whole simmer gently till the meat is quite done.—Strain the meat, put the broth through a hair-sieve; put the crumb of a two-penny loaf to soak in the broth. Take all the flesh of the hare from the bones, and pound it in a mortar till fine enough to be rubbed through a sieve, moisten with the broth, and season according to your palate. You must not make the soup too thick; and be particularly careful, when you have occasion to warm it up again, not to let it boil, as boiling spoils it.

Observe, whenever you wish to make hare soup in perfection, you should preserve all the blood in a basin; when you are ready to serve up keep the soup very hot, and pour the blood to it till it is thickened. Take care that the soup does not curdle. This addition will make the soup black. Do the same with the scollops, &c.

504. *Another way of making Hare Soup.*

On another occasion you may select some of the best pieces, as the rump, shoulders, &c.; as soon as they are done enough, take out what you intend to put whole into the soup, and put it into a stewpan with some of the liquor, to prevent it from drying and getting black. When your soup is quite ready, and you are going to serve up, put the reserved pieces into the tureen, and pour the soup over.

CHAPTER XV.

FRESH-WATER FISH—CARP, EELS, PIKE, PERCH, TENCH, TROUT, SALMON-TROUT, LAMPREY, CRAWFISH, &c. &c.

CARP.

505. *Broiled Carp with Caper Sauce.*

FRESH-WATER fish ought never to be used unless it is alive, and you kill it yourself. When you have given a few strokes on the carp's head with a large knife, thrust your knife under the scales, beginning at the tail, and proceed to cut right and left. All the scales on one side should come off at once, in a piece. Then do the other side and about the belly. When the scales have been taken off properly, and none are left, the carp should be white; then take off the gills, without damaging the tongue, which is one of the most delicate parts of the carp. Make a small incision in the neck, as if you were going to cut off the head; make another in the belly, but in a contrary direction, and as small as possible; then with your fore-finger draw out the roe, intestines, and guts. Wash the carp well, till there is no blood left, and wipe it well; slit both sides of the back, and let it steep in a little oil, salt, and pepper, for about an hour or a little more. Lay it on the gridiron over a very slow fire, that it may have time to be well done through. When broiled on both sides, serve it with caper sauce, into which put a spoonful of essence of anchovies. If the carp has a soft roe, put it again into the body with a little chopped parsley, mixed with a small lump of fresh

butter, salt, and pepper: then sew the belly up, for fear the contents should drop out, and broil all together. When the carp is done, cut off the thread, and cover the fish over with the sauce. This dish is fit for Roman Catholics.

Carp sauce, for fish, is made as follows:—Put in a saucepan or stewpan about a quarter of a pound of very fresh butter, a large tea-spoonful of flour, a little salt, a little nutmeg, very little pepper, a teaspoonful of white vinegar, a little water sufficient to thicken the sauce, a small bit of glaze, and then put this on the fire, and stir it till the sauce becomes very smooth; taste it, and add to it a spoonful of fine capers without any of the vinegar.

506. *Carp Farcie au Four.*

After having cleansed and prepared a carp as above, take up one-half of it, and with the flesh make a farce (see Farce de Carp, force-meat for carp, No. 155), with which you cover the other half, after having taken out the bones. Give it a pleasing shape. Then with a very small spoon figure scales over it, and put it into the oven on a baking-pan. Take care it does not get too dry. When it is a fine brown colour, cover it, and ascertain if it is done by running your knife between the force-meat and the fish. Send it up to table with anchovy sauce, or sauce hachée (No. 25).

507. *Carp au bleu.*

Take a very fine carp, cut off the gills, but keep the tongue. Then make as small an opening as possible to empty it, and wash it well till no blood is left. Then boil some vinegar, and when boiling hot pour it over the fish, that the scales may crisp. Next wrap the carp up in a cloth, and stew it in a court-bouillon. (See page 248.) When done, drain it, and serve it with anchovy sauce and capers, or without sauce, as a remove of the soup.

508. *Court-bouillon.**

Take three carrots, four onions, six shalots, and two roots of parsley, which pick and wash. Mince them. Put a small lump of butter into a stewpan, with the above roots, and fry them till they begin to get brown. Moisten next with two bottles of red wine, a bottle of water, a handful of salt, some whole peppercorns, and a bunch of parsley and green onions, seasoned with thyme, bay-leaves, sweet basil, cloves, &c. Let the whole stew for an hour, and then strain it through a sieve, to use as occasion may require. If you should have no wine, put in some vinegar. The court-bouillon is better after having been served several times than on the first day. It is excellent for stewing crawfish. Any wine will do for the court-bouillon, even if sour.

509. *Carp à la Chambord.*

Take a very large carp, scale and empty it as directed in No. 505, and make a good stuffing as directed in No. 502, which put into the body after you have seasoned it with chopped parsley, salt, pepper, and spices. Sew up the belly of the carp, and lard two squares on the back with very small pieces of bacon, and cover the parts that are not larded with bacon. Next lay the carp in a fish-pan, with two ladles of court-bouillon (No. 508), and put it into the oven, but mind it must be basted frequently with the marinade. When it is done, drain it, but take care you do not break it. Glaze the parts that are larded, and dish it with chambord (No. 77) and its garnish.

The chambord is a dish very seldom served in this country, as the English prefer sea-fish to any fresh-water fish, except the perch, The chambord is the same sauce

* This is a very proper dish for a Roman Catholic family during Lent. It is always good; only add a glass of wine to it every time you use it. Use it for marinade, &c. &c.

as the financière (No. 75); you have only to reduce a little of the marinade in which you have done the fish, whether carp, or jack, &c., and put into it some essence of anchovies, cayenne, and lemon-juice. All sorts of garnish are required: lamb's sweetbread, cocks'-combs, mushrooms, truffles, quenelles, small pigeons called squabs, &c.

510. *Carp with Matelotte Sauce.*

Take a fine carp, scale and empty it. Then let it stew in wine enough to cover it. After having drained it well, take that wine to make the sauces, and send it up covered with sauce à matelotte (No. 39).

511. *Matelotte of Carp à la Royale—(Royal Matelotte of Carp).*

Take several carp, which cleanse as directed in No. 505. Cut them into thick slices; first cut off the head, but never forget to take out the stone which is at the top of the spine, exactly about the neck, and which has a most nauseous bitter taste. Cut the remainder into three equal parts, wash them well, and lay them on a clean towel to drain, after which put them into a stewpan just large enough to contain the quantity of fish you wish to cook. As you are to boil the fish with wine only, if you were to take too large a vessel, it would require too much wine, which would be wasted. Sprinkle a little salt over the fish. Pour over it as much red wine as is requisite just to cover the carp, and let it stew over a large fire. As soon as the wine boils, if it is good or unadulterated, it will catch fire. Then take your pan off the fire, and leave it on the corner of the stove, and make a sauce in the following manner:—

Put a quarter of a pound of butter into a stewpan, and make a roux, or thickening, by mixing a little flour. When the roux begins to get brown, put in two large onions cut in quarters, and let them fry till they are entirely melted. Then moisten with some of the wine in which the fish has been stewing; add a large bunch of

parsley and green onions, seasoned with allspice, thyme, bay-leaf, &c. Pick a pint of mushrooms, wash them well, turn the finest, and throw them into a little water and lemon-juice to keep them white. The parings are to be used for improving the taste of the sauce, from which skim off all the fat; then strain it through a tammy over the carp, which you must have well drained beforehand. You must have ready some small onions, fried brown in butter, and stewed separately in a little broth; and some mushrooms likewise stewed separately. Then dish the carp with the head in the middle. You must also have some soft roes stewed separately in vinegar, that they may be quite firm, and garnish the matelotte with these. Next have a dozen of toasts made of rasped crust of bread, a few quenelles, and a few crawfish, and dish the matelotte rather high in the middle. Let the sauce boil, and put in a good lump of butter kneaded with a little flour, two spoonsful of essence of anchovies, and the juice of a lemon. The sauce should be rather highly seasoned and thick, that it may adhere to the fish and cover it well. The small onions and mushrooms are not to be taken out, but put over the fish.

In general, a matelotte must have eels mixed with it; as the carp alone are not so good as the eels, but they digest better; and eels require longer cooking than any other fish. Quenelles are generally used as the garnishing of a matelotte.

512. *Matelotte de Carp à la Marinière—(Seamen's way).*

After having cleansed the fish as directed No. 505, put it into a vessel that will stand a large brisk fire. Moisten with some red wine according to the quantity of fish; put some small onions fried white in butter into the vessel, with salt, pepper, spices, a bunch of parsley and green onions well seasoned.* Let the whole boil till you see the fish is done. Handle some butter and flour,

* A bunch seasoned is when thyme, bay-leaf, spices, cloves, &c. &c., are added.

which drop in small portions into this sauce, in order to thicken it; and have some toasts, which put round the dish in the sauce. Season it well, and serve up quite hot, and rather highly seasoned.

513. *Petits Pâtés of Farce of Carp—(Small Carp Pasties).*

See Farces for the flesh, and Pastry for the paste. These are only served in Roman Catholic families, on fast-days.

ANGUILLES—(EELS).

514. *Matelotte of Eels.**

Take one or two live eels; throw them into the fire. As they are twisting about on all sides, lay hold of them with a towel in your hand, and skin them from head to tail.—This method is the best, as it is the only means of drawing out all the oil, which is unpalatable and indigestible. Cut the eels in pieces without ripping the belly: then run your knife into the hollow part, and turn it round to take out the inside. Wash them well, that no blood may remain.—Prepare the pieces of eel in the same manner as you do the carp. The eel is longer in doing, but the process is the same. It will frequently happen that a matelot is made of all sorts of fish, such as carp, tench, pike, and eels. The carp is sooner done than any of the other mentioned fish; but they are, notwithstanding, always cooked together when they can be procured.

* Several reviewers have accused me of cruelty because I recommend in this work that eels should be burned alive. As my knowledge in cookery is entirely devoted to the gratification of taste and the preservation of health, I consider it my duty to attend to what is essential to both. The blue skin and oil which remain when the eels are skinned render them highly indigestible. If any of these reviewers would make trial of both methods, they would find that the burnt eels are much healthier; but it is, after all, left to their choice whether to burn or skin.

515. *Tronçons d'Anguilles à la Tartare.*

Skin the eels as above, cut the tronçons or pieces about four inches long, make a court-bouillon (No. 508), or marinade. Stew the eels in this marinade, and when they are done let them cool, then brush them over with yolks of eggs mixed with a little salt, and dip them into crumbs of bread, then into clarified butter, and strew crumbs of bread over them again. Broil them of a fine colour, or bake them, and serve them up with a remoulade sauce. (See below, or No. 60.)

Eels contract very much when done; you should, therefore, cut the pieces long enough to be about three inches after being done; take care to have the bone out on both sides before you add the crumbs of bread.

Remoulade Sauce.—Put into a mortar a spoonful of shalots chopped very fine, the yolks of two boiled eggs, a spoonful of mustard, salt, pepper, and a little cayenne; pound the whole well, then put gently one or two spoonsful of fine Lucca oil and a little vinegar; rub this sauce through a tammy, and put the yolk of a raw egg, to prevent its turning oily: if you wish the sauce to be green, put a verd d'épinard (green extract of spinach, No. 63) into it, and some scented vinegar, as tarragon, or elder, &c. &c.; if you have any béchamel (No. 36), you may add a spoonful instead of the raw eggs.

16. *Tronçons d'Anguilles à la Poulette.*

There are some people who cook eels à la poulette, in the same manner as a fricassee of chickens; it is better, however, to stew them in a marinade, and then to make the sauce à la poulette separately, by taking some sauce tournée (No. 19), which you reduce till it can take a thickening. Mix it with parsley chopped very fine, and small onions, if approved of; in which case they are to be done separately and stewed in a little broth and salt. Drain them, and put them into the sauce after having thickened it. Let it be seasoned pretty highly with salt, pepper, and the juice of a lemon. Let the eels continue

in the sauce for ten minutes before you send the dinner up to table. If you should have no sauce tournée, make a little white roux (No. 14); moisten with either water or broth, to which add a bunch of parsley and green onions, pepper, salt, a small white onion, a few mushrooms, and a little glaze. Let the sauce boil for half an hour, that the flour may be well done, then take out the parsley and onions, skim the sauce, mix a little chopped parsley and the juice of a lemon with the thickening, and serve up hot over the eels.

517. *Anguilles au Four, or Baked Eels.*

Prepare the eels as above, but open the belly in order to draw out the inside and the blood. Roll the eel round, put a stuffing into it, and fasten it with a skewer. Then bake it in a marinade or a little court-bouillon (see No. 508). When it is a brown colour, glaze it, and serve under it an Italienne (No. 23), with which mix half a quarter of a pound of butter. Add to it a spoonful of essence of anchovies.

518. *Tronçons d'Anguilles Piqués and Glazed.*

This dish never looks well, as the tronçons (or pieces) will not stand upright. Strip the eels, however, as above, cut the pieces of an equal size, and lard them, like a fricandeau.—Next put them in a stewpan rubbed round with butter.—Have ready a marinade, and moisten with a few spoonsful only. When the eel is done, contrive that the tronçons shall not be crooked, and glaze them of a fine brown. Send them up with caper sauce, to which you have added a spoonful of essence of anchovies.

BROCHET—(PIKE).

519. *Brochet à la Polonaise.*

Wash the pike clean, then cut it into slices as if for a matelot; then fry in a quarter of a pound of butter the

following herbs: a few carrots cut into dice, a few roots of parsley, a bunch of parsley and green onions, seasoned with mace, cloves, thyme, and bay-leaves, and a little ham. When fried, moisten the whole with a sufficient quantity of boiling water, and let it boil for one hour. When this marinade is well stewed, drain it through a silk sieve over the slices of pike, and let them stew, but not too long, for they would break.—When the fish is done enough, take the liquor in which it has boiled to moisten a béchamel maigre, which you make in the following manner:—

Béchamel maigre.—Take a few bits of ham, some mushrooms, a bunch of parsley and green onions, a small white onion, which fry white in butter, then put to it a large handful of flour, let it fry a little, and moisten with the liquor in which the pike has been boiling. Stir this with a wooden spoon: let it boil till the flour is well done, pour in a pint of thick cream that has already been boiled, and reduce the whole till the sauce is thick enough to cover the fish. Next take some turnips cut into dice, stew them in a little broth and sugar; drain them and throw them into the sauce, after being drained through a tammy. Drain the pike also, and cover it with the sauce and the turnips.

This sauce requires a little sugar, on account of the turnips. It must be well seasoned.

520. *Brochet à la Genévaise.*

After having emptied and washed the pike, without scaling it, prepare a marinade, or pickle, with carrots, onions, parsley-roots, thyme, bay-leaves, sweet basil, cloves, and a few stalks of parsley. Stew all these, in a little butter, over a slow fire. When the roots are become tender, moisten them with Madeira wine, and let the marinade continue to stew. When it is done enough, strain it through a sieve over the pike, which you have taken care to lay in the narrowest vessel you can procure, so as to use no more wine than is requisite for the sauce. Do not put much salt, as the moistening is used for the sauce. When the pike is done, drain it immediately,

that you may scrape off all the scales on both sides. Then put it back into the vessel where it was boiled, and pour in a little of the liquor to keep it warm and to prevent its getting dry. Make a roux (No. 15), but not too highly coloured, which, on fast-days, you must moisten with wine alone; but at other times you add two good spoonsful of veal gravy, with some parings of mushrooms and a bunch of parsley and green onions. Let these stew till the sauce no longer smells of flour. Then strain it through a tammy, and add a good lump of butter kneaded with flour, a spoonful of essence of anchovies, and the juice of a lemon.

White wine is preferable to red; it also distinguishes the dish from a matelotte.

521. *Brochet à la Hollandaise, or Pike with Dutch Sauce.*

Scale the pike and take off the gills, without opening the belly. You must empty it at the head. Make a farce (forcemeat) with two handsful of crumbs of bread, and the same quantity of beef-suet (on maigre or fast-days, you use butter instead of suet), the yolks of two eggs, or two whole eggs, a little milk, a large quantity of chopped parsley, a little thyme, salt, and pepper, and shalots chopped very fine, if approved of. Mix this very fine, and put the whole into the belly of the pike. Then trim a plafond or baking-dish with layers of bacon, that the pike may not burn and stick to it. Fasten the fish's tail in its mouth with a little skewer. Break a few eggs into an earthen pan, with a little pepper and salt. Brush the pike all over with the beaten eggs, and powder it over with crumbs of bread; then baste it all over with clarified butter, and powder it with crumbs of bread again: baste it afresh with butter, and then bake it in the oven till it is of a fine colour. Send it up to table over a cloth, and serve up the Dutch sauce (No. 72) separately. If you send up two pikes, let one be green, and the other yellow. The green one is made by mixing a larger quantity of chopped parsley with the crumbs of bread, before you powder the fish over with them.

[522. *Brochet Bouilli à la Hollandaise*—(*Boiled Pike with Dutch Sauce*).

Empty and scale the pike, wash it well, after it has stood for an hour in cold water to disgorge all the blood; then boil it like any other fish, and serve up with Dutch sauce (No. 72).

523. *Brochet au Four à la Française, or Baked Pike, French way.*

Prepare the pike as before, but instead of stuffing it with the forcemeat, stuff it with forcemeat quenelles (see Farces). Bind the head, which is liable to break. Make a marinade, a small quantity will do, and there will be quite enough if it reaches the middle of the fish. Baste it frequently with some of the moistening, that it may take a fine colour, which is not easily obtained, as crumbs of bread are not used. When it is done enough, drain it. Take some of the marinade to make a butter sauce as follows: Put a good lump of butter and a spoonful of flour into a stewpan; moisten with the seasoning, but do not allow the sauce to boil. Add to this a spoonful of essence of anchovies and the juice of a lemon. Serve the sauce under the fish without covering it over. If the pike is not a fine colour, you should add some fine capers to the sauce; and in that case cover the fish over with it.

524. *Brochet Sauce à la Matelotte.*

Empty it as directed No. 520. Stew it in a marinade made with vinegar, and cover it with the matelot sauce, after having removed the scales, as in No. 520. The matelot sauce is to be made with red wine (see Matelot of Carp, No. 511). If you wish to make a matelot of pike, do it in the same way as the other matelots; boil the fish in wine, and use the wine to make the sauce as usual.

525. *Filets de Brochet à la Maître d'Hôtel.*

Take up the fillets of a moderate-sized pike, take off the skin, and cut them into equal pieces, that they may be dished nicely. Mark them in a stewpan with some melted butter, pepper, and salt. When just going to send them up to table, fry them lightly over a large fire, that they may be white and firm, then turn them on the other side. When they are done, drain and dish them miroton way, and serve them up with the Steward's sauce for fish; the same as for fillets of soles.

526. *Filets de Brochet à la Maréchale.*

Take the pike and skin it as above. Cut the fillets in the shape of cutlets, and powder a little salt and pepper over them. Beat the yolks of two eggs in a pan, with which brush the fillets over, and then strew crumbs of bread over them. Next dip them in melted butter, and into crumbs of bread, to give them a second coat. Make the crumbs quite level. Lastly, broil the fillets over a slow but equal fire. Dish them miroton way, and send them up with a white poivrade (Sharp Sauce, No. 26). Put into a small stewpan two spoonsful of tarragon vinegar, let it reduce to one-half, and add to it three spoonsful of sauce tournée (No. 19); thicken it with the yolk of an egg, add to it two ounces of fresh butter, some salt, pepper, and the juice of half a lemon; work the sauce to make it smooth.

527. *Filets de Brochet à la Turque.*

Prepare the fillets as in No. 525. Wash some rice quite clean, and blanch it. Make it swell soft in some good consommé (stock-broth, No. 2). Let it be done thoroughly, keep it thick, and season it well. Add a few spoonsful of velouté (No. 21) and a little thick cream, still preserving it thick and firm, that it may be dished in a pyramid or dome, in the centre of the dish, and the fillets all round.

The fillets must be done in a sauté-pan with a little butter, salt, and pepper; and when they are done over a brisk fire, drain them and cover the fillets over with the sauce, but not the rice. You may serve up either with the maître d'hôtel (No. 31), or the ravigotte (No. 29).

528. *Baked Pike*—(*The same as No.* 521).

Scale and empty the pike, without injuring the skin of the belly, into which introduce a forcemeat, which will drop out if not well secured. This farce is made of two handsful of crumbs of bread, one handful of beef-suet, chopped parsley ditto, salt, pepper, and spices, two whole eggs, and a little fresh butter. Mix the whole together, and pound it in a mortar: then stuff the pike with it, and turn it with its tail fastened in its mouth by means of a skewer; next dip it, first into an omelet (yolks of eggs beaten), and then into crumbs of bread, and again into crumbs of bread; then baste it over with butter, before you put it into the oven. If you are to send up two, one of them is to be made green, by mixing a quantity of chopped parsley with the crumbs of bread. Mind, the oven must be well heated. When the pikes are of a fine brown, cover them with paper, and let them be well done through. Serve up with a Dutch sauce (No. 72).

529. *Brochet à la Chambord.*

Scale the pike, and let it disgorge the blood in water for an hour or two. Then lard it in different places on one side of the back, and bake it in a marinade au vin (marinade made with wine), as you would do in the Genévaise (No. 520). That part which has been larded must stand uppermost to prevent the part which is not larded from getting dry; cover this with layers of bacon, and be particular in basting frequently with the seasoning. When the fish is done, glaze the parts that have been larded, and cover the others over with a ragoût à la Chambord (No. 77). Observe that the quenelles must be made of fish. The garnish is generally composed of

large quenelles, small pigeons (squab pigeons), larded sweetbread of lamb, &c. Take a little of the marinade, skim off the fat, reduce it nearly to glaze, and mix it with the Chambord. The Chambord only differs from the Financière in having butter of anchovies mixed with the sauce to give it the flavour of fish.

530. *Brochet au Court Bouillon.*

Take a large pike, which empty, without scaling it. Then wash it clean, and drain it. Next boil some vinegar, and when boiling pour it over the scales of the pike, which will turn blue, and the scales will curl up if the vinegar is strong enough. Wrap the pike up in a towel, and let it boil in the court bouillon, which is prepared as follows:*—

531. *Court Bouillon for Fish au bleu.*

Take two of each of the following roots: carrots, onions, roots of parsley, leaves of ditto, thyme, bay-leaves, mace, cloves, spices, which fry in butter without letting them get too much colour. Then pour into it two bottles of white and a bottle of red wine with salt, &c. This marinade, being stewed properly, will serve several times for stewing the fish; but remember, each time you use it it requires a little water; besides, it would become too strong in the course of time. Take some of this liquor to make the matelot sauce, Genévaise (No. 520), &c.

This manner of boiling the fish is too expensive in England, where wine is so dear; and very good court bouillon cannot be made with vinegar. Besides, fish with court bouillon is always eaten with oil and vinegar, which is not customary in England.

* If you happen to be in the country, where pike is plentiful, you may make fillets, for they are as good as any other fish for that. They must be dressed in the same way as fillets of soles, or whitings à la maître d'hôtel, or ravigotte, or à l'Orlie.

PERCH.

Perch is a fish that is held in high estimation. Its flesh is white and delicate: it is easily digested; and is particularly recommended to those invalids who have weak, debilitated stomachs.

532. *Perch à la Waster-fish.*

Empty the perch. Wash it well in several waters. Prepare in a stewpan a white marinade (steeping) composed of shreds of parsley and of parsley-roots, a few carrots, and two or three green onions cut into fillets. Stew the whole in a little butter. When the roots begin to get soft, moisten with boiling water, and a glass of white wine, salt, pepper, &c. Let the whole stew well, and pour the marinade over the fish, which stew for about ten minutes. Then drain and scale it nicely, preserving, however, the red fins. When the perch is quite clean, stick those red fins into the partition of the fillet, to show what the fish is. As it is very liable to break, put it with care into a stewpan, covered with some of the liquid to keep it warm; reduce the remainder of the liquid almost to glaze; have some parsley-roots cut as for Julienne soup (No. 107), some leaves of parsley blanched very green, and two spoonsful of good béchamel (No. 36); add to it the reduced liquor, some salt, pepper, the juice of half a lemon, and two ounces of fresh butter; after having drained the perch, dish it, and cover it with a sauce.

533. *Perch plain boiled, or Water Suchet.*

Empty and wash the perch as above. Put in a stewpan parsley-roots, a bunch of parsley, a little salt, and a few grains of corn-pepper, which you must count, that you may take every one out when the water has boiled for half an hour. Put the perch into the water, and boil them speedily, that they may be more firm. Then take out the bunch of parsley, and throw into the liquor some

leaves of parsley that have been made very green. Serve up the fish in a deep-bottomed dish, with the liquor and the roots, which must be cut into fillets of about an inch long and an eighth wide. The roots must have been boiled separately in water and a little salt till very tender; keep them hot, and put to them the leaves of parsley that have been boiled very green by putting plenty of salt into the water; but as soon as the parsley has boiled, throw it into a hair sieve, and pour cold water over it till cold, and then it will remain green. Send up with slices of bread and butter on a plate; the liquor must be rather salt. If you drain the perch and take out the scales, put them in the dish in which you serve them, and pour the liquor over with the roots and parsley-leaves: the liquor will thus be more clear.

534. *Perch à la Maître d'Hôtel—(with Steward's Sauce).*

Let the fish be prepared and cooked as above. Remember that you must preserve the red fins, which you stick into the middle part instead of leaving them in their natural place. After you have drained the fish, cover it over with a maître d'hôtel (Steward's sauce, No. 31).

535. *Perch plain boiled, with Dutch Sauce.*

After having emptied the fish, scale them well, and boil them, with water and salt, for a quarter of an hour. Serve them up on a cloth, with parsley quite green all round, and send up the Dutch sauce (No. 72) separately.

TENCH.

Tench is a fish which real epicures think very little of; it is more admissible in a matelot than in any other way. However, it may be dressed either broiled, with court-bouillon, or farcie (stuffed), the same in every respect as a carp. (See Carp, page 246).

536. *Fried Tench.*

After having scaled and emptied the tench, split the back of the fish, but take care not to touch the belly, for if you do it will divide. Let it pickle for three hours in vinegar, salt, pepper, stalks of parsley, and onions. Then drain it and dip it into flour. Fry it of a fine colour, and quite firm. The dripping must be very hot. This you try with a drop of water, which, being thrown into the dripping, occasions a noise if it is in a proper state. Send it up to table on a cloth, with fried parsley all round; if you have a soft roe, fry it likewise, and serve it in the middle.

TRUITES ET TRUITES-SAUMONÉE—(TROUT AND SALMON-TROUT).

Trout is never good unless caught in running water; indeed it is seldom to be found elsewhere. It is to be cooked or dressed in the same manner as salmon, and is generally better and more delicate.

537. *Trout stewed in Court Bouillon.*

Empty the trout without making a large opening in the belly. Wash it well; wrap it up in a cloth, fasten both ends with a bit of packthread, and bind the middle, or body, but not too tight. Boil it in a court-bouillon (See Court-bouillon, No. 508). When the trout is done drain it, unfold the cloth, and send the fish up to table on another clean cloth, with green parsley all round. Send up the Dutch sauce (No. 72) in a boat.

538. *Truites à la Genévaise, or Trout Genévaise.*

After having emptied the trout, fasten the head with packthread, and stew it (without having removed the scales) with marinade. This is to be dressed exactly in

the same manner as the pike (see Pike à la Genévaise, No. 520), only put rather more cloves with this sauce, and make it with red wine instead of white. All red fish should be dressed with red wine in preference to white. When the trout is done take off the scales and skin, and put it again to warm with some of the liquor, and serve with the sauce over it.

539. *Fillets of Trout à l'Aurore.*

Take up the fillets of three trouts with the skin off. Pare them in the shape of hearts. Put them into a sauté-pan with melted butter, salt, and pepper. Fry them sharply on a clear fire; turn them over, and when they are done dish them miroton way, and cover them over with the sauce à l'aurore (No. 96). The sauce à l'aurore, with the fish, is the same sauce as that which you will find before under the name of maréchale (No. 103), only, when à l'aurore, you add to it a butter made red with the spawn of lobster, which must be rubbed through a tammy or sieve.

540. *Baked Trout.*

Having emptied and scaled the trout, put a stuffing well seasoned into the belly, then turn it round with its tail fixed in its mouth. Put the fish in a small quantity of marinade, so that it may not burn in the oven. Baste it frequently, and let it be made a fine colour. When it is done reduce the liquor in which the trout has been baked, put in a good lump of fresh butter kneaded with flour, with a little essence of anchovies, a few fine capers, salt, and pepper, if the sauce is not sufficiently seasoned; but be careful when you use anchovies not to use too much salt. Then squeeze the juice of a lemon, drain the fish, send it up to table with the sauce under it, but without covering the fish.

541. *Trout plain, boiled.*

After having emptied, scaled, and washed the fish, have some boiling water ready, into which put the trout with a good handful of salt only, but no vinegar, as it spoils the colour of the fish. When it is done, drain it well, and serve it up on a clean cloth garnished with parsley. Send up lobster sauce separately in a boat, or Dutch sauce (No. 72). The length of time it should boil is left to the judgment of the cook; the size determines the time. But keep in mind, that when the fish remains long in the water it loses its flavour and quality; for this reason take care to boil it precisely at the time it is wanted.

LAMPREY.

Although very few people are partial to this fish, some, however, like it as a matelot; it is then to be cooked in the same manner as the eel. You must notice, however, that the lamprey requires a very long time before it is done. Make a sauce à matelotte (No. 39), in which let the fish simmer for an hour and a half, or two hours if the fish is of a large size.

ECREVISSE—(CRAWFISH).

Crawfish is good only when it does not spawn, for when it does it is most nauseously bitter. Wash it well in several clean waters, till the water remains perfectly limpid and bright. Trim a stewpan with a few slices of carrots, onions, roots and stalks of parsley, thyme, bay-leaves, two cloves, salt, pepper, a glass of vinegar, and some water. Let the whole stew for an hour, drain it through a sieve, and put the live crawfish into the seasoning to boil. Keep stirring them almost without interruption, that they may be done all alike, for twenty minutes. Keep them in the seasoning till you send them up to table, as they then have a better flavour.

542. *Crawfish à la Poulette.*

When the best crawfish have been sent to table plain, take the smaller ones and pick off the lesser claws; cut the large ones in half, beard them, pick the tail; put all these in a cloth and shake them well that there may be no water left. Then take two spoonsful of velouté (No. 21) a quarter of a pound of butter, some pepper and salt, chopped parsley, a little cavice, and the juice of a lemon. Put the crawfish in this sauce, which must be thick, and send up to table quite hot. Add to it a teaspoonful of Harvey's sauce and one of Chili vinegar.

543. *Bisque of Crawfish.*

This is a potage (soup) which is sent to table on gala days only, when you are obliged to make a frequent change of soups. Take the best crawfish you can procure, according to the quantity you may want. Five or six dozen at least are generally requisite. If you boil the crawfish expressly for the occasion, do not put vinegar. Lay aside two dozen and a half of the finest tails that remain whole. Pound the rest with all the meat and fleshy parts of the inside in a mortar with the flesh of the breasts of two roasted fowls or chickens. Have ready the crumb of two French penny loaves soaked or boiled in rich broth. Put it into the mortar, with the yolks of three eggs boiled hard. Pound the whole together. Next put the shells of the crawfish to boil in a little broth; then use some of the liquor to dilute the pounded meat, and rub it through a tammy. Now boil a pint and a half of cream, which keep continually stirring round, in order to prevent a scum from rising. Pour the cream into the soup, and season it well. Have the red spawn of a lobster well pounded, dilute it with some of the broth, and mix it with your soup. Keep it hot without boiling. Soak a few rounds of bread, which lay at the bottom of the tureen. Pour your bisque into the tureen over the bread; place the

tails that you have laid aside previously all round the tureen over the soup, and serve up hot. Mind, the soup is not to be too thick, and season it of a good flavour. You may sometimes make it with fish, only then you make a good broth of fish in the following way:—Put in a stewpan two or three soles well cleaned, two carrots, two onions, a bunch of parsley, bay-leaves, &c. Take out the flesh of the soles as soon as they have boiled, and let the rest boil till the vegetables are done. Pound the soles with the flesh of the crawfish, and use the broth of fish as you use other broth. Do not put any chickens, as this soup is made entirely of fish.

544. *Crawfish for Entrées.*

The crawfish in this case must be dressed as directed in page 264. They never serve but for a garnish, and then the small claws must always be taken off. Take care to beard the fish, to take off all the small claws, and that they are of a fine colour. Thus prepared they may be used for either chambords, godards (with chambord or godard ragoûts, Nos. 76 and 77), matelottes, fricassees, pâtés chauds (hot patties), aspics, &c. &c.

There are many other sorts of fresh-water fish that seldom are sent to table, which are found in stagnant waters, and which accordingly are not mentioned here. Those who fancy them, however, may either broil or fry them, as they would a carp.

ALOSE—(SHAD).

This fish is held in high estimation in France, and especially in Paris. It must be scaled, emptied, and washed nicely. Next it is to be steeped in a little oil, with pepper and salt. It is necessary to split it, that the salt may penetrate. Broil it on both sides over a slow fire. It will be done in the course of one hour. When done let it be served with caper sauce, or with sorrel.

CHAPTER XVI.

SALT-WATER FISH.—TURBOT, BRILL, JOHN DORY, SALMON, STURGEON, COD, WHITING, SOLES, SMELTS, &c. &c.

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545. *Turbot.*

A TURBOT of a middling size is preferable to any other. When very large, the meat is tough and thready. The fish must be emptied, and all the blood washed out.

Most people are much mistaken with regard to the freshness of turbot: the author has ascertained, by many years' observation, that a turbot kept two or three days is much better eating than a very fresh one: it certainly depends much on the quality of the fish, but if boiled with care and attention, its having been kept is a decided improvement. If you are obliged to wait after it is done, it is better not to leave the fish in the water; but keep the water boiling, and put the fish over the steam, covered with a damp cloth. When the dinner is called for, dip the fish again into the water; by this means it never loses its flavour.

It is of great consequence to boil white fish always in clear pump water; it makes the fish eat better, and keeps it whiter and firmer.

546. *Fillets of Turbot with Maréchal Sauce.*

Take the fillets of a moderate-sized turbot, skin them, and cut each fillet into equal pieces, either oval or in the shape of hearts. Season them with salt and pepper. Then beat the yolks of two eggs in a plate, and brush the fillets over with them; next dip them into crumbs of bread, then into clarified butter, and then again into bread. Broil them till they are of a fine colour, on a

slow but equal fire. Dish them en couronne (as a crown), and pour the sauce maréchal in the middle (No. 103); only remark, when for fish you must put more butter.

547. *Filets de Turbot à la Crême.*

This is a dish made from the remains of the day before. When the turbot is returned from table, immediately take up the fillets and skin them; do this while they are hot, as it will occasion a great waste to trim them when cold. The next day you must scollop your fillets as equally as possible. Have a sauce à la crême (see below) quite hot; put the scollops into it, keep them hot, and send them up in a dish garnished with a border, or in a vol-au-vent. (See Pastry.)

The cream sauce may be made in two different ways; first, if you have béchamel (No. 36) in the larder, put three spoonsful of it into a stewpan, with a quarter of a pound of very fresh butter, two spoonsful of very good cream, some salt, and a little cayenne: mix the whole well, and put either the sauce over the fish, or the fish into the sauce, if it is for a vol-au-vent. If you have no béchamel, put into a stewpan a table-spoonful of flour, a quarter of a pound of butter, two or three spoonsful of cream, salt, a little cayenne, and a small bit of glaze. Do not let this sauce boil, only melt it till it is thick, and season high.

548. *Gratin de Filets de Turbot au Velouté.*

This is another dish made from remnants. Proceed as in the last (No. 547), then cut a few slices of bread, one inch broad and a quarter of an inch thick. Dip them into an omelet of a single egg. Stick them on the border of a dish, which lay on the corner of a little stove. As you stick on the bread, turn the dish: when you have completed the circle, put a spoonful or two of velouté (No. 21) on the dish, and let it gratin in the centre of the dish. Next put more of the same velouté, to which add a quarter of a pound of butter, and mix this on the stove

without boiling. Keep this sauce thick; pour into it a little thick cream: season it well; put your scollops into the sauce, and the whole into the dish in which you have gratined the velouté. Now level with your knife, and strew crumbs of bread over them equally; heat a bored ladle, put a small lump of butter into it, and baste the scollops with it; let them have another coat of crumbs of bread, baste them again, and let them get well coloured with the salamander. When the gratin has got a good colour, take off the slices of bread that you had previously stuck round the dish, to make room for others that have been fried in butter of a fine colour. If you have a deep dish, the first border will not be wanted, only the second, which makes the dish look better; if you trim and fry your bread nicely, it makes a beautiful entrée (first-course dish).

549. *Vol-au-Vent d'Escalopes de Turbot, au bon Beurre.*

This is an excellent preparation of a former day's remnants. Be particular in cleaning the fillets of the turbot when returned from table, as directed No. 547. Cut them in scollops and put them into a stewpan, well covered to prevent their getting dry. With regard to the sauce, take six spoonsful of sauce tournée (No. 19), which reduce with two spoonsful of consommé (stock-broth, No. 2). When the sauce is reduced, thicken it with the yolks of two eggs, and refine your sauce with at least a quarter of a pound of the best butter, or more. If you should have any thick cream, put in a little, as it will make the sauce mellower; lastly, season well, put the scollops with the sauce, keep them hot, and send up the whole to table in a vol-au-vent. (See Pastry).

550. *Petites Timballes de Filets de Turbot à la Vénitienne.*

This is a dish made of a former day's remains, held in high estimation. It requires but very little flesh of the fish to make it. Cut whatever is left of the turbot into dice, as small as possible. For the sauce, take three

spoonsful of hot béchamel (No. 36), to which add a good lump of butter, salt, white fine pepper, a little parsley chopped very fine, and well squeezed in a towel, that it may not give a green colour to the sauce. Then add a little cavice, that of Mackay's (which is the best) is the composition which agrees best with all fish sauces, particularly when kept for some years. Keep stirring your sauce, which is generally called working it. The French term is vanner, taking up the sauce in a spoon, and pouring it perpendicularly into the stewpan, repeating the operation frequently, and very quick, to make the sauce transparent. When it is mellow, and of a good taste, throw in the turbot which you have cut into dice, keep it hot, and when ready to send up to table, garnish the little timballes* with the turbot. Let them lay for a moment in the oven, and serve them up hot. If you have no béchamel you must make use of the cream sauce or bon beurre (butter sauce, see Nos. 549 and 547).

551. *Small Turbot Broiled, with Caper Sauce.*

After having emptied and washed the fish clean, make an incision in the back down to the bone; then wipe it quite dry; next lay it in a dish to steep in salt, pepper, and sweet oil; put in very little oil, as it requires only sufficient to prevent it from drying. Half an hour, or even three-quarters of an hour before dinner-time, broil the fish over a slow fire. It is requisite to lay some straws on the gridiron to prevent its making black streaks on the turbot, which broil on both sides, and serve up with caper sauce, No. 100.

552. *Turbot and Lobster Sauce.*

Choose a very white and fine-skinned turbot; three-quarters of an hour before dinner, or an hour if the turbot is very large, put it into boiling water and salt, with lemon slices over it; start it very quick; when it begins

* Timballe is the pastry made in the custard-mould.

to boil, draw the pan on the side of the fire. If the turbot boils too fast, it will be woolly; when you have ascertained with your knife that it is quite done, serve with green parsley on the broken places; and put round the dish some horse-radish scraped fine; serve the lobster sauce separately in a boat. (See No. 58, page 27.) Make an aperture in the back of the turbot, and it will be the sooner done.

553. *Broiled Turbot.*

Marinade the turbot in sweet oil, salt, pepper, &c., and broil it on a slow fire: it cannot be sufficiently done in this way in less than an hour. You must accordingly put it on a slow fire in due time. When you serve, cover it with caper sauce, which is to be made as follows: Make some melted butter with a little glaze in it; when melted, throw in some essence of anchovies, a few capers, and a drop of vinegar. Then give a good seasoning, and pour the sauce over the fish.

BRILL.

This is very delicate and very delicious eating when broiled, with caper sauce. It is to be cooked exactly in the same manner as the small turbot, No. 551. It is also eaten like turbot, and is almost as good. When very fresh, you may use it for fillets and for every entrée (first-course dish) the same as turbot.—(See Turbot, plain and cooked.) The brill is very delicate, and may be used more frequently for fillets, as the price is not so exorbitant, and the fillets are more delicate.

JOHN DORY.

John Dory is a hideous-looking fish, but the meat is very delicate. Cook it in the same manner as turbot; and when broiled, send it up with caper or anchovy sauce. (See No. 100.)

554. *John Dory Boiled, with Lobster Sauce.*

John Dory is boiled exactly the same as turbot; and the sauce is the same. Put parsley round it, particularly in the opening of the head.

555. *Ditto Broiled, with Anchovy and Caper Sauce.*

Marinade the fish in oil, and broil it in the same manner as you do turbot. The sauce also, with capers; and it should be observed that but little oil is required, as it is only necessary to prevent the fish drying and adhering to the gridiron.

SALMON.

Thames Salmon is the most esteemed, and sells accordingly. I have occasionally bought it at sixteen shillings per pound, which brings the price of one dish only to more than four pounds. Salmon is served indiscriminately, plain, or as an entrée, entremêt, &c. Crimped salmon fetches the highest price, and is the only kind introduced at the table of the true gourmand.

556. *Slices of Crimped Salmon with Lobster Sauce.*

Boil the salmon quickly in salt and water. Serve up with lobster sauce. Fifteen minutes is sufficient to boil it. If you leave it too long in the water, it loses all its taste and colour. Some like plain parsley and butter with it.

557. *Slices of Crimped Salmon Broiled, with Caper Sauce.*

Marinade your slices of salmon in a little olive-oil, with salt and pepper. Three-quarters of an hour before you send up, broil them on a very slow fire, on both sides. When it is done, take off the skin, and drain it on a clean towel to draw out all the oil. Dish it, and cover it over with the caper sauce. Let it be understood that your

gridiron must be put on a slope, with a plafond under the fore-feet to receive the oil, the smoke of which, if it fell into the fire, would spoil the fish and fill the kitchen with smoke and stench. Cover the slices with caper sauce.

558. *Cutlets de Saumon sautés à la Maître d'Hôtel.*

Cut some slices of salmon in the shape of chops. Put them into a sauté-pan with some clarified butter, pepper and salt, and toss them, when dinner-time is come, over an equal fire. Drain the butter well, and dish the slices of salmon like a crown. Send up with a maître d'hôtel (No. 31). For salmon you must not use any cream, as this fish is already heavy for the stomach; put into a stewpan three spoonsful of sauce tournée (No. 19) well reduced; add to it a thickening of one egg, and refine the sauce with a quarter of a pound of Epping butter, some salt, a little cayenne, the juice of half a lemon, and some parsley chopped very fine; work this sauce very fine, and use it when wanted. You may give this dish with six different sauces, as maréchale, Dutch caper, Maintenon, ravigotte, &c. &c. (See Sauces.)

559. *Salade de Saumon, or Salmon Salad.*

This is an entremêt which is recurred to on economical principles, when there is any salmon left. Let the salmon cool, and cut it nicely into hearts or square lozenges.—Decorate these hearts with fillets of anchovies, pickled cucumbers, fine capers, and chopped eggs, to which add a few hearts of lettuce. Then make the sauce as follows: If you should have some jelly, make a kind of mayonaise (No. 61). Put three spoonsful of oil, one spoonful of vinegar, with an equal quantity of jelly, seasoned with pepper, salt, and chopped herbs. Beat all these over ice, till they are a white colour, and decorate your salad with this mayonaise and a few lumps of jelly cut in different shapes. Make no decorations that are liable to tumble down. A plain good salad will be eaten in preference to any other. Grand decorations are merely in-

tended to ornament the centre of the table; what is to be eaten must be plain and good. Above all things, avoid introducing artificial colours. Nature has supplied you with nasturtium, red and white beet-root, beans of two colours (white and green), chervil, tarragon, burnet, &c.; besides, you have white or yellow omelettes. Never put any fish into a salad of fowl, for if the fowl tastes of fish, what will you have your salads maigres taste of? In summer-time you have asparagus, artichoke-bottoms, cauliflowers, &c.

Salmon is cooked in various other ways, for which it is totally unfit. This fish, being oily, will not admit of so many varieties. I have seen salmon pies sent to table, petits pâtés, and scollops of salmon in paper cases, croquettes ditto, and bonne morue, all which dishes are good for nothing; and the best proof of the truth of this assertion is, that no one will ever taste them. If, notwithstanding, you would wish to try, the process is the same as for dressing turbot or haddock. However, if you will follow my advice, you will never attempt any other first-course dishes but those herein described. When a good slice happens to be left whole, you may serve it with Montpelier butter; this is very relishing, and may be made as follows:—

Take about eight good anchovies, a quarter of a pound of fresh butter, some herbs, as chervil, burnt tarragon, a few shalots, and a very little garlick; blanch these in boiling water and salt, put them in cold water, and when quite cold put them into the mortar with the butter and the anchovies, and be particular to put the butter when done in the ice; add to it the yolks of six eggs boiled hard, with salt and cayenne; rub this through a sieve, after being well pounded, and use it for any sort of fish that you intend to serve with Montpelier butter. If you like to have it very green, make a green extract of parsley (No. 63).

560. *Saumon à la Genevaise*—(*Salmon with Genevese Sauce*).

Scale, empty, and wash your salmon clean. Then take a few shalots, some roots of parsley, a bunch of ditto, sea-

soned with spices, thyme, bay-leaves, and a few carrots. Let the whole be lightly fried in a little butter. Then moisten with white wine (Madeira in preference). Let it boil for three-quarters of an hour. When the marinade is done, drain it through a tammy over the fish, which stew in that seasoning. Reduce some of the marinade with good Spanish sauce (No. 17), skim off all the fat, throw in a good piece of fresh butter, well kneaded with flour, a little essence of anchovies, the juice of a lemon, some cayenne pepper, and a little salt. When you have drained the fish, dish it and cover it with the sauce, and send some likewise separately in a sauce-boat.

N.B.—Salmon is also served with court-bouillon. (See No. 531, page 259).

561. *Salmon with Matelotte Sauce.*

Make a marinade, in which stew the salmon. When it is done, pick off the scales carefully. Pour the marinade over the salmon to keep it hot. Then make a matelot sauce in the following manner: Put a good bit of butter and two spoonsful of flour into a stewpan, and make a roux. When it begins to colour, throw four or six onions into your roux, and let them melt; keep stirring with a wooden spoon. Then moisten with a bottle of red wine; add a few spoonsful of the marinade in which you have stewed the salmon, some trimmings of mushrooms, a bunch of parsley and green onions, well seasoned, and a small piece of glaze; season the whole, and put a little sugar to correct the acidity of the wine; skim the grease, and keep the sauce thick. In case it should not be thick enough to mask with, add a small bit of butter kneaded with flour, a quarter of a pound of fresh butter, some essence of anchovies, the juice of a lemon, and some salt and pepper. Drain the fish, and cover it with the sauce, after having strained it through a tammy.

ESTURGEON—(STURGEON).

Sturgeon is an excellent fish if firm; but when you find it soft and flabby, never attempt to make anything good of it; it will become red and have a bad flavour. Take care never to let it boil when it is in the oven.

562. *Roast Sturgeon.*

Spit the sturgeon: make a marinade with white wine, with which baste the sturgeon. Next take some of the marinade, which reduce with four large spoonsful of good Spanish sauce, No. 17. When the sauce is of a good consistency, put in it about half a pound of fresh butter kneaded with a little flour, salt, and cayenne pepper, the juice of a lemon, and a spoonful of essence of anchovies. If you have no Espagnole, make a little thickening with flour and butter, and moisten with the marinade, having added to it a little glaze.

563. *Baked Sturgeon.*

The same process as above. Make a marinade, either with wine or vinegar, and pour it into a vessel large enough to contain the fish, which cover with buttered paper, to prevent its getting too high a colour. Baste frequently with the marinade. When the sturgeon is done, have the sauce made as in the preceding, and use it to mask the fish. Put the marinade in the dish with the sturgeon, but you may put some skewers across the dish to prevent the fish from touching the liquid. If the fish is boiled in the liquor it is thready and not good. Baste the fish with the marinade.

564. *Sturgeon à la Ude—(Ude's manner).*

Boil the sturgeon in salt and water. When it is done, drain and mask, or cover it with the following sauce: Reduce in a small stewpan four spoonsful of elder vinegar. When it is half reduced, put in six spoonsful of velouté (No. 21), or rather a quantity proportionate to the size of the fish, and half a spoonful of cavice: thicken the sauce with three yolks of eggs, and add a quarter of a pound of butter, and some salt and pepper. Work this sauce well; drain the fish, and cover it with the sauce.—In order to keep it thick and white, mix with it a little thick cream.

565. *Blanquette d'Esturgeon à la Paysanne.*

When you have some roasted sturgeon returned, keep it to make a blanquette. Pare some round pieces nicely, the size of half a crown, and put them into a sauce à blanquette (No. 19 reduced), to which you add a little chopped parsley and the juice of a lemon. This blanquette is sent to table like all others in a vol-au-vent, or a casserole, with rice, &c.

566. *Blanquette d'Esturgeon aux Pois.*

If you have any sturgeon left that is still very fresh, make a blanquette with peas, which, not requiring to be highly seasoned, will admit only of fish which is extremely sweet. After having simmered the peas as they are always prepared for the second course, take three spoonsful of sauce tournée (No. 19), and reduce it with four spoonsful of the peas, adding a very small bit of sugar. When your sauce is very thick, put to it a thickening of two yolks of eggs, then put the sturgeon to it, and serve either in a vol-au-vent, or in a border of potatoes. Observe, that in this dish the seasoning must be very mild.

567. *Croquettes d'Esturgeon.*

Sturgeon is a fish absolutely resembling veal, and when fresh is as white as the finest veal; when red, nothing can be done with it. If there is any returned, of a very good white, but not sufficient to make a croquette, make small timballes (see Pastry): cut the sturgeon into dice, and put them into a sauce similar to that mentioned No. 550, Timballes of Turbot. After having cut enough fish into dice to make the croquettes, take a béchamel (No. 36 reduced), and some mushrooms cut into dice, to which add a small lump of butter, salt, &c., and put the fish into that sauce. Let them cool, and then dip them into crumbs of bread, as described for other croquettes. Fry them of a good colour, and serve some fried parsley in the centre of the dish.

568. *Cod with Oyster Sauce.*

After having emptied the cod, open the sound or white skin of the belly, and wash it carefully all along the bone, that there may be no blood remaining. Mind that the fish is absolutely white, then lay it on a fish-plate, and put it into the kettle with salt and boiling pump-water: as soon as you see the fish boil fast, slacken it, and let it boil more gently, or else the outside will be done and the middle will be raw: as it is not easy to fix the time that it ought to remain in the water, you must judge according to the size of the fish; when done, drain it, and serve it on a napkin garnished with green parsley. (See Oyster Sauce, No. 99.)

569. *Cod with Cream Sauce.*

Prepare and boil the cod as above. But after having drained it, take the skin off, and mask or cover the fish with the following cream sauce: Put into a stewpan half a pound of very fresh butter and a spoonful of flour; moisten this with a pint of cream; add some salt, a very little cayenne, and one spoonful of essence of anchovies; put all this on the stove, and let the sauce thicken without boiling; work it well, and cover the fish with it.

570. *Scollops of Cod en bonne Morue.*

This is a dish of the preceding day's remains. If you have any cod left, take up all the flakes, taking care to leave no skin or bones. Have a cream sauce as in the last (No. 36), or else take three spoonsful of béchamel and a good bit of butter; work them over the stove, and season with pepper and salt. When the sauce is well mixed with the butter, put in the scollops, and stir them well, that the fish may imbibe the sauce properly. Let the fish stand a moment till it is cold, then make a border round the dish with slices of bread fried in butter. Dish the scollops, level them smooth with your knife, dust them over with crumbs of bread, and baste them with

butter. Repeat both these operations, and use the salamander to give the fish a colour, and serve up with croutons of bread, one round, one oblong, alternately, so as to be ornamental.

571. *Vol-au-Vent of Scollops of Cod with Cream Sauce.*

This is another dish of preceding day's remains, but like the above is as good as if it were fresh made ; which should always be the case when company is invited. Make the same sauce as for that above, only keep it a little thinner. Put your vol-au-vent into a dish, and put in the scollops only when you are going to send your dinner up. On fast-days use the cream sauce No. 569. If you put in the fish too soon it makes the paste soft.

572. *Scollops of Cod à la Maître d'Hôtel—(Steward's Sauce).*

Make a maître d'hôtel (No. 32), into which put the scollops ; season them pretty high, and add the juice of a lemon. Send them up to table quite hot, for a cold dinner is good for nothing, particularly of fish.

573. *Crimped Cod with Oyster Sauce.*

This dish is boiled like the other fish, and it should be observed that sixteen minutes, and sometimes not so much, will suffice to boil it ; when the pump-water boils, put the fish on the lining, and scatter a good deal of salt over it ; as soon as it begins to boil, put it at the side of the fire, allowing it to simmer gently ; try with your knife, between the bones, if it is done, and drain and serve immediately ; the sauce should be served separately. Mind to take the fish out of the water as soon as it is done ; lift it to the top of the water, keep the water boiling, and the fish covered with moistened paper to prevent it from drying.

MORUE SALÉ—(SALT COD).

574. *Salt Cod à la Maître d'Hôtel—(With Steward's Sauce).*

The black-skinned ones are generally reckoned the best. Be particular in having the salt well soaked out, put the fish into cold water, and put it on the fire. Let it be in a large vessel, that it may have plenty of room. The moment it begins to boil, take it off the fire, and keep it in the water well covered: it will then be tender, but if it should boil it will be tough and thready. Make a maître d'hôtel sauce, with half a pound of butter, a spoonful of flour, four or five spoonsful of water, and a little salt. Taste the fish, and, if required, put a little more salt and pepper. Then put it on the fire without allowing it to boil. When the sauce begins to thicken work it well, that it may be more mellow. Have some parsley chopped very fine, mix a pinch of it with a little glaze and the juice of a lemon. Then taste the sauce. If it be too brown, put in a little thick cream, which will make it both whiter and more mellow. Take away the skin and bones of the fish, and put it into the sauce, shaking it gently for fear of breaking it. Send it up either in a vol-au-vent, or in a deep dish, with crusts of puff-paste. Sometimes, if you give this dish as a fish-dish, serve it with the skin down in the dish. Drain all the water, and mask or cover it with the Steward's sauce, and garnish with fried potatoes round the fish.

575. *Morue à la Provençale.*

After having drawn out the salt, and done the fish as above, pound two or three heads of garlick, which throw into a stewpan with two spoonsful of oil, a quarter of a pound of butter, a little salt, and some coarse pepper. Continue shaking the stewpan with its contents. Put in the salt fish quite hot, and keep shaking till the whole is well mixed together. If you should find that it is not mellow enough, add a little oil and a spoonful of velouté

(No. 21). Such dishes require to be highly seasoned, and serve to circulate the bottle freely. Do not neglect lemon-juice.

576. *Morue à la Crême.*

The same process as in No. 569. You may send it up to table in a vol-au-vent, &c.

577. *Morue à la Bonne Femme.*

This is the same thing nearly as No. 574, only boil some potatoes, and let them stand till they are cold; cut them into the form of corks, and then into round slices much about the size of a halfcrown-piece, which put with the sauce and salt fish. Taste and season well.

578. *Morue à la Lyonnaise.*

The same process as usual; boil it in water. Cut some onions into dice, which fry in butter till they are very brown. Dust them over with a little flour. Moisten with milk or cream. Let the onions be well done; mix a good lump of butter, and season the sauce of a good taste. Put the fish into the sauce, and serve up quite hot.

579. *Salt Cod Plain with Egg Sauce.*

Draw out the salt, and boil it as before directed, in the French way. Have some parsnips well done, which dish round the fish. Boil a few eggs hard, chop them, and throw them into melted butter, which send up in a boat.

MERLANS—(WHITINGS).

580. *Broiled Whitings.*

Empty the whitings, scale them, but preserve the liver, which is very delicate. When you have washed and

wiped them clean, slit the back on both sides. Beat the yolk of an egg with a little salt and pepper, and rub some of it over the whitings with a brush. Then dip the fish into crumbs of bread, next into melted butter, and then into crumbs of bread again. Broil them of a fine colour, and serve up. The sauce is to be sent up separately in a boat, whether it is Steward's sauce, anchovy sauce, or melted butter. Send up the sauce separately; for if you were to pour the sauce over the fish the whiting would not prove palatable, and the sauce would get too thick.

581. *Filets de Merlans à l'Orlie.*

After having scaled, emptied, and washed the whitings, take up the fillets. Pare them nicely on both sides, without damaging the skin. Cut each fillet in two pieces of an equal size, and put them into an earthen pan with a few stalks of parsley, and a few shalots shredded, some salt, pepper, and the juice of a lemon; stir the whole in the lemon-juice. Let it steep for about three hours. Then drain the fillets on a clean towel. Next beat the whites of two eggs, so that they may stick to the fillets. Mix some crumbs of bread and flour, dip the fillets into the whites of eggs, and in the crumbs of bread and flour, and fry the whole just before they are wanted in very hot dripping, that they may be served up hot with white sharp sauce. See maréchale or ravigotte, Nos. 103 and 29.

582. *Quenelles de Merlans.*

The same process as for other quenelles. The mixtures are the same. You may make a vast number of dishes with quenelles of whitings, such as German quenelles in a vol-au-vent, a casserole with rice, and boudins (puddings), either à la Ude or à la Richelieu which you have poached and cooled. Brush them over with an omelette and crumbs of bread, and fry them. Serve under it an Italienne (No. 23), refined with a good lump of butter, &c. All first-course dishes of fish require some additional butter in the sauce.

583. *Boudins de Merlans à la Ude.*

Make a farce à quenelles (force-meat quenelles), as for other quenelles. Take the spawn of a lobster, which pound well with a little butter, and rub it through a sieve. Mix the whole well with the force-meat quenelles. Then mould two puddings of the length of your dish. Poach them. When they are done drain them on a clean towel, then have the tail of a very red lobster, and scollop it in several pieces. Next slit the puddings, and cover them with white béchamel (No. 36); then introduce the pieces of lobster in the same way as if you were making a conti, observing to put the red part upward. When the puddings are equally decorated, lay them in a dish, cover them most carefully, and put them for a moment in the hot closet to keep them hot. For the sauce, take two spoonsful of béchamel; work it well with a quarter of a pound of butter, seasoned with a very little cayenne, some salt, and a little lemon-juice. Keep it rather liquid, in order to mask or cover the spaces between the contis of lobster. If you pay proper attention to the making of this dish, it will not merely afford a pleasing appearance, but will also be found a high relish for the epicure.

584. *Filets de Merlans Grillés à la Maître d'Hôtel.*

Take up the fillets of four whitings, after having washed them clean. Cut each fillet in two, brush them with yolks of eggs, seasoned with pepper and salt, and dip them into crumbs of bread, and then into clarified butter. Broil them a fine brown, dish them miroton way, and serve them with the Steward's sauce in the middle (No. 32).

Fillets of whitings never answer when sautés, as they have not substance enough; and indeed I do not altogether approve of their being dressed in that style.

585. *Paupiettes of Fillets of Whitings.*

Take up the fillets of four whitings, and pare them equally. Spread some force-meat quenelles over the

white side; then roll the fillets. Make a small dome with some of the same force-meat in the dish you mean to send up your fish in. Lay one row of fillets round the dish. Put force-meat enough to support the second middle row, and finally put one or two fillets in the centre of the dish, according to the space left. Sprinkle a little salt over, then cover the fish with buttered paper, that the fillets may bake without getting dry. They will be done in the course of twenty minutes. Then take them out of the oven, and wipe the dish clean. Put a good lump of butter, about a quarter of a pound, into an Italian sauce (No. 23), with a little essence of anchovies; work the sauce, season it well, and cover the fillets over with it. Mind to keep some of the sauce in a boat.

586. *Merlans au Gratin.*

After having scaled, emptied, and washed the whitings, wipe them clean. Preserve the liver. Take a silver dish, if you have one; if not, a baking-pan. Rub the bottom over with butter, and sprinkle it with parsley and mushrooms chopped very fine, over which lay the whitings. Then take some rasps of bread that are not burnt, and sprinkle them over the whitings, with pepper, salt, and grated nutmeg: then again dust them over with sweet herbs, namely, parsley and mushrooms, chopped very fine. (If shalots are approved of you may add some.) Next lay small lumps of butter on the whitings; pour into the dish a glass or two of white wine, a teaspoonful of each of the following articles—essence of anchovies, cavice, Chili vinegar, Harvey's sauce, &c.—and bake them in a hot oven. They will be done within a quarter of an hour or twenty minutes, according to their size. Serve them up with lemon-juice and no other sauce. This is a very palatable but very common dish; if there is too much sauce reduce it on a stove, as it must be very short, it being called au gratin because it is a short sauce.

587. *Merlans frits, or Whitings fried.*

According to the French fashion, you must not flay the whitings, only slit and dip them in flour, and then fry them in very hot dripping, and serve them without any

sauce. In England they take off the skin, and fasten the tail in the mouth; they are then dipped into an omelet, then in a little flour and crumbs of bread. Fry them a fine colour, and serve them up on a cloth, garnished with parsley, and send the shrimp sauce separately in a boat. In France fried whitings are served as a *rot*, in Roman Catholic families.

Shrimp Sauce.

Put into a stewpan a quarter of a pound of fresh butter, a teaspoonful of flour, a small glass of water, some salt and pepper, and a spoonful of the essence of anchovies; put this on the stove; as soon as the sauce is thick take it off, and put in the shrimps, after having well washed them. Never neglect to season your sauce; without seasoning the best cookery is good for nothing.

SOLES.

588. *Soles with Water Suchet.*

Take some very fresh soles; scale the white side, and skin the black one. Empty out all the intestines, and wash the fish in several waters. When they are quite clean boil them in water suchet, which is made as follows:

Water Suchet.—Take some roots of parsley, and cut them into slices as for Julien soup (No. 107), about the eighth of an inch thick and an inch long. Put these roots into some water with a bunch of parsley, green onions, and a little salt, and let them stew for an hour; then stew the soles in this water. When they are done, have ready some leaves of parsley (without stalks), which have been blanched separately in salt and water. Drain the soles, and mind that the parsley-roots, cut into slips as above mentioned, must be preserved. Then put the soles into a tureen, or a deep dish, with some of the liquor in which they have been stewed, and which you strain through a silk sieve. Throw in the roots and leaves of the parsley, and serve up the water suchet with-

out any bread in it; but in a separate plate send up a few slices of rye bread and butter. This broth must be as salt as sea-water.

588 *a. Soles au Gratin.*

Prepare and wash the soles as above, and rub the dish with a little butter; spread over it parsley, shalot, and mushroom (each chopped), salt, pepper, &c.: lay the soles over this, and on the top of them spread some fine raspings of crust of bread, and parsley chopped, &c., as under. Put several small bits of butter over the soles, a glass of white wine, a teaspoonful of each of the following articles—essence of anchovies, cavice, Chili vinegar, and Harvey's sauce;—and when the soles have been in the oven twenty minutes, mix with the spoon the sauce that you baste the fish with. Mind, the sauce must be short, as it is called au gratin. This is a very palatable dish.

589. *Paupiettes of Fillets of Soles.*

The farce or force-meat must be made of whiting, the flesh of soles not mixing with any other ingredient; you may keep the skin on the white side of the soles, provided you scrape it well; spread the farce over the inside of the fillets, and roll them as you do the paupiettes. When you have rolled them and equalised them with your knife, butter a piece of paper large enough to contain two or three; roll them in that paper, and do the same for the others; then put them into the oven, bake them about twenty minutes, and drain and make them all equal: dress them to the best of your judgment on the dish. Serve them with the same sauce as for whitings (see No. 585), or white sharp sauce (No. 26, page 13).

590. *Filets de Soles sautés à la Ravigotte, à la Crême.*

First scale the soles, and wash them, but do not empty them. Take up the fillets, by running your knife first

between the bone and the flesh, then between the skin and the fillet; by leaning pretty hard on the table they will come off very neatly. Cut them in two. Mark them in a sauté-pan with some melted butter, and dust them over with pepper and salt. When dinner-time is come, sautez them on a very brisk fire, turn them over, and when done drain them on a sheet of white paper. Dish them either crown or miroton way. Cover them, and keep them hot. Do not forget to drain the water which has issued from the fillets, before you pour the sauce over them.—(See below, Ravigot Cream.)

Ravigot with Cream.—Put into a small stewpan three spoonsful of very thick béchamel (No. 36), or cream sauce, one teaspoonful of cavice, one ditto of elder vinegar, one ditto of Chili vinegar, one ditto of Harvey's sauce, one ditto of anchovies, and a quarter of a pound of very fresh butter; mix all this with salt and a very little cayenne, add a teaspoonful of parsley, chopped very fine, that has been steeped in salt water, that it may be very green; drain it on a sieve, and press the water out of it in order to keep your ravigot sauce thick enough to cover the fillets. You must make this sauce very smooth and palatable: as the cavice darkens the sauce, add to it a spoonful of double cream.

591. *Filets de Soles à l'Orlie.*

The same process and the same sauce as for fillets of whiting, No. 581.

592. *Petites Timballes de Filets de Soles à la Vénitienne.*

When you have served soles either fried or boiled, you must preserve a sufficient quantity to make one first-course dish on the following day. Pare the skin well, and cut the meat into small dice. Take two spoonsful of béchamel (No. 36), which mix with a quarter of a pound of very fresh butter; add to it a little parsley chopped very fine, a teaspoonful of cavice (from Mackay's), and half a teaspoonful of elder vinegar. Keep the whole hot, without

boiling. Put the small pieces of fish into this sauce, season it with pepper and salt; fill the little timballes, and serve up quite hot. The timballes are to be made in dariol moulds, and a false cover of puff paste over them.

593. *Vol-au-Vent de Filets de Soles à la Sauce à la Crême.*

This is another dish of a former day's remains. Pare the skin; cut the soles into round pieces of the size of half-a-crown. Then have a cream sauce, or else four spoonsful of béchamel (No. 36), mixed with a quarter of a pound of butter, and a little salt and pepper. Let the sauce be made hot, without boiling; put the soles into it, and then the whole mixed into a vol-au-vent.—(See Pastry.) The sauce must be kept rather thick, for fear of making the crust soft. As in my principles of cookery I constantly advise economy, I have recommended many dishes to be made of the preceding day's remains, which must be made of fresh materials when they are required: for instance, if you want dishes to form the four entrées, and you have already a dish of salmon, or any other fish that does not resemble the sole, those dishes that I have recommended from remnants, must be made quite new, with turbot, sturgeon, soles, &c. &c.

594. *Filets de Soles à l'Aurore.*

Take up the fillets of four soles: skin them on both sides. Have ready force-meat quenelles, made of whitings, with the spawn of lobsters put in, to make it look red. Spread this force-meat over each fillet, then roll them in the same manner as the paupiettes, No. 589. Next skewer them with silver skewers, three to each skewer; dust a little pepper and salt over them. Season the force-meat rather high. Lay the skewered fillets in a baking-pan, cover them with layers of bacon, and bake them. When they are done, take off the skewers, pare the force-meat that has protruded, and dish them neatly. With a part of the pounded lobster's spawn which you have kept aside, mix

two spoonsful of sauce tournée (No. 19), deprived of all fat, and a good lump of fresh butter: drain the whole through a tammy, that it may be fine. Add to it a little essence of anchovies, with pepper, salt, and lemon-juice. Keep the sauce very hot, and cover the fillets with it. Observe all the bacon must be taken off.

595. *Soles à la Miromesnil.*

Take three soles, scale them on both sides, and empty them nicely without injuring the flesh. Make an incision on the black side. Fry them without dipping them into flour. When they are done, drain them on a clean cloth; open the place where you have made the incision, cut the bone near the head and tail, and draw it out. Let the fish cool. Make a Steward's sauce (No. 31), cold; that is to say, mix a lump of butter with some parsley, chopped very fine, pepper, salt, and the juice of a lemon. Divide the butter into three equal parts, and put one part into the opening of each sole, close the opening, and make the whole stick by means of the yolk of an egg; put a few crumbs of bread at the joint. Then dip the soles into an omelet of two eggs, and next into crumbs of bread, equally on all sides. When dinner-time is come, fry the soles in hot dripping. They are done as soon as they are coloured. The sauce is found in the sole itself. This is what we call in France an entrée bourgeoise.—(A city dish.)

596. *Aspic and Salad of Filets de Soles with Montpelier Butter.*

Montpelier Butter.—Take a handful of chervil, tarragon, burnet, and green onions; wash them very clean, and blanch them in boiling water, with a handful of salt to keep them as green as possible. When they have boiled six minutes, take them out, and put them into cold water till they become quite cold; you must have ready some eggs boiled hard; drain the herbs and squeeze all the water out; put them into the mortar, and pound them

very fine; add the yolks of two eggs, ten or twelve anchovies, cleaned and boned, a teaspoonful of fine capers, a very little garlic, some salt, a little Cayenne, and a little nutmeg; pound all this till very fine, then add half a pound of very fresh butter, a spoonful of sweet oil, and a teaspoonful of elder or tarragon vinegar: taste if the seasoning is very palatable. Rub it all through a sieve, and to make it a greener colour add some green extract of spinach (No. 63); observe particularly that none of the different herbs predominate: put this butter into ice, and you may use it for borders of salads of fish, &c. &c. When you want to make this butter red, infuse all the herbs in a little boiled vinegar, and use lobster spawn to colour it, instead of the green extract of spinach.

It is occasionally requisite to dress soles on purpose, to make either aspics or salad; in this case it is better to fry them with the skin, rather than take up the fillets and sauté them. When they are fried, the fillets come off neater, and without any skin.

If, however, you have sent up to table a dish of fillets of soles, that has been returned untouched, you may make a salad with them. Pare them nicely. Endeavour to procure some green salad, of any sort, to dish them with. Nature will always supply you with agreeable colours, without painting what is intended to be eaten. Dish the fillets miroton way; ornament them with beet-root, nasturtium, small white onions stewed, chervil, pickled cucumbers, and red turnip-radishes; but, above all things, take care not to lose time in ornamenting the salad, and do not pour the sauce over the decorative part.—(For Salad sauce, see next page.)

The aspic of fillets of soles is hardly admissible except at balls, when the number of dishes requires their being introduced; but in general it is a very indifferent article. Salad is always preferable.

First, put a little aspic into a mould to acquire a substance, and when it is chilled make some ornaments with the whites of eggs boiled hard, some black truffles, some gherkins, or beet-root. When you have made decorations with all sorts of eatable things, pour in some of the liquid aspic gently, to settle all this together, and put the

mould in the ice; when the aspic is frozen again put the fillets in miroton order over the aspic; but mind when you return the mould that the miroton is on the right side; then fill up the mould with the aspic, very near the top of the fillets of soles; let it freeze, and when it becomes quite stiff put some of the Mayonnaise (No. 61), all round the fillets, or some of the Montpelier butter, and add some more aspic quite cold, otherwise the butter will dilute in the jelly, and will appear muddy; fill the mould to the rim, and let it freeze: at dinner-time dip a rubber in hot-water, with which rub the mould, and turn the aspic on the dish.

When judiciously made, this is a pretty dish, but should never be attempted by a clumsy person, who would inevitably bring disgrace on the art,

Salad Sauce.—Take the yolks of four eggs, boiled hard, put them into the mortar with a spoonful of mustard; pound them very fine; add to it salt and pepper, two spoonsful of vinegar, and three of sweet oil; you may put also a spoonful of tarragon or elder vinegar. If you have in your larder a good meat-jelly, you may occasionally put some to it, but do not put any cream, as some do, for it is very unwholesome; you may put some chopped herbs, as chervil, tarragon, burnet, &c., if approved of. In making salad sauce, be cautious not to use any of the herbs mentioned without consulting the taste of your master.

597. *Croquettes de Filets de Soles.*

Many pseudo cookery-books have receipts for croquettes of salmon and croquettes of cod, which are certainly uneatable. Sturgeon and soles are the only two fishes which have sufficient firmness to admit being made into croquettes. The oftener a fish is presented to the fire, the more unpalatable it becomes. With regard to the croquette of soles, reduce the sauce, cut the soles into small dice, and throw them into it, season them well, and put the whole preparation into ice. When cold cut them into equal parts on a dish. Roll them either round or oval,

but never into pears; dip them into an omelet of two eggs, put a little salt, and then dip them into crumbs of bread, fry them a good colour, and serve them up with crisp fried green parsley in the middle.

598. *Filets de Soles à la Turque*—(*Turkish way.*)

Take off and sauté the fillets as directed before. Have some rice swelled and made soft in good consommé (No. 2), mix it with a few spoonsful of good béchamel (No. 36), to put in the middle of the dish: this rice must be thick, in order that it may be dished in a pyramid. To mask or cover the soles, take three spoonsful of béchamel (No. 36), mixed with a quarter of a pound of butter, a teaspoonful of cavice, and a little salt and pepper. Work this sauce well, and cover the fillets only. The rice is to form the centre of the dish.

HERRINGS.

Herrings are an excellent fish; but the flesh is so delicate that no cook attempts to dress them otherwise than as broiled or fried. Those with soft roes are the most delicate. You know them to be very fresh when the eyes are very red, and the scales shine bright. Broil them over a brisk fire, but never wash them. Wipe them well, empty and scale them carefully: cut off a small piece of the tail and of the head, to prevent them from burning. Send them to table with mustard sauce in a boat, made as follows: Take some plain melted butter, a teaspoonful of vinegar, a little nutmeg, salt, and pepper, a teaspoonful of mustard; and send the sauce in a boat very hot.

599. *Soft Roes of Herrings, in Cases.*

Have a paper case, either round or square; its size must be suited to the dish you are going to use; spread some butter over the bottom. Broil eight very fresh soft-roed

herrings, and when well done take out the roes, and put them, without breaking, into the case. Sprinkle over them a little pepper, salt, rasped bread, and finely chopped parsley; put a few small bits of butter over them in different places, and bake them in a hot oven. When they are done, put a little maître d'hôtel sauce (No. 31) into the case, with the juice of a lemon. Send up quite hot, and very firm.

This dish can never be properly prepared if you do not take the precaution not to wash the herrings: scale them very well, and wipe them first with a damp cloth, and afterwards with a dry one, then broil them very sharply, so as to keep the soft roe very firm. The case should be made of strong foolscap paper.

GRONDIN—(PIPER).

This fish is not in the repute which it deserves; for when well dressed it is superior to any other, but it should be used when very fresh.

600. *Grondin au Four, or Baked Piper, Dutch Sauce.*

Empty and clean it as you do every other fish; then make a good stuffing in the following manner: two handsful of crumbs of bread, the same quantity of beef suet well chopped, parsley, and a little thyme chopped very fine, two whole eggs, a drop of cream, a small bit of butter, salt, a little Cayenne pepper, and a very little spice, ground extremely fine: mix this well on the table with the rolling-pin till very smooth; put it into the belly of the fish, and sew it up; bind the tail of the fish to the mouth, and fasten it with a skewer, then rub the fish all over with a brush dipped into the yolk of an egg; sprinkle over some salt, then some crumbs of bread, and baste with clarified butter; then put this to bake in a very hot oven, in order to give it a good colour. When done, drain it, and serve up with Dutch sauce (No. 72).

601. *Filets de Grondin à la Sefton.*

Take one large piper, or three small ones, strip the flesh from the bone, and divide it into fillets of the same shape; then put them into a sauté-pan with melted butter, as for other fillets, with salt and pepper; when it is dinner-time put them on the stove, or into the oven; when done, drain them, and dish them the same as fillets of soles. The sauce is the same; but they are better eating than either soles or whitings.

602. *Fillets of Piper, with Steward's Sauce.*

The same as No. 601, only you must use the maître d'hôtel (No. 31), instead of white sharp sauce.

603. *Fillets of Piper à l'Orlie.*

The same as Fillets of Whiting (No. 581). Observe that the piper is best when red.

ROUGET—(RED MULLET).

This fish is in great repute for the delicacy of its flesh, and merits its repute: you may boil them: but in general, to eat them in great perfection, you must wash them well, but not empty them: drain them very dry in a clean cloth; then have some buttered paper and a little salt, wrap them well in it, and put them into the oven, or broil them if you have no oven. They may be eaten with lobster sauce, or anchovy sauce alone; send them to table without the paper. Reduce a glass of Madeira, and mix a spoonful of good Espagnole, a teaspoonful of anchovies, a bit of butter, and one or two drops of lemon-juice, salt and pepper, and send it separately with the rouget.

604. *Red Mullet, with Génévaise Sauce.*

You may dress them in another way, by putting them in

the oven in a buttered baking-dish, and covering them with buttered paper; when they are done, serve over them the following sauce:—

Génévaise.—Put in a small stewpan a little bit of butter, a few pieces of ham cut in dice, a few leaves of mace, two cloves, a little thyme, a few bits of mushroom, some parsley-roots, one shalot cut in four, and a small bit of carrot; fry them on a slow fire till they become a little brown, then moisten with a glass of Madeira, and put a very little sugar; reduce the wine to half the quantity, add to this a spoonful or two of good Spanish sauce (No. 17), skim away all the fat, put the sauce through a tammy, add to it about a quarter of a pound of fresh butter, and add to this the gravy from the fish. Season the sauce with salt, pepper, lemon, &c., and if it should not be thick enough, add a small bit of butter and a little flour.

MAQUEREAUX—(MACKEREL).

605. *Maquereaux Grillé à la Maître d'Hôtel.*

Mackerel is a fish esteemed by all classes of people. The rich eat it on account of its flavour, the poor because it is cheap. It must not be washed when intended to be broiled. Empty and wipe it well. Open the back, and put into it a little salt and oil. Broil it on a gentle fire; turn it over on both sides, and also on the back. With the point of your knife try if it is done, by detaching the bone from the flesh. Send it up with a Steward's sauce (No. 31), melted, in a boat. When you wish to eat them very good, and have the taste of the fish, they must not be washed; only pull out the gills, and empty the intestines; then wipe them clean and dry with a damp cloth; next make an incision on the back, put over them some salt and pepper, and a drop of sweet oil, to prevent them from sticking to the gridiron; broil them well, and then put some butter, kneaded with chopped parsley, pepper, salt, and lemon, &c., into the back, as directed above.

606. *Boiled Mackerel.*

When the mackerel have been emptied and washed clean, put them into boiling water, with a handful of salt, and let them boil very fast, that they may be firmer. When they are done, drain them, and serve them on a cloth with green fennel all round. For the sauce, blanch some fennel in salt and water. When it is quite soft, drain, chop, and mix it with the melted butter. Gooseberries are also used for the sauce. Blanch them; when soft lay them in a hair sieve to drain. Squeeze them with a wooden spoon, and strain them through a hair sieve. Throw the juice into a stewpan, with a little sugar and butter, and when hot send up the sauce in a boat.

607. *Filets de Maquereaux à la Ste. Menhoult.*

Take the fillets of three mackerel, cut each fillet into two. Pare them equally, season them with pepper and salt; then take the yolks of two eggs, beat them well, and rub the fillets over with the brush: dip them first into crumbs of bread, next into clarified butter, and then into crumbs of bread again. Broil them of a fine colour, and serve them up miroton way, with a white sharp sauce in the middle.—(See Maréchale, No. 103, or Maître d'Hôtel, No. 31.)

608. *Filets de Maquereaux sautés à la Maître d'Hôtel.*

Take the fillets of three mackerel, cut them in two, put them in a stewpan with some melted butter, salt, and pepper. At dinner-time sautez them on both sides. When they are done, drain, take off the blue skin: dish, and cover them with the sauce No. 31 (Steward's sauce).

609. *Fillets of Mackerel with Ravigotte.*

Sautez them the same as in the preceding. For ravigotte cream see No. 590.

610. *Timballe de Laitance de Maquereau à la Sefton.*

Take the soft roes of four large mackerel. Do not wash the fish, for the roes would then turn black and soft. Put the roes in melted butter, without any salt; cover them with the butter, and either bake them in the oven, or let them sweat on a stove. Take care not to break them. When they are done, lay them on a sheet of white paper to drain: dust a little salt over them, and cut them into small dice as neatly as possible. Put these into petits pâtés, which keep hot, and make the following sauce, which is to be put afterwards into the pâtés:—

Take two spoonsful of béchamel (No. 36), add a small bit of butter with pepper and salt. Refine this sauce with some thick cream. Keep it hot, fill the pâtés in which the soft roes are, but mind that it is liquid enough to penetrate the roes. Above all, send up quite hot. This entrée is much esteemed by the daintiest epicures.

If you have a grand dinner, four mackerel will make two dishes without any connoisseur having occasion to find fault, as they will both differ in flavour as well as in form and appearance.

Observe, that you give the soft roes for pâtés, and the fillets for a dish of fillets of mackerel.*

611. *Soft Roes of Mackerel in Cases.*

Take six very fresh soft-roed mackerel. Broil them till well done, then take the roes from them, and put them into small cases, with parsley chopped fine, a little rasped crust of bread, salt, pepper, and a little butter; then put them into the oven; when they are very hot, send them to table with a little of white sharp sauce, and the juice of a lemon. This will only make a small dish, but when you want to make it larger, put more soft roes, and use the mackerel for fillets as a fish-dish.

* I have known a cook to order the roes of ten mackerel when four or five would have been sufficient, and lose the fish, which would have served for other purposes.

VIVES—(SEA-DRAGON).

Sea-Dragon is a fish seldom eaten in England, although in France it is frequently sent up to table. Towards the gills there is a most venomous bone. In France it is broiled, and served up with a butter of anchovies, a maître d'hôtel, or a provençale.

ANCHOIS—(ANCHOVIES).

Anchovy is a salt fish of great utility, and is frequently used in cookery. Essence of anchovies is a thing which a skilful cook must use with great care, as it is not always made with the fish only, but also with the brine of it, which makes it very unwholesome. Make butter of anchovies yourself, in the following manner:—

Anchovy Butter.—For a dozen of anchovies, a quarter of a pound of fresh butter will do. First wash the anchovies, so that no slime whatever may remain. Take off the bones and fins. Pound the meat with the butter. When well pounded, rub the whole through a hair-sieve, and secure it in a gallipot well covered. Use butter of anchovies when wanted, for salads, fish sauce, &c.; anchovies are very seldom used with meat.

EPERLANS—(SMELTS).

Smelts are generally fried. After they have been cleaned and emptied wipe them very dry, and dip them into an omelet of two eggs, and into crumbs of bread mixed with flour. Fry them of a fine colour, and send them up with fried parsley round them. You may prepare them au gratin as soles, &c.—See Soles au Gratin (No. 588 *a*).

RAIE—(SKATE).

612. *Raie aux Capres, or Skate with Caper Sauce.**

Boil the skate in a vessel with water, vinegar, salt, pep-

* It may be proper to notice, that in France, where the fish is not so fresh as in this country, one is obliged to season this preparation more highly, to overcome the stench of the skate.

per, a sliced onion, parsley, green onions, bay-leaves, and thyme. When it is done, pick it neatly, and remove it into another clean vessel; pour over it some of the liquor in which it has been boiling, then drain it and send it up to table, either entire or in pieces, with caper sauce; or in hearts, covered with the same sauce.

613. *Raie au Beurre Noire.*

Fry some parsley very green. Dish the skate according to your fancy. For a first-course dish you must either cut it into the shape of kites or rounds. Put the fried parsley in the middle of the dish, and the butter under the fish. Beurre noire is made in an omelet-pan. Put a quarter of a pound of butter into the pan, and let it become very brown without burning; skim off the froth; add to it salt, pepper, and vinegar, and pour this over the fish, and the fried parsley into the middle. This dish does not look well, but is relishing when well done.

614. *Skate plain Boiled.*

Take off the skin. Boil it in salt and water, and send it up on a clean cloth, with shrimp sauce, or any other sauce, in a boat.

615. *Small Skates Fried.*

When the skates are very small, pickle them in vinegar, salt, pepper, a sliced onion, some parsley, and lemon-juice for about an hour. Next drain them, and dip them into an omelet, and then into flour. Then fry them in hot dripping, and send them up either with or without sauce. This fish is very seldom used for first-course dishes in England: when it is boiled with marinade, the skin must remain while boiling, otherwise the colour of the marinade will dye the fish: take off the skin after it is done, and dress it in the dish immediately.

LIMANDES—(FLOUNDERS).

616. *Miroton de Limandes à l'Italienne.*

Cut each flounder in two, and take out all the small bones. Butter a dish, and dish the flounders in the miroton way; dust them over with salt, pepper, grated nutmeg, chopped mushrooms, parsley, green onions, and raspings of bread; to which add a little butter. Then bake them. When they are done, drain the butter, and send them up with an Italienne (No. 23), or caper sauce; add a little essence of anchovies and lemon-juice. This fish, as well as plaice, is seldom used for first-course dishes in England. When you give them as fish, they are to be dressed the same as soles, either fried, boiled, or water suchet.

CARCLET—(PLAICE.)

See Flounders. Plaice can only be fried, or dressed miroton way, as above.

Observation relative to all sorts of Fish Sauces.

Fish sauce should always be thick enough to adhere to the fish. When the sauce is too liquid it is abominable; of the two, the thick is preferable, as it can be made thinner at table, by adding some of the cruet sauces.

CHAPTER XVII.

SHELL-FISH.—LOBSTERS, MUSCLES, CRABS, OYSTERS.

LOBSTERS.

Lobsters are boiled in the same manner as crawfish, but they would have a better flavour if sea-water could be had to boil them in. Several ragoûts are made of lobsters. Petits pâtés for first-course dishes; salads for second-course dishes; fish sauce, and minces in the shell, &c. You must pay attention to the proper time required for boiling a lobster: if you boil it too long, the flesh becomes thready and disagreeable; and if not done enough, the spawn is not red through: this must be obviated by great attention.

617. *Small Timballes of Lobster with Velouté Sauce.*

Cut, according to their size, the white flesh of one or two lobsters into small dice; put them into a sauce similar to that of pâtés of fillets of soles, and serve them up quite hot. The spawn will serve for fish-sauce, or for any other use; as quenelles, or salads, &c. &c.

618. *Scollops of Lobster in the Shell.*

This is a second-course dish. Take one or two lobsters, according to the size of the dish, or the number of people you have to dinner. Cut the lobster in two without breaking the shell. Clean the inside of the shell, cut the meat of the lobsters into small dice, and preserve the kind of farce that is inside. Then take one or two spoonsful of velouté (No. 21), a small bit of butter, a little salt and Cayenne pepper, and keep stirring the whole over the

fire. When it is quite hot, throw the meat and the kind of farce that you found in the lobster into the sauce, and lay the whole in the shells. Level with your knife and strew over crumbs of bread twice, and keep basting with a little melted butter. Give it a colour with the salamander, and keep the scollops very hot. Never let it colour in the oven, as it would then taste too strong.

619. *Lobster Sauce.*

See No. 58, page 27.

620. *Lobster Salad.*

See Salad of Fillets of Soles (No. 596), and Mayonnaise (No. 61); the sauce is to be found among the other sauces. The shape you give to the salad depends on the form of the dish you use. Jelly of meat is not properly used for salads of fish, unless it is as an ornament. Roots and vegetables are more appropriate; and the salad sauce only, or the Montpelier butter (see No. 596). Lobster may be dressed also without any sauce: merely break the shell, and give an agreeable shape to the dish by putting the body in the middle, the tail cut in two on each side, and the claws at the ends. The flesh of this fish is very firm, and can be used in cookery for petits pâtés of all kinds.

MOULES—(MUSCLES).

621. *Muscles with Parsley.*

Wash the muscles; be particular in taking off all the threads that are found about the joint of the shell, and be cautious of the small crabs, as they are very dangerous eating. Put the muscles into a stewpan over a brisk fire, and keep them covered that they may be done equally. When they are done, take off one of the shells, dip the muscle into the liquor that has issued from them, in order to wash off the sand. When they have all been picked, let the liquor stand, drain it, pour it into a clean vessel, and then make the following sauce:—

Put a small lump of butter with a spoonful of flour into a stewpan, and make a little white roux, to prevent the flour getting brown; moisten with the above-mentioned liquor, add a small bunch of parsley and green onions, and stew them for half an hour. Then take the bunch out, and replace it with a little parsley chopped very fine. Next take the yolks of two or four eggs, according to the quantity of the muscles, to thicken the sauce, which season well, but be rather sparing of salt. Mix the muscles with the sauce; let them be just hot through, and squeeze the juice of a lemon into the sauce, which must be thick, in order to adhere to the muscles. It is dangerous to eat them in the Dog-days.

CRABS

Are prepared and cooked in the same manner as lobsters, but are eaten with oil and vinegar, after having arranged the meat in fillets, and the small claws all round.

HUITRES—(OYSTERS).

622. *Scollops of Oysters.*

The English green oysters are the best that are known. After having opened them, boil them in their own liquor, but do not let them be too much done. Next beard them and return them into the liquor, out of which you take them with a bored ladle. Let the liquor stand, and drain it from the sand. Make a little white roux (No. 14), moisten with the liquor, and when the sauce is pretty thick add a spoonful or two of cream, and a spoonful of béchamel (No. 36); put the oysters into this sauce, and season them with salt and pepper. Then put them into the shell used for scolloping, strew them over twice with butter and crumbs of bread; give them a good colour with the salamander, and serve them up very hot with the juice of a lemon. You may grate a little nutmeg over them if you think proper; but never omit parsley chopped very fine. Some people add mushrooms, which are no improvement.

623. *Pâtés d'Huitres à la Sefton.*

Pick out the smallest oysters you can find, and boil and beard them as in the last. Make the sauce also in the same manner, only add to it a little cavice and butter, and a little pepper and salt. Have about two dozen of small patties ready; fill them with oysters, and as much sauce as they will hold; have also some crumbs of bread fried of a fine colour, strew some over the small pies, which dish en buisson. Serve them up very hot. This addition of the fried crumbs of bread gives a very pleasant taste.

624. *Small Patties (French way).*

After having boiled the oysters, beard them, and cut them into dice. Have some mushrooms also cut into dice, which you fry in a little butter dusted over with flour. Moisten with some of the liquor of the oysters, one or two spoonsful of consommé (stock-broth, No. 2), two spoonsful of cream, and let it reduce. Add a small bit of butter; season well with salt and Cayenne pepper; throw the oysters into the sauce, and fill the patties, which must be in dariole moulds, otherwise called timbals.

625. *Oyster Sauce.* (See No. 99, page 43.)

If you should be in a hurry, mark in a stewpan a good lump of butter, a spoonful or two of flour, moisten with the liquor of the oysters, and put the sauce on the fire, but do not let it boil. When it is thick, throw in the oysters, with a spoonful of essence of anchovies, a little cavice, a spoonful of thick cream, and serve up.

626. *Oyster Sauce for Entrées.**

After having stewed the oysters as above, make a white roux (No. 14), into which put a few small onions, mush-

* Such as fowl, turkey, chickens, &c.

rooms, a bunch of parsley and green onions. Moisten with some of the liquor and a few spoonsful of stock-broth (No. 2), which reduce over a large fire. Then add a pint of cream; season well: keep the sauce pretty thick, strain it through a tammy, put in the oysters whole, being careful to take out the beard, and use it with such articles as require oyster sauce; the only thing to be observed is, that, when it is for fish, you must use essence of anchovies.

627. *Attelets of Oysters.*

This dish, which is no great favourite, has found its way into this work, on account of its being occasionally called for. Stew the oysters as above. Have a sauce for attelets (see below), moisten with some of the liquor, and let it stand to cool. Then skewer the oysters according to the size of your dish, and with your knife spread the sauce all round. Throw crumbs of bread over the oysters; next dip them into an omelette, and then into crumbs again. Fry them of a fine brown, and serve them up without any sauce; if any, the sauce made with the oyster is the best.

The sauce for attelets is made as follows:—Fry some herbs (as parsley, shalots, mushrooms) in a little butter; put to them a spoonful of flour, moisten with the liquor of the oysters, season well, reduce the sauce, then thicken it with the yolks of three eggs, and pour it over the oysters. Let the whole stand till cold, and then make the attelets in the same way as other attelets; the sauce must be only béchamel (No. 36), with the taste of oysters: do not omit the seasoning, salt, pepper, &c. The attelets are made as follows:—When the sauce is well reduced, and the oysters in it, let it cool; then take a silver skewer and put as many oysters on it as it will hold, and put the sauce all round with your knife; dip this in crumbs of bread, then in an omelette, and crumbs again, and mind to let some of the skewer appear at each end; fry them of a good colour, and serve very hot.

CHAPTER XVIII.

ŒUFS—(EGGS).

Eggs are indispensable in cookery. They are used for a prodigious number of first and second course dishes and sauces. Eggs are the original of all pastry, as well as of creams. The author will proceed to show the manner in which they may be used, either for first or second courses. You should, however, be particular in the use of them—a single bad one will spoil a very large dish; and when you make biscuit, thickening, poached eggs, &c. &c., you should break them and smell them one after the other: when you remove the yolk from the white, you should have a small basin to break them in separately.

628. *Omelette Moëlleuse*—(*Mellow Omelet*).

Break eight eggs into an earthen pan with a little pepper and salt, and a thimbleful of water to melt the salt. Beat the eggs well, then throw an ounce and a half of fresh butter into a fryingpan, and melt it over a brisk fire: pour the eggs into the pan, which is not to be kept too close to the fire. Keep turning continually, but never let the middle part of it be over the fire, for it is always rather too hot. Gather all the border together, and roll the omelet before it gets too much done. The middle part must always be kept mellow. Roll it equally with your knife before you dish it, and take care not to let the pan soil the dish, in turning the omelet into it.

629. *Omelette aux Fines Herbes.*

The same preparation as the last, with the addition only of a little parsley chopped very fine. Some people mix a few chopped shalots likewise, which may be done if approved of.

630. *Petites Omelettes au Jambon, or Small Omelets with Ham.*

Make these omelets as before. If you have some ham which has served as a remove, mince about a quarter of a pound of it, which throw into a little very thick Espagnole (No. 17). Then make small omelets of about two eggs each. Before you roll them, put in a spoonful of the minced ham. You may make four or six, according to the size of the dish. Take care not to put too much salt; and if the ham is briny, do not put any salt at all. You may put four or five omelets to one dish. This is a second-course dish, or for breakfast.

631. *Petites Omelettes à l'Oseille, or Small Omelets with Sorrel.*

Make small omelets as before. Have some sorrel ready stewed, which put on each of the omelets before you roll them, the same as above with ham. Give them a pleasing shape and colour. The same number as above. You must understand that the sorrel must be cooked as at No. 42 or 43, before you make the omelet; and it is then that you propose the omelets to your employers.

632. *Omelettes aux Rognons.*

If you have remaining the kidney of a roasted loin of veal, mince it, and put it in an omelet, prepared as in No. 628. Make it mellow, and season it properly with salt.

633. *Omelettes aux Confitures.*

Make small omelets as above. Let them be done properly. Put in the sweetmeats before you roll the omelets, and lay them on the cover of a stewpan. When they are all made, sprinkle over them a little finely powdered sugar, and then use the salamander to glaze them of a fine colour. Omelets are always second-course dishes,

called entremêts. The only sweetmeat used in these dishes is currant jelly, or apricot marmalade.

634. *Œufs Frits, or Fried Eggs.*

Break some fresh eggs into a dish, without damaging the yolks, and powder over them a little pepper and salt. Then fry some butter; a quarter of a pound will do for a dozen of eggs. When the butter is completely fried, pour it over the eggs, and then put them into the frying-pan, which keep at a little distance from the fire, for fear the eggs should stick. When they are done at the bottom, use the salamander for the top, till they turn white. Then dish without breaking them, and pour over them a little vinegar.

635. *Œufs au Miroir.*

Butter the dish in which you are to send up the eggs, break eight of them, but mind that they are fresh: season with pepper and salt: then cut small pieces of butter over the eggs, and use the salamander, and a small fire under, till they are quite white. They must not be too much done.

636. *Œufs Pochés—(Poached Eggs).*

Boil some water with a little vinegar. Take some fresh eggs, and break the point of the shell with your knife, that the egg may drop into the water without breaking. Turn with the shell to gather all the white round the yolk. Never poach more than four at a time. As soon as they are done, take them out one at a time, and throw them into cold water. When you have poached the number you want, pare them well. Then with your finger rub them gently over in the water, that they may be very neat and white. They must be very soft. These serve for a great number of first and second course dishes. They may be served with sorrel, spinach, veal gravy, clarified gravy, &c. &c.

637. *Poached Eggs Fried.*

You must have a sauté-pan made on purpose for this dish, with little round holes in it, to fry the eggs in boiling oil. They fry better and are drier when you use oil instead of butter. Fry them soft, but of a very brown colour, and before you send them up powder a little salt over, and glaze them.

638. *Œufs à la Tripe.*

Make a little roux (No. 15), with flour and butter; fry a few chopped onions, cut square, in the same stewpan before the roux is made brown. Moisten with some good boiling milk, pepper, and salt. Let the flour and onions be well done, and keep the sauce rather thick. Next have ten eggs boiled hard, cut them in quarters or in round slices, and put them into the sauce. Stir gently that the yolk may not separate from the white, and serve up.

639. *Œufs à la Maître d'Hôtel.*

Make a little white roux as above. Moisten with some good boiling milk, pepper, and salt: let these stew for half an hour. Throw a quarter of a pound of fresh butter into the sauce, with a little parsley chopped very fine. Cut the eggs into the sauce, and send up to table quite hot. Add the juice of a lemon.

640. *Œufs à l'Aurore.*

Cut a dozen of hard eggs in two; take the yolks from them, which strain through a hair sieve, then make a sauce as follows: Mark, in a stewpan, a quarter of a pound of butter, half a spoonful of flour, with pepper and salt, a little nutmeg, and half a pint of cream. Then stew this sauce till thick, but do not let it burn. Chop half the whites of the eggs, and throw them into the sauce. Next dish the whites, pour the yolks over them

equally, baste them with a little butter, and use the salamander. Then serve up, with croutons all round, either of pastry or fried bread.

641. *Œufs au surprise.*

Cut a dozen and a half of eggs (boiled hard) in two. Take all the yolks and pound them in a mortar, with a quarter, or, if you choose, with half a pound of butter, with which mix a little cream, pepper, salt, and a little grated nutmeg. When you have pounded about half an hour, add two raw eggs to thicken the farce (force-meat). Then pare out the inside of the whites, and fill one-half of them again with the farce. Next mix some chopped parsley with part of the farce, and fill the other half of the eggs. Erect a little dome in the centre of the dish with some of the farce, and trim it all round with the stuffed eggs; contrive to give them a pleasing appearance. Next put them into an oven for ten minutes, and send them up quite hot. In paring the inside of the whites, you must leave only just enough to keep in the farce. Mind, these dishes are to supply the second-course dishes when you are short of vegetables, &c.

642. *Croquettes d'Œufs.*

Cut the white of a dozen and a half of eggs (boiled hard) into small dice. Strain the yolks of six eggs through a hair sieve. Cut a couple of onions into dice, sweat them white in a quarter of a pound of butter, then put a spoonful of flour to fry; moisten with boiling milk, and season with salt and pepper. Next throw both the whites and yolks into the sauce. Mind that the sauce be thick before you put the eggs into it; put them in a dish, and make them of an equal thickness with your knife; when cool, cut them of an equal size, roll them either round or oval, put them in crumbs of bread, then in an omelet of two eggs, and in the crumbs of bread again, as you do other croquettes. If you were to put in all the yolks, the croquettes would get too dry; the remaining yolks may be used for salads, &c. Season of a good taste, and put fried parsley in the middle.

643. *Andouilles d'Œufs.*

Cut the whites of eggs boiled hard into fillets as long as you can make them; cut a few truffles, onions, and mushrooms the same, sweat the whole, except the eggs, in a little butter. When done, put the ingredients in a hair sieve to drain the butter. Next make a cream sauce (see No. 590), which must be rather thick; mix the liquor in which the truffles, &c., have been sweated with the sauce, and set them boiling. When it is thick enough, put the fillets of eggs into it, and let it cool over ice. Make two puddings, which you dip into crumbs of bread, then into an omelette, and into the crumbs again, as you do the queen's puddings (No. 342). Fry them and send them up with fried parsley between the boudins. All the preceding dishes, from No. 634 to this last, are first-course dishes.

644. *Œufs à la Neige.*

Beat some whites of eggs very firm, and mould them with a large ragoût-spoon; poach them in boiled milk and a little salt; when done, drain them in a sieve. Then boil a pint of cream. When it boils, throw in the thin outside peel of half a lemon, a little sugar, and a very small quantity of salt; let the lemon steep. Then beat the yolks of four eggs with the cream, and let it thicken on the fire. When the cream is thick enough, strain it through a tammy, and mask the eggs à la neige with this sauce. Another time, instead of lemon, use rose-leaves, or almond-laurel; although in England the latter is considered poisonous, a small quantity is never injurious. Mind that the sugar predominate.

645. *Les Cocottes.*

Put a little fresh butter at the bottom of small china cups, called cocottes. Break a fine new-laid egg over the butter, with a little salt and some coarse pepper. Lay these over some red-hot ashes, and then use the salamander till the eggs are done soft.

646. *Œufs brouillés.*

There are various sorts of eggs brouillés, namely—with mushrooms, with stalks of artichokes, with truffles, with cucumbers, with verjuice, with broth, and with asparagus-heads, which are made as follows:—

Break eight eggs into a clean stewpan, with two ounces of butter and a little salt and pepper; beat the eggs till the whites and yolks are well blended. Then put the stewpan on a slow fire, and keep constantly stirring with a wooden spoon; mind that the eggs brouillés are never to be grumous or clotted. A spoonful of broth or sauce makes them more delicate, and add whatever you intend to put in it, from the various names above.

647. *Œufs au Lard, or Eggs and Bacon.*

This may appear a common and vulgar dish. It is, however, very palatable, and well calculated for the keen appetites generated by shooting or the chase. Prepare it as follows:—Break with great care the number of eggs you intend to fry (more than ten or twelve will never fry well), without injuring the yolks; fry the butter till it becomes very hot, and throw the eggs gently in the pan: fry them very well, and do not let them be too much done; add some salt and pepper, and with the salamander slip the eggs dexterously on a dish; fry some bacon separately, and put it round the eggs.—Serve very hot.

CHAPTER XIX.

ENTREMETS, OR SECOND-COURSE DISHES, OF VEGETABLES—CARDONS, SPINACH, ENDIVE, CAULIFLOWER, SALSIFIS, ARTICHOKES, FRENCH BEANS, WHITE BEANS, ASPARAGUS, &c. &c. &c.

General Remark on Vegetables.

ALTHOUGH the various sorts of vegetables are so numerous, the cook is not unfrequently left with a scarcity of dishes for the second course, as most of the better sort make their appearance at the same time of the year. Winter is a season of peculiar difficulty for second-course dishes of vegetables, as the nobility of this country do not use any of the dry-floured vegetables: you are therefore left with only cardons, spinach, salsifis, brocoli, and potatoes; and in this short list of vegetables little variety is left for the table, except in the different ways of dressing.

CARDONS—(THISTLE-HEADS).

648. *Cardons à l'Espagnole—(with Spanish Sauce).*

This dish, which is first introduced amongst the entremêts of vegetables, requires great attention and no small share of skill in the art of cookery. It is not much relished in England, but in France it is held in the highest estimation. It is always one of those selected to try the skill of a cook.

Select a few heads or cardons, all very white. Cut each leaf into strips six inches long, with the exception, however, of those that are hollow, which are tough and

thready. Beard them of their prickles, and blanch them by putting the thickest leaves into boiling water. After boiling them a few minutes, put in the leaves of the heart; turn the middle stalks into the shape of large olives, and blanch them likewise. Then try a piece in cold water, to see whether the slime which is on the surface will come off by rubbing. If so, take them off the fire immediately, and throw them into cold water, as they are done enough; or you may cool the boiling water by pouring in cold water till you are able to bear your hand in it, to rub off all the slime. This being done, wash them clean, and throw the cardons into a blanc (see No. 675), boil them once, and leave them in the blanc. Mind not to let them be too much done. You must ascertain when they are done by thrusting in the point of your knife, and if it enters easily they are done enough. Whenever you wish to use them, drain a sufficient quantity. Pare both extremities, and mark them in a stewpan, with four spoonsful of Spanish sauce (No. 17), and four spoonsful of consommé, a little salt, and a little sugar. Let them boil over a sharp fire, that they may not be done too much; and be sure to skim off all the fat. Dish them nicely. Strain the sauce through a tammy before you mask them. Send them up to table quite hot with a cover over them, to prevent their getting dry.

The cardons mix very well with eggs, and when you have any returned from table they will warm up again very well, if you are particular in taking them off to put them immediately into the larder: in case they are too much done, use them to make les œufs brouillés (poached eggs), which you should make only when you have cardons left from the parlour. This is a capital entremêt, and may be selected as one of the finest efforts of cookery.

649. *Cardons à l'Essence* (*with Marrow*).

Proceed as above. Take a few pieces of beef marrow, all of a size, which put in warm water to draw out all the blood. When thoroughly disgorged, blanch and stew them in water with a little salt and a few slices of lemon

to keep them white. When done drain them in a clean towel, and put them into the essence, which is some Espagnole (No. 17) reduced; unless you have some essence or Espagnole, as mentioned among the sauces. Drain the fat, and do not forget to put a little sugar, which is requisite in all dishes of cardons, as it improves them greatly, cardons being not unfrequently bitter.

650. *Cardons with Velouté Sauce.*

The same preparation as in the two preceding articles. Take some out of the blanc, trim and stew them in a little consommé (No. 2), and when they are done drain and sauce them with some velouté (No. 21), or béchamel (No. 36).

651. *Cardons with White Sauce.*

The same preparation as above, only sauce with French melted butter (No. 73).

EPINARDS—(SPINACH).

652. *Spinach in Consommé.*

Take particular care, when the spinach is picked, that no stalks or weeds are left amongst it. The least oversight may cause the spinach to be good for nothing, in spite of whatever trouble you may take in cooking it. It should be washed several times in a great quantity of water. Then boil some water in a vessel large enough for the spinach to float with ease. Put a great deal of salt, that it may preserve its green colour, and press it down frequently with a wooden spoon, that it may be done equally. When it has boiled a few times, try whether it can be squeezed easily between your two fingers; then, without loss of time, put it into a colander to drain the hot water. Next put it into a great quantity of cold water to keep it green. When it is quite cold

make it into balls, and squeeze it well till quite dry. Then spread it on the table with your knife, to ascertain that no improper substance is left among it. Chop it very fine; put a good piece of butter into a stewpan, and lay the spinach over the butter. Let it dry over a gentle fire, and then dredge it with a spoonful of flour. Moisten with a few spoonsful of consommé (No. 2), and let it stew briskly, that it may not turn yellow. Make it rich with a small bit of glaze. If you intend to send it up as an entrée with a ham or a tongue, &c., you must mix a few spoonsful of Spanish sauce (No. 17), and let it be well seasoned. Some people like nutmeg; in that case you may grate a little into it. Spinach thus prepared may be used with a fricandeau, sweetbreads of veal, and breasts of veal or of mutton.

653. *Epinards à la Crême*—(*Spinach with Cream*).

Blanch and prepare it as above, only use cream instead of broth. Boil the cream before you throw it over the spinach. If it should curdle, the cream only is lost; whereas otherwise you would lose the spinach, butter and all. Spinach with cream requires a little sugar and nutmeg. It is needless to repeat that a little salt is also requisite, as there can be no good seasoning without it. You must always have fried toasts of bread round the spinach when you send it up to table, or some made of puff-paste flourets; but mind that they must both be fresh made.

654. *Epinards à l'Anglaise.*

This dish in Paris is called à l'Anglaise. The spinach is to be blanched as in the last. Squeeze it well, and pound it in a mortar; then mark it in a stewpan with a little butter. Leave it for three-quarters of an hour on a very slow fire till very dry. Next throw in a quarter of a pound of very fresh butter, with salt and grated nutmeg. Work the spinach well till it is thick, but take care the butter does not turn to oil; serve very hot.

655. *Croustades of Spinach.*

This dish is introduced merely for variety's sake. Cut some bread into hearts, which slit all round. Fry them in butter. Arrange the hearts in the form of a rosette.

Next cut a round of bread, which slit in the same manner, and place in the middle over the points of the hearts. Fry them till they are a fine brown colour, then cut out the interior, take out all the crumb, and fill the space left with spinach, either with cream or consommé. When spinach is dressed to put under meat, whether fricandeau or sweetbread, &c., it must be more highly seasoned than when dressed for entremêts, and a little more liquid, as it is like sauce. Spinach is often used in sweet dishes to dye the almonds, or make the green colour of the marbled biscuit. Pound in the mortar some of the spinach, and squeeze the juice out of it by pressing it through a towel; put the liquor in a small stewpan, and place the stewpan in a hot-water bath to poach. When the green is settled at the bottom of the stewpan, drain it through a silk sieve, and use it for almonds, or whatever requires green.

CHICORÉE—(ENDIVE).

Endive is a very wholesome vegetable, but you take off from its quality by adding to it strong seasoning, by which it becomes an epicurean sauce; it is however very strengthening and of easy digestion.

656. *Chicorée au Blond de Veau—(Endive with Veal Gravy).*

Wash and clean twelve heads of endive, and beware of the worms which generally are found in the heart. After having taken off all the green part of the leaves, wash the endive again in two or three different waters, and blanch

them to take off the bitter taste. Then throw them into cold water, and when quite cold squeeze them till there is no water left in them, then chop them very fine. Next stew them in a quantity of gravy sufficient to cover them entirely, to which add a little salt and a very small lump of sugar to cover the bitter tart taste of the endive. Ascertain if they are done enough by squeezing a bit between two fingers; if very tender they are done. Then add two spoonsful of Spanish sauce (No. 17), reduced, and use them either for entremêts under poached eggs, or for entrées, such as minces of mutton, muzettes of mutton, carbonades, fricandeaux, sweetbreads, fillets of fowl, &c. &c. (See Nos. 206, 208, &c.)

657. *Chicorée au Velouté*—(*Endive with Velouté*).

The same preparation as above, but instead of gravy use consommé, and in lieu of Espagnole take béchamel (No. 36). Endive must always be stewed either in broth, gravy, or consommé. The sauce must not boil when you pour it over the endive, especially if it is cream sauce. If you wish the sauce to be white, add some thick cream to it.

658. *Endive à la Française*—(*French way*).

The same preparation again as in No. 656. When the endive is done in the broth as above, reduce it quite dry; put in a quarter of a pound of fresh butter, a little salt, nutmeg, and pepper. Mix all together, and serve up very hot.

CHOUFLEUR—(CAULIFLOWER).

Cauliflowers are never good except when white and hard, and are never used in French cookery when they begin to run to seed.

659. *Choufleurs à la Sauce Blanche—(Cauliflowers with White Sauce).*

After having torn off all the green leaves, open the cauliflower to remove the snails or other insects, which are liable to creep towards the heart. For this purpose leave the cauliflower in cold water for an hour. Next throw it into boiling water, with a little salt and butter. This vegetable being very tender is soon done. If you wish to boil it beforehand, take it off the fire when only half done, as its being left in boiling water will soon finish it. Drain them separately, without breaking them; dish them in the shape of a large cauliflower, and pour the sauce over them.—(See White Sauce, No. 73.) Sauce Blanche is what is called melted butter, and White Sauce is béchamel. Be careful to remember this distinction.

660. *Choufleur au Velouté.*

The same preparation as above, with the only difference that you use velouté instead of sauce blanche. You make the velouté by putting a small bit of butter into béchamel (No. 36).

661. *Choufleur au Parmesan.*

Prepare and dish the cauliflowers as in the last. Next mask the top with a little thick béchamel (No. 36), powder some rasped Parmesan cheese over them, and melt a little fresh butter, which pour gently in different places. Then strew them over with crumbs of bread and rasped cheese again, to which give a fine colour with the salamander. Wipe the border of the dish, mix a little Parmesan cheese with some velouté (No. 21), and a little fresh butter; work the sauce, season it well, and pour it gently all round the cauliflower. If you should happen to have neither béchamel nor any other sauce ready, a little melted butter, with some glaze in it, will answer the same purpose; but it is more liable to turn to oil.

662. *Choufleur à l'Espagnole—(Cauliflower with Spanish Sauce).*

The same preparation again as in No 659. When the cauliflowers are done, drain them, and put them to simmer a little in a stewpan with a few spoonsful of Espagnole (No. 17). If you serve them in a silver stewpan, it is requisite that the cauliflowers should be boiled in the same, as they would break if you attempted to shift them into another vessel.

Cauliflowers intended for entrées are to be prepared as in No. 659, and they always look whiter if boiled beforehand in water, salt, and a little butter, and kept in it till they are wanted.

SALSIFIS.

This root, when black, we call salsifis; if white, it goes by the appellation of scorzonera. This latter is by no means so tender or palatable as the former; however, both are prepared and dressed in the same manner. Scrape them gently, so as to strip them only of the outside peel. Then cut them into pieces of an equal size, about four inches, and throw them into water with a little vinegar, or lemon-juice, to prevent their getting black. When you have scraped a sufficient quantity, boil them in water enough for them to swim with ease; put a little salt, a small bit of butter, and the juice of a lemon. They will generally be done in three quarters of an hour; yet it is better to ascertain the fact by taking a piece out of the water, and trying with your knife whether they are done enough, which is the case when the knife penetrates easily. Drain the salsifis, and send them up with whatever sauce you think proper. They are generally served with velouté (No. 21), or French melted butter, sauce blanche (No. 73).

663. *Salsifis with Velouté.*

The same preparation as above. Only observe, that such

sauces as are sent up with vegetables must always be refined, and thickened with fresh butter; never forget salt and a little Cayenne.

664. *Salsifis à l'Espagnole.*

The same preparation as the last, only use Espagnole (No. 17) instead of sauce blanche.

665. *Fried Salsifis.*

Make a batter as follows:—Take six spoonsful of flour, a small pinch of salt, a spoonful of olive oil, and beat the whole with beer enough to make it into batter, but do not make it too liquid. Then beat the whites of two eggs, and when well beaten pour them into the batter, which you keep stirring gently. Next put the vegetables, that are done beforehand and well drained in a cloth, into the batter; take them out again one by one, and throw them into the dripping. Use a skewer to prevent their sticking together. When fried of a fine colour and crisp, send them up with fried parsley in the centre of the dish, and a little pounded salt sprinkled over the vegetables.

666. *Salsifis in Salad or Aspic.*

Take salsifis enough to fill a mould of the size of the dish; then boil them in the same way as the others; drain and cut them the length of the mould; dress them like a Chartreuse, dip them into a little aspic to stick them together all round the mould, and fill the middle with a salad of small bits of salsifis all the same size; then season with salt, pepper, a little oil, vinegar, and aspic; put in also some parsley chopped very fine; toss the whole, and put it in the mould into ice. At dinner dip a rubber into hot water, rub the mould all round with it, and turn the salad out on the dish to serve up. If you can procure a few French beans very green, it will make the salad appear better; white haricot beans are likewise very useful.

ARTICHOKES.

Artichokes are only fit to be eaten when young and tender. Such as are intended for l'estouffade, or la barigoule, or plain boiled, must be full grown; the sprouts are used when to be fried à la Provençale, à l'Italienne, &c. You ascertain that they are good by the stalks breaking without being thready.

667. *Artichokes au Naturel*—(*Dressed plain*).

According to the size of your dish, boil a certain quantity of artichokes in salt and water only, after having washed them in several waters: remove all the insects that swarm about the leaves, and trim off all the bad leaves; ascertain whether they are done enough, either with the point of a knife or by tearing off one of the leaves. If the knife penetrates, or the leaf comes off with facility, then you may be certain that the artichoke is done. Shift it instantly into cold water, that you may take out all the inside; first take off the top all of a lump, then empty the choke, set the top on again, and send up as hot as possible, with French melted butter (No. 73) in a sauce-boat.

668. *Another method.*

Take a number of artichokes not exceeding five, because when the dish is too full it does not look well. Cut all the points of the leaves, and trim the bottoms very neatly; rub the bottoms with the juice of a lemon to prevent their turning black; cut each of them in four, trim them and take out the stuff that is in the middle, and when you have boiled them, serve them very hot with plain melted butter.

669. *Artichokes à l'Estouffade.*

These are prepared as in No. 667, but boil them only till you are enabled to empty them of all the choke.

When emptied, drain them well. Then have some olive-oil boiling, in which fry the surface of the leaves. When they are a fine brown colour, wipe off all the oil; have some shalot, parsley, and mushrooms, chopped very fine; put these herbs in a stewpan with a little fresh butter, salt, and pepper, and fry them till they appear well done; then divide this preparation into as many as you wish to serve with the artichokes, and mark the artichokes in a stewpan trimmed with layers of fat bacon and a few slices of ham; powder each artichoke with a little salt, and add to them a few carrots, onions, and a clove. Next cover them with thin layers of lean bacon. One single spoonful of broth will be sufficient to moisten the whole. There must be but a very small fire underneath, and a very brisk one above. The artichokes will be done in three-quarters of an hour's time, if they are young and tender; but as not unfrequently there are old ones among the number, it is better to ascertain with the point of a knife whether they are really done enough. Drain all the grease, dish them, and send up with Spanish sauce (No. 17), and the juice of a lemon in the inside of each of them.

670. *Artichokes à la Barigoule,*

Are prepared in every respect like the last, only have some sweet herbs, such as mushrooms, shalots, and parsley chopped very fine, which fry white in a little butter. When they are done, without being made too dry, season with pepper, salt, and the juice of a lemon. Then divide those herbs, and put them inside the artichokes, which stew as above. When done, drain them from the fat upon a clean towel, and send up with a brown Italian sauce (No. 24) in the inside.

671. *Artichokes à la Provençale—(Provence way).*

Choose some artichokes that are very tender, cut them into four quarters, pare them nicely, and rub them over with some lemon, that they may preserve their white co-

lour. Throw them into cold water; the quantity to be in proportion to the size of the dish in which you are to serve the entremêts. Trim a stewpan with a little olive-oil, salt and pepper, or butter, then put the artichokes all round, the bottoms downward, and set the whole to stew over some red-hot ashes, or to bake in a moderately hot oven. When done, drain the artichokes, and serve them up with French melted butter in them, to which add a little glaze and the juice of a lemon; or otherwise some Spanish sauce (No. 17), worked with a small lump of butter and the juice of a lemon. It will be better, when they are done, to drain the oil or butter, and put a little melted butter or Espagnole to detach the glaze, and the juice of half a lemon; serve them with that sauce.

672. *Fried Artichokes.*

Let the artichokes be tender, and cut into quarters as above. Rub them over with lemon to keep them white. When they have been well trimmed of nearly all their leaves, washed, and drained so that not a single drop of water remains, throw them into an earthen pan, with some pepper, salt, and the juice of a lemon. Next take four spoonsful of flour, three entire eggs, a tea-spoonful of olive-oil, and keep stirring the whole with a wooden spoon till the leaves are well imbrued. Then have some dripping, which must not be too hot, so that the artichokes may be done gradually through, of a fine brown colour. Throw the artichokes into the dripping, piece after piece, and use a skewer to prevent their sticking together. When they are done, and crisp, lay them on a towel to drain, and send them up with fried crisp green parsley. The paste will do better if you take care to make it an hour before you begin to fry them. The paste dilutes and goes into all the leaves. Trim the artichokes so as to make the leaves open.

673. *Artichokes à l'Italienne—(with Italian Sauce).*

These are also to be cut into quarters, and boiled in water

enough to enable them to swim with ease, with a little salt and butter. When done, drain them well, and lay them all round the dish with the leaves outwards. Then take some Italian sauce (No. 23), with which mix a small bit of butter, and pour the sauce over the part that is to be eaten, but not over the leaves.

674. *Artichoke Bottoms.*

Artichoke bottoms require to be turned very nicely, and the most tender leaves are to be left on, that the inside of the artichokes may be kept more clean. Blanch them in salt and water. When they are so far done that you may pull off the leaves and empty the choke without breaking the bottoms, take them out of the water, and throw them into cold water, that you may strip them entirely of the leaves, and remove the choke. Then make a blanc in the following manner:—

675. *Blanc for Vegetables and Cardons in general.*

Cut about half a pound of fat bacon and a little beef suet into large dice; take half a quarter of a pound of fresh butter, a little salt, and the half of a lemon cut in thin slices, and put the whole into a sufficient quantity of water to cover whatever you wish to put into your blanc. Let this stew for half an hour before you throw in the artichoke-bottoms, which are also generally done in the same space of time, yet the most certain method is to use the point of your knife to ascertain when they are done. Send them up with whatever sauce you think proper. They likewise serve to garnish fricassées of fowls, ragoûts, white or brown, &c.; they are always to be boiled in this way, in whatever sauce you may serve them.

676. *Artichoke Bottoms en Canapés.*

These when cold are served for entremêts. Pour on the centre of each artichoke-bottom some anchovy (No. 80), or Montpelier butter (No. 596), and decorate the whole with capers, pickled cucumbers, beet-root, &c.;

and when ready to serve up, pour over them a salad sauce garnished with cresses between. It will be readily perceived that over a flat bottom of artichokes it will be very easy to make some decoration with Montpelier butter, gherkin, anchovies, capers, the white and yolks of hard eggs, &c.; it depends entirely on the skill and ingenuity of the artist. Always make salad sauce for this entremêt. They are very relishing.

HARICOTS VERTS—(FRENCH BEANS).

677. *Haricots Verts à la Poulette.*

French beans should be young and tender. The fruiterers and green-grocers of this country sell them by the hundred when they are unfit to eat; they are only fit to be eaten when they are sold at market by the measure, as they are then young and tender. Then boil in salt and water, over a large fire, that they may retain their green colour.

Sauce Poulette.—This is made with a little sauce tournée (No. 19), which you reduce, and thicken with the yolks of two eggs, to which you add a little parsley chopped very fine. When the thickening is done enough, add to it a good lump of fresh butter, which work well, a little pepper and salt, and the juice of half a lemon. Drain the beans well, so that no water remains; dish them lightly (as the sauce should penetrate thoroughly), and send up with the sauce over them.

678. *Haricots Verts à la Lyonnaise.*

These are to be prepared as above. Cut some onions into dice; fry them a fine brown colour, take two spoonsful of Espagnole (No. 17), and work it with a good lump of fresh butter. After having drained the onions and beans, pour them into the sauce, keep stirring, season them well with salt and a little pepper; and serve up hot over the beans.

679. *Haricots Verts à la Française.*

After having boiled the beans as in No. 677, drain and lay them on the fire in a stewpan, to dry all the water. When entirely dry and quite hot, add to them a quarter of a pound of fresh butter, a little pepper and salt, and the juice of half a lemon; keep moving the stewpan, without using a spoon, as that would break the beans. If the butter should not mix well, add half a spoonful of sauce tournée (No. 19), and send up hot.

680. *Haricots Verts à la Provençale.*

These are to be boiled as in the last. Take two small pieces of garlic (which squeeze on a dresser with a wooden spoon), mixed with a little fresh butter. Let the beans be made quite dry, as in the last, and then put in the garlic with a quarter of a pound of butter, and keep stirring the beans till the whole is well combined. Mix some herbs chopped fine with the above, such as parsley and shalots or green onions, to which add a little good olive-oil. Keep stirring, and if you do it properly the oil will form a paste. Lastly, season it well, with the addition of the juice of a lemon. Serve up hot and with great expedition, that no oil may drop.

HARICOTS BLANCS. (WHITE BEANS.)

681. *Haricots Blancs à la Maître d'Hôtel.*

White beans, when fresh, must be put into boiling water; but if they are dry they must be soaked for an hour in cold water before you boil them. Then boil them in cold water, and replenish with cold water also, which makes the rind or coat tender. White beans must be well done before you dress them à la maître d'hôtel, which is done as follows: Put in a stewpan a quarter of a pound of fresh butter, a little parsley chopped very fine, and some pepper and salt, over which lay the beans, well drained. Keep moving the stewpan without using a

spoon, for fear of breaking the beans. Then squeeze the juice of half a lemon, and send up quite hot.

682. *Haricots Blancs à la Lyonnaise.*

Cut a few onions into dice, and fry them in a little butter till they are a light brown colour; then add to them two spoonsful of Spanish sauce (No. 17). Let the onions be well done; season them with pepper and salt; drain the beans that have been done as above, then throw them into the sauce, and serve up hot: if you have no Spanish sauce, when you have fried the onions, add to it a spoonful of fine flour, and moisten with good gravy, or broth, and a little glaze; then boil it very well, and put the beans in as directed: this manner is for entremêts, and they are dressed the same to put under a leg of mutton roasted, or a quarter of mutton à la Lyonnaise.

683. *Purée d'Haricots Blancs.*

The beans, which must be boiled beforehand, are to be mixed with the following preparation: Chop some onions, fry them lightly in a little butter, put a little flour to fry in the butter, and when done moisten with a spoonful or two of broth. Let the onions be thoroughly done. Next let the beans boil in the sauce for half an hour, season well, without pepper, and strain them through a tammy. Reduce the purée over a brisk fire, skim off the white scum, and before you serve up refine the purée with a bit of very fresh butter and two spoonsful of thick cream. This dish is to be garnished with fried crusts of bread all round. The same method is used to make the soup à la purée d'haricot, only put some strong consommé in it, and keep the purée quite clear: serve with the soup some crumbs of bread, cut in small squares, and fried brown in butter.

684. *The same as the last, Brown.*

This is prepared in the same manner as that above, with

this difference, that the onions are to be fried brown and moistened with some Espagnole (No. 17), or gravy of veal; in case you should not have any, as soon as the onion is a fine brown colour, throw in a spoonful of flour, and moisten with a little veal gravy and broth: let the flour be well done, and set the beans to boil in it for half an hour, that the taste of both may be well mixed; next rub the whole through a tammy, and give it a good seasoning. Remember that brown sauces are always to be more highly seasoned than others. This purée is made either for second-course dishes, or for sauces: when intended for sauce, it should be liquid, and still more so for soup; it makes excellent soup, only moisten with the water in which you have boiled the beans, and add a bunch of parsley and green onions.

FÈVES DE MARAIS—(WINDSOR BEANS).

685. *Windsor Beans à la Poulette.*

Windsor beans are to be served, at a good table, only when very young and fresh gathered. Boil them in salt and water. When nearly done, drain them, and stew them in a little sauce tournée (No. 19), with a bunch of parsley and green onions, a little savory chopped very fine, and a small lump of sugar. When the beans are sufficiently reduced, throw in a thickening made of the yolks of two eggs and a little thick cream. Send them up in a short sauce, and properly seasoned.

686. *Fèves de Marais à la Poulette. Another method.*

When the beans are large you must take off the coats and boil them in salt and water: cook them as above, and send them up with a short sauce.

687. *Beans and Bacon.*

Windsor beans are served as an entrée in the summer

season. Take a piece of streaky bacon, and boil it for a couple of hours. When ready to send up, take off the rind, and fry the bacon with a red-hot shovel. Powder the bacon over with raspings of bread. Give it a pleasing shape, and lay it over the beans that have been boiled in water and salt only, without any sauce. Send up separately in a boat some chopped parsley in melted butter. Beans are likewise an excellent garnish to a ham: when young, serve them plain round it, and cook them as directed at No. 685.

ASPERGE—(ASPARAGUS).

Asparagus are very wholesome, but they must be eaten when fresh gathered, as when stale they produce the contrary effect, and have a very bad taste; when used fresh they are mildly aperient: never put them in water to preserve them, unless you immerse them perpendicularly with only about half an inch plunged in water. This method will keep them tolerably fresh: there is nothing, however, like having them fresh gathered.

688. *Asparagus à la Sauce Blanche, called en Bâtonets.*

Asparagus are always boiled in salt and water, whether intended for first or second course dishes. The water in which they are boiled is always impregnated with a nauseous bitter taste: for this reason asparagus is never added in soups or garnish but at the very last moment before sending up the dinner. They must boil over a large fire, in order to preserve their green colour. Those served en bâtonets are cut according to the size of the dish. A toast of bread is generally put under the asparagus, to raise them on the dish, and to receive the water which may issue from them. Send up separately some melted butter in a boat.

689. *Asperge en Petit Pois, or Asparagus Peas.*

If the asparagus be properly dressed, it should taste like

green peas. Take some young asparagus, which pick with great care; then cut them into small equal pieces, avoiding to put in such parts as are hard or tough. Wash them in several waters, and throw them into boiling water, with a little salt. When the asparagus are nearly done, drain them first through a sieve, and next wipe them quite dry with a towel. Then put them into a stewpan with a small bit of butter, a bunch of parsley and green onions, and toss them in the stewpan over the fire for ten minutes. Now add a little flour and a small lump of sugar, and moisten with boiling water. They must boil over a large fire. When well reduced, take out the parsley and green onions, and thicken with the yolks of two eggs beaten with a little cream and a little salt: remember that in this entremêt sugar must predominate, and that there is to be no sauce. Asparagus are always dressed in this manner when to be served in the second course; but for first-course dishes, throw them into some good sauce tournée (No. 19), well reduced. Boil them a few times over a large fire, then powder a little sugar, and make a thickening of one egg. The sauce must be made thick, on account of the asparagus always yielding a certain quantity of water, which will thin the sauce.*

CUCUMBERS.

Cucumbers are a very cool plant, and of very great use in cookery; they are useful in first and second courses, and may be dressed in many different ways; they are also of very easy digestion, and may be recommended as very healthy food.

690. *Concombres farcies, or Cucumbers stuffed.*

Take four or six cucumbers, according to the size of your dish; cut them into the shape of a screw, which is done by leaning with your thumb on the blade of your knife

* I should here observe, that asparagus serve either to flavour or garnish a number of dishes; such as, "macédoine," "jardinière," "pointes d'asperge," "salad," "aspics," &c.

whilst cutting the cucumber at an equal distance. When you have thus turned the outside, empty the inside with a scooper. Take great care not to bruise the cucumbers, which, when prepared, you throw successively into some water. Now blanch them, and cool them in cold water; drain them; then take a little forcemeat for quenelles (No. 147), or some godiveau (No. 156), with which fill the cucumbers. Mark them in a stewpan with layers of bacon under and above, and a little salt and pepper; moisten with some good consommé, and let them stew, but not too long. Lay them on a towel to drain, and send them up with a fine Spanish sauce (No. 17), almost reduced to glaze.

691. *Concombres à la Poulette.*

Cut some cucumbers in the shape of half-crown pieces; pickle them for half an hour in a little salt and a drop of vinegar; next drain them in a towel, and lay them in a stewpan with two ounces of butter. Fry them white over a brisk fire, and then powder them over with a little flour. Next moisten with a little broth, and let them be reduced without breaking: skim off all the butter. When sufficiently reduced, add a little chopped parsley, a little sugar, and a thickening of three eggs or more, according to the quantity of the cucumbers, together with a little salt; you may also put a little pepper if you like. It would be useless to recommend the necessity of seasoning, as it is known to constitute the difference between good and bad cookery. Either salt or sugar must predominate in some respects. Take care to skim off all the butter before you reduce.

692. *Concombres en Curde.*

Cut cucumbers lengthways of the size of the dish; empty the seed, and slit the outside, that it may bear the appearance of a cardon; blanch them in boiling water; next stew them in some consommé (No. 2), with two or three spoonsful of Spanish sauce (No. 17). Let them boil over a sharp fire, and take care the sauce does not become

skinny. If the cucumbers should give a bitter taste, put in a little sugar. This dish is a very wholesome one for weak stomachs. The cucumbers for sauces or dishes of the first course are explained in the articles relative to made dishes; those served in the second course, or as garnishings, are the only ones here inserted.

SEA KALE.

This plant is not known in France. It is to be boiled in salt and water, and after being well drained to be sent up with either a white sauce (No. 73), a velouté (No. 21), or an Espagnole (No. 17); it has a great resemblance to asparagus, but is only used for second courses. It is a common practice with the female cooks to serve under them a piece of toasted bread to soak up the water, but when you drain them well on a clean cloth they do not require the toast; and à la Française you must put sauce to it, either white or brown.

BROCOLI.

Brocoli are no other than green cauliflowers. They are dressed in the same manner, and sent up with the same sauce. (See Cauliflowers, Nos. 659, 660, 661, and 662.)

POMMES DE TERRE—(POTATOES).

693. *Pommes de Terre à la Maître d'Hôtel.*

Wash the potatoes clean, and boil them with the skin in salt and water. When they are done, let them cool, then turn them in the shape of large corks, and cut them into slices as thick as twopenny pieces, for if the slices were too thin they would break in the sauce. (For the Steward's Sauce, see No. 31.) If you should have no sauce ready, make a butter sauce, mix with it a little chopped parsley, pepper, salt, a little glaze, and the juice of a lemon, if acid is required. Mind that the sauce is neither curdled nor too thick, and that it is well mixed before you put the potatoes in it.

694. *Fried Potatoes.*

These are to be turned when raw, and cut the same thickness as in the last: then fry them in clarified butter. If you should have any goose dripping, it would do better. When the potatoes are fried a fine brown colour, and crisp, drain all the grease on a towel, and serve them quite hot on a napkin, or in a deep dish, for they cannot be dished nicely in any other way. Do not forget to sprinkle them over with a little pounded salt.

695. *Purée de Pommes de Terre, or Potato Purée.*

Take some potatoes well boiled and well drained, pound them in the mortar, moisten with good broth and salt, then rub them through a sieve; when done, put the purée to warm in a stewpan, and add two ounces of fresh butter to it: purée must be thinner than mash; put fried bread round it. Sometimes you may use cream instead of broth; but it is not so wholesome, and is much dearer.

696. *Croquettes de Pommes de Terre.*

After having boiled the potatoes in water, to take off the tartness, boil a pint of milk, in which infuse half the peel of a lemon, a lump of sugar, and a little salt. It is hardly possible to determine exactly what quantity of potatoes is requisite for a pint of milk: however, the mash must be made rather thick, and very smooth before you introduce the flavoured milk: keep this rather thick, and let it cool, and then roll it in the shape you like best, either corks, pears, or balls. Then crumb them as other croquettes, with an omelet and a little salt, and then crumbs of bread, repeating both operations twice. Give them a pleasing form, fry them of a fine colour, and send them up, but without any fried parsley. In this dish sugar must predominate, as it is one of the class of sweet dishes.

You may sometimes make the croquettes as directed, but without putting crumbs on them; have some whites of eggs frothed, into which dip them only, and fry them;

when a good colour, glaze them with sugar, and serve very hot.

697. *Casserole de Pommes de Terre.*

Instead of a rice casserole, make a casserole of potatoes. The potatoes must be well done; then mix some butter and cream well with a little salt, and make the whole into a thick mash. Dish it, and give to the casserole the best form you can: if you have a tin mould that opens, oil the inside, and dress the mash of potatoes in it. Make an opening in the centre. After having given it a fine brown colour in the oven, wipe your dish clean, and pour in the ragoût, macaroni, or fricassée, &c. Keep the mash very thick to prevent its breaking when the ragoûts are in it.

698. *Potato Soufflé.*

The soufflé requires the potatoes to be well done also. When they have boiled a sufficient time in water, strain them through a hair sieve, and put what comes through the sieve into a mixture of milk, sugar, lemon-peel, a good bit of butter, and a little salt, as in No. 696. Work the whole with the potatoes, and add the yolks of six eggs. At the moment you are going to send up the removes of the soups, beat the whites of the six eggs, and mix them with the rest of the preparation, adding to it a small bit of butter. Put the whole into a soufflé-dish, or into a pie-crust that has been made beforehand. The soufflé, however, is better in a dish, as you cannot get it so well done in paste. Glaze with a little pounded sugar and the salamander. Send up speedily, for fear the soufflé should fall.

The fécules that are sold at Morel's, in Piccadilly, are sooner done. Take three or four spoonsful of flour of potatoes, and mix them with good milk, a little salt, lemon-peel, and sugar; keep this preparation thick, then proceed as before directed, with the white and the yolks.

699. *Potato Cakes.**

The same preparation as for the soufflé, with the only difference that you put some crumbs of bread into a mould. First, you must put some clarified butter into the mould, so that it may be spread all over; this being done, put two or three large handsful of crumbs of bread, and spread them equally on all parts of the mould. Then dip a brush into some hot butter, and sprinkle it gently over the contents of the mould, which strew over a second time equally with crumbs of bread; mix the potatoes as for the soufflé, only mind to put this cake on a baking-dish, with some ashes under the mould to prevent it from getting too hot at the bottom; and put it in a pretty hot oven, that the gâteau or cake may be made a fine colour. You may occasionally add dried currants or dried cherries; sometimes flavour it with noyau, marasquino, or vanilla, &c., to create a variety of names and tastes. When you turn the mould, be particular not to break the cake.

700. *Biscuits of Potatoes and Potato Flour.*

Take fifteen fresh eggs, break the yolks into one pan and the whites into another. Beat the yolks with a pound of sugar pounded very fine, scrape the peel of a lemon with a lump of sugar, dry that, and pound it fine also; then throw into it the yolks, and work the eggs and sugar till they are of a whitish colour. Next, whip the whites well and mix them with the yolks. Now sift half a pound of flour of potatoes through a silk sieve, over the eggs and sugar. Have some paper cases ready, which lay on a plafond, with some paper underneath. Fill the cases, but not too full; glaze the contents with some rather coarse sugar, and bake the whole in an oven moderately heated.

* Not unnecessarily to increase the bulk of the present work, the author has given, in the above recipe, directions for a plain one, but they may be varied ad infinitum, by adding different flavours, such as rose, vanilla, coffee lemon, orange, &c. &c.

With this quantity of paste you may make one good cake and twenty-four cases. The biscuit in the mould is made with the same paste, but you put some melted butter in a mould of the shape you desire; then take some very dry pounded white sugar, and after having spread the butter all over the inside, throw the pounded sugar into it, and turn the mould all over to equalise the sugar; throw a few cinders on a baking-dish, and put the mould over them to prevent its burning in the oven; put the paste gently into it, taking care not to fill the mould too full, and bake it in an oven of a moderate heat. It should be a good colour. Take it out of the mould as soon as you bring it from the oven. One hour will suffice to bake it thoroughly.

N.B.—The cases are to be baked on a plafond, where there has been no sugar; otherwise the paper would be soiled.

Potato Flour.—The flour of potatoes may be easily made, by first peeling some raw potatoes, and then rasping them into a great vessel of clean cold water. When the potatoes have produced a sediment at the bottom of the pan, drain off all the water gently, and fill the pan again with very clear water, then stir up the sediment, and let it settle again. When settled, drain off all the water, and put the sediment on a clean cloth till it is quite dry. Keep it in a clean pot for use.

PETITS POIS—(YOUNG OR NEW GREEN PEAS).

We have in France a proverb—"Eat green peas with the rich and cherries with the poor." Peas are only fit to be dressed in the French way when they are young, extremely fine, and well selected. If they have been gathered long, they will undoubtedly be coarse and hard, and have lost their flavour. If you wish to eat them in a state of perfection, you should do as Lord S. does—have them gathered in the morning and dressed on the same day, in the following manner:—

701. *Peas, French fashion.*

For a large dish, take three quarts of green peas. Throw them into an earthen pan, with a quarter of a pound of fresh butter and plenty of cold water. Handle the peas with the butter till they stick together; then drain them, take them out of the water by handsful, and throw them into a colander, that neither water nor any kind of filth may remain. Next stew them over a moderate fire, with a bunch of parsley and green onions. When they have recovered their green colour, powder them over with a little flour: stir the peas before you moisten them with boiling water, till they are entirely covered with it, which reduce quickly on a large fire. The moment you perceive there is no moisture or liquor remaining, dip a small lump of sugar into some water that it may soon melt, and put it with the peas, to which add a very small quantity of salt. The author has already said (see Asparagus Peas, No. 689) that sugar must predominate: green peas without salt would taste very insipid, although the persons who eat them are not sensible of there being any. Next take about a quartern of butter, which knead with a spoonful of flour. Mind that the peas are boiling when you put the kneaded butter in; thicken them with it, and remember that when green peas are properly dressed there must be no sauce.

The cook should study this article repeatedly, if he would have the peas in perfection: when they are fresh gathered, they should be handled with the butter as above, and placed on the stove to simmer or sweat; it is well to toast them frequently: when they are done, if too much liquid remain, reduce them quickly, and add the sugar, the salt, (but no water,) and the flour, as before. If the peas are not of the best quality, moisten them with boiling water, and proceed as before directed. It may be useful to remark, that if the peas are not very young and tender, they must indubitably be moistened with boiling water; but if they are young, fresh gathered, and fresh shelled, they must be sweated only, with no water.

702. *Stewed Green Peas with Bacon.*

The same preparation as in the last. The bacon is to be cut into pieces one inch square, and always taken from that part of the breast which in France is called petit lard. Sometimes the pieces may be cut in the shape of corks, according to fancy. Blanch these for half an hour in water, to take off the briny taste; then fry them of a fine colour, and drain all the grease. Next stew the bacon with the peas in the same manner as in No. 701. But instead of flour, put in only a little water. When the peas are nearly done and reduced, add to them a spoonful of sauce tournée (No. 19). If you wish them to be a brown colour, use some Espagnole (No. 17), and never omit a little sugar. Unless the peas are served as sauce, or an entrée, there must never be any sauce in the dish; and observe, when they are for entremêts, that there must be no sauce at all.

703. *Peas, plain boiled.*

Throw the peas into some boiling water, with a little salt. When done enough, drain them, and empty them into a stewpan, with a good bit of butter and a little more salt. Keep stirring till the butter is melted, and season with a little more salt, and pepper also, if approved of. Send up hot, but take care the butter does not turn to oil.

704. *Petit Pois à la Paysanne*—(*Peasant's way*).

Mark the peas as in No. 701. Then take a few cabbage and cos lettuces, a good handful of parsley, and a few green onions. Wash them clean, and break them with your fingers instead of chopping them. Drain the lettuce, parsley, and onions, and sweat them with the peas over a very slow fire. You need not put any other moisture than the butter: take care to stir the stewpan repeatedly, to prevent the vegetables from burning. When they are done enough, add a little pepper and salt; reduce the liquid, and add to it the kneaded flour and butter, to thicken it as for peas dressed in a different way.

705. *Peas in General.*

When very busy, it is requisite that you should have all the peas intended for entrées, or for entremêts, marked in a stewpan. Sweat them all together; take a certain quantity for your first course, and reduce the remainder the moment you finish the entremêts for the second.

Peas, to be dressed French fashion, should be very young, and of an equal size, for if of different sizes they will never adhere well. Have a sieve made of osier or of cane, through which they must be sifted; such as cannot come through are used for soups, purées, &c., or to be plain boiled.

NAVETS—(TURNIPS).

Turnips are of the greatest utility in cookery, as they are used for seasoning all the soups, for a great many entrées, and also for entremêts, as follows:—

706. *Navets à la Sauce Blanche.*

Turnips only find their way as entremêts, in winter-time, from a want of other vegetables. Cut them in the shape of pears or balls; boil them in salt and water, and butter, and when done enough, drain them and send them up with a white sauce (No. 73), to which you may add a little mustard, if approved of.

707. *Navets Glacés en Poire de Russelet.*

Select a few fine turnips; turn, in the shape of pears, a sufficient number to cover or to fill the dish; stew them in a little broth with a little sugar, which reduce to glaze, and add to it a little glaze. When equally glazed, dish them; take a spoonful of Espagnole (No. 17), to detach the glaze that remains in the stewpan, with a small bit of butter twice as big as a walnut, which work with the sauce. Pour the sauce over the turnips after you have given it a good seasoning.

708. *Purée de Navets—(The White Purée of Turnips).*

If you want to make a very white purée, you must mince the turnips, blanch them in boiling water, and drain and sweat them over a very slow fire in a little butter, to prevent their getting brown. When they are done enough, add two or three spoonsful of béchamel (No. 36), strain them like a purée through a tammy, reduce, and send them up surrounded with fried toasts of bread. If they are for entremêts, the purée must be thicker; if for garnishing entrées, richer and more tasty.

709. *The Brown Purée of Turnips.*

Instead of blanching the turnips, sweat them on a slow fire, in a little butter. Take care they do not burn. When they are well done, moisten with three spoonsful of sauce tournée (No. 19) and one spoonful of veal gravy. Give them a good seasoning, rub them through a tammy, and send up as above, with fried toasts of bread. Never omit putting in a small lump of sugar before you serve up, to overcome the bitter taste of the turnips. I have already mentioned that these entremêts are not much approved of in England, but in winter, and in the country, you very often have no choice for second courses.

CARROTS.

Carrots, like turnips, supply the scarcity of vegetables at a particular time of the year, when all others are dear, and are of great service in cookery in general; they are of good flavour and appearance in a great many dishes; they are indispensable in broth, braize, and potages; and they are of a great many sorts: the red ones are the best, and keep longest without becoming maggoty, as the others do. They are also very useful in medicine, as an infallible remedy for jaundice: the water in which they have been boiled is to be drunk, and the carrots to be eaten, with a little salt and butter.

710. *Carrottes à l'Orleans.*

Take a few young carrots, turn them of an equal size, cut them in slices about the eighth of an inch thick, and blanch them well. Next lay them on a towel to drain: put them into a stewpan with a small lump of sugar and a little broth, and let them boil over a large fire. When reduced to glaze, add a good bit of fresh butter and a little salt. Mind that the butter must adhere to the carrots when you serve up, as no sauce must be seen.

711. *Purée de Carrottes.*

Mince some young carrots: blanch them to take off the tart taste, and use the same process as for the purée of turnips (No. 708). This purée is always for soup, and you must select the red ones in preference; and when they are done as other purées, moisten the purée with good consommé, and put it to boil on the corner of the stove, and skim off the oily part of the vegetables, in order to obtain the best possible colour for the soup.

712. *Soufflé of Carrots.*

Make a thick purée of carrots, but instead of broth use water, in which put a little sugar, half a spoonful of flour, a little salt, and a good bit of butter; let all this boil till very thick, then add the yolks of six eggs, and mix all well together. The moment you are ready to send up, beat the whites of the eggs, which throw in with the rest, and put into the oven for a proper time in the vessel which you wish to use. Soufflé is not in great favour, but it is good.

CELERY.

This is a very heating but easily digested vegetable; it will be found of great use in cookery, as it is to be seen in so many preparations, soups, salads, sauces, and

entremêts of all descriptions. You must select for purées the whitest, and for entremêts the larger and not stringy.

713. *Celery à l'Espagnole—(with Spanish Sauce).*

Cut a dozen heads of celery the length of your dish: blanch them, cool them in cold water, drain them on a clean cloth, and mark them in a stewpan between two layers of bacon. Moisten with a spoonful of broth, and let them boil gently for half an hour; leave them in the braize; take some of the broth in which they have been stewed, skim off the fat, reduce it almost to a glaze, and mix it with some Espagnole (No. 17), for the sauce of the celery; when done, drain all the fat. Then dish the celery, and send it up with an Espagnole (No. 17), rather thick. If the celery could be boiled after being drained in the sauce for about half an hour, it would have a better taste.

714. *Celery with White Sauce.*

Cut and blanch a dozen heads of celery as above. Let them stew in a little butter, salt, and water. When done enough, drain them, and serve up with the sauce blanché (No. 73). If you would have the celery very white, blanch it in boiling water; then put it in a stewpan with water enough to cover it; add to it a bit of butter, the juice of half a lemon, and salt; let this boil only half an hour, and let the celery remain in it till wanted: it will become very white, and you may cut it for sauce, as for turkey, fowl, &c.; and the sauce must be made as follows:—Put in a stewpan two ounces of fresh butter, a small bit of ham, two shalots, a small onion stuck with two cloves, and three or four mushrooms; fry them lightly on the stove in a stewpan; add two spoonsful of very fine flour, stir it a little on the stove; then moisten this with a pint of good cream and the same quantity of the liquor in which you have boiled the celery; add salt and pepper: reduce this sauce, and use it for the celery,

if for a second course; and if for garnishing a remove, cut the celery and put it to the sauce, after you have rubbed it through a tammy.

715. *Purée of Celery.*

For the purée of celery, see No. 44. In general, all purées are made by the same process; only observe that trimmings are good enough for purées.

TRUFFLES.

Be particular in smelling the truffles. Throw away those which have a musky smell; wash them well with a brush in cold water only: when very clean, pick out the larger ones to be served à la serviette (on the napkin) or with Champagne wine, and peel the others very thin; cut them to be put into clarified butter with the sauté of either fowls or game; the trimmings are used to give flavour to different broths. When they are used with large entrées, they are done with fowl or turkey, &c., in the poêlé or braize. Truffles are in great repute in the best cookery, and deservedly so; but it is difficult to obtain them good. The good ones are flowered and very black; and when you use them you must be particular in their selection. If kept too long before they are used, they lose their taste and flavour, and likewise their power. They are of easy digestion, and very aperient.

716. *Truffles with Champagne Wine.*

After having selected the best truffles, and washed and cleaned them from the sand which is apt to accumulate in their cavities, trim a stewpan with slices of bacon: put the truffles into it, with a bunch of parsley and green onions, well seasoned with thyme, bay-leaves, cloves, basil, &c., &c.; moisten with a spoonful of good consommé, two glasses of Champagne, some salt and pepper, and if you have a good poêlé (No. 313) from fowls, put in some of it, fat and liquid together; set them to boil gently for one hour; let this cool in the stewpan, after

tossing those which are at the bottom up to the top, to give them an equal flavour. When you wish to serve up, warm them again, and drain them in a very clean towel. Serve them up in a beautiful napkin, so perfectly white that it may contrast as strongly as possible with the black of the truffles; and be particular to save the bacon and the liquor in which they have been braized, which will serve well for either fowl or turkey, or to moisten a salmy, and, in fact, to improve a great many dishes.

717. *Truffles à l'Italienne—(Italian way).*

Wash and trim the truffles as above: cut them in slices about the size of a penny-piece; put them into a sauté-pan, with parsley and a little shalot chopped fine, some salt and pepper, and a little butter; put them on the fire, and stir them that they may fry equally: when they are done, which will be in about ten minutes, drain off some of the butter; then put a little fresh butter, a spoonful of Espagnole sauce (No. 17), the juice of one lemon, a little Cayenne pepper, and serve very hot. This is a relish.

CHAPTER XX.

SWEET ENTREMETS—APPLES, RICE, NOUILLES.

POMMES—(APPLES).

The great difficulty is to find good apples, and such as will bear cooking. In general they break as soon as they feel the fire; the golden pippins are excellent for entremêts, but they are small, and generally dear.

718. *Pommes à la Portugaise.*

Take a dozen of fine rennet apples; take care that they are not injured. Peel them equally, and push the core out with a vegetable-cutter. Blanch them in boiling water; when boiled for a few minutes put them in cold water, drain them in a clean cloth. Boil them in a very thin syrup, without being too much done. Then make a marmalade with some other apples, but let it be very white.* This marmalade must be made a good thickness. Lay the apples in a hair sieve to drain, that no syrup may remain, and next dish the marmalade, which level with your knife. Lay the apples round the dish at an equal distance, and in such a manner that they may be more elevated in the centre. In the cavity of each apple place a preserved cherry. If you should have any apricot marmalade, generally called apricot jam, you may use some to decorate this entremêt as your taste may suggest, or your means allow. You may likewise use angelica to ornament the dish. It would be a long and unsuccessful task to teach dressing and decorating by a book; the ingenuity and understanding of the learner will be his best guide.

* Any fruit melted in a stewpan is called marmalade; as vegetables so melted are called purée.

719. *Miroton de Pommes.*

You must take at least two dozen apples, and of that sort particularly which stands the fire best. Golden pippins are generally the best. Peel them and cut them into slices about the size of a dollar. Take a deep dish, (otherwise your miroton would sink in it, and not look well,) put a little marmalade on the bottom of the dish, in order to stick down the apples, one above another, all round the dish. Fill up the middle of the dish with the most defective slices of the apples. Now lay another bed of apricot marmalade, to prevent the apples from slipping down. Next, lay a second bed of apples, and some marmalade again, so as to form a complete spiral line. You must close the centre with a slice of apple, which is to be slit. Next, bake this in a moderately hot oven. When the apples yield to the pressure of the finger, it is a sign of their being done enough, Lastly, sprinkle over the apples a little pounded sugar, and glaze with the salamander. Remember that you must give the apples a fine colouring.

720. *Suédoise de Pommes.*

Make a marmalade of apples as compact as possible. Then take small pieces of apples cut into corks, and of different colours. To dye them you need only dilute with syrup a little carmine or saffron, and boil them once. Next let the apples cool in the syrup, that the colour may be spread equally over them. When you dish the suédoise, first spread some marmalade over the middle of the dish, and then arrange the apple corks symmetrically, viz., one white, one red, one yellow, and so on. As the rows ascend, make the next always narrower, and decorate the top with cherries of a pink hue, greengages, angelica, &c. Have some apple jelly, with which cover the suédoise, and put it into ice to cool. When the suédoise is decorated in an agreeable form, use some jelly for garnishing, and place it gently over

and round the suédoise. The jelly must be of a sufficient substance not to run down the fruit.

721. *Chartreuse de Pommes et de Fruit.*

A Chartreuse is the same thing as a suédoise; only, instead of raising the fruit with the hand over the marmalade, you oil a mould of the same size as the dish you intend to use, and arrange symmetrically fruit of different colours, such as angelica, preserved oranges, lemons, &c.; in short, whatever may offer a variety of colours. Apples and pears are in more general use for the outside, but then they must be dyed as directed in No. 720. When you have decorated the middle or bottom, proceed to do the same to the sides. Next use some thick marmalade of apples to consolidate the decorations, and make a wall sufficiently strong that you may turn the chartreuse upside down; take the whitest apple jelly you can procure, some stewed pears cut into slices the sizes of a half-crown piece, and some cherries, greengages, plums, preserved apricots, &c., and mix the whole with the jelly, so as to represent a macédoine. Do not fill the cavity too full with the miroton, as you are to close it with apple marmalade, which has more substance in it; put the mould in ice, and when wanted turn over the chartreuse and dish it. Glaze the fruit over with some thick syrup. This syrup gives additional lustre to the colours, and a fresh gloss to the fruit.

722. *Turban of Apples.*

Take some real rennets or golden pippins, cut them into equal quarters, and stew them in some thin syrup. Mind they do not break. Boil some rice in cream, with a little lemon-peel, sugar, and salt. Let the rice be done thoroughly, and kept thick. Then let it cool. When it is nearly cold, take a large piece of bread, or rather an empty gallipot, which put in the centre of the dish, lay the rice all round till you reach the top of the gallipot. Next take the pieces of apples that have been drained of all the syrup over a sieve, thrust them into the rice,

sloping towards the right in the first row, and towards the left in the second, and so on till you reach the top of the turban, which put into the oven, that the apples may be made a fine colour. When you are ready to serve up, remove the gallipot, wipe off all the butter, and decorate the apples with some hard currant jelly, green-gages, cherries, &c., which may sometimes be about the middle of the dish, and pour into the middle a crême patissière. (See No. 752.)

RICE FOR ENTRÉES AND ENTREMETS.

Carolina rice is generally the best. It must be observed, that rice which has been wetted by the sea has lost its flavour, and of course is unfit to be made use of with casseroles. Rice is also frequently sold that has been used for distillation, and thus rendered unfit for these dishes which require genuine Carolina rice. You must first pick the rice, and wash it by rubbing it within your hands in several waters, till the water has not the least stain. Then smell it, for if it should smell of musk, which is often the case, it must be washed in hot water, and then in cold water again, till the bad smell is entirely gone. Next lay it in a sieve to drain for use when wanted.

RICE FOR ENTRÉES.

723. *Casserole au Ris.*

After having picked the rice well, wash it first in lukewarm, and next in cold water, as directed above. After you have well drained it, throw it into a stewpan of a proper size, that it may swell with ease: moisten with some pot-top.* The broth must be previously drained through a silk sieve, in order that the rice may be kept very clean. Mix it with a large quantity of grease, and some pieces of fat ham, in order to make the rice more mellow, and a little salt. As the rice must swell very much, use a suffi-

* Pot-top, fat.

cient quantity of broth to produce that effect. Lay the rice on a very slow fire, and stir it frequently that it may not stick. Taste it to ascertain whether it is well seasoned and done enough; then strain it through a colander, and move it well with a wooden spoon. Take off the fat that issues from the rice, and pour it into the mould which you select for the casserole; when all the parts of the latter are well covered with the grease, drain it by turning the mould upside down, then put some rice all round the mould; put a piece of soft bread in the middle, and cover it with rice, squeeze it in equally with your spoon, and let it cool. When the rice has become firm, dip the outside of the mould into boiling water. Have a little pâte brisée (No. 794), which frame the size of the mould; turn the mould over the paste; make an opening with a knife in the top, and flatten the paste all round with a spoon; then put it into the oven, which can never be too hot for a casserole, for if the oven is not hot enough the casserole is liable to break; baste it with the grease, and when it is become of a fine colour, take it out of the oven; open it gently, then cut the bread into small pieces with a penknife, that you may take it out without injuring the casserole; next remove the rice that sticks round, but do not empty it too much, for fear it should not bear or resist the weight of whatever you intend to throw in. You generally put into these casseroles white and brown ragoûts, blanquettes, émincés, fricassées of fowls, maccaroni, and scollops of fish that have already been sent up to table, &c. &c.

724. *Rice Cassolettes.*

The rice is to be prepared as above, but must be put into smaller moulds, those called dariole or custard-moulds; and the mould must be buttered all round, or you may use the fat from the rice as above. Mind that the cassolettes are to be quite cold before you take them out of the mould. The best method of filling up the cassolettes is to take a carrot, and cut it a proper large size, to make a hole in the rice; this hole you fill up with a mince of fowl, with béchamel sauce. This mince must be tho-

roughly cold. When you fill up the mould with the rice, close it, without allowing any of the mince to be mixed with the rice, in which case the cassolettes would break in the dripping when you fry them. To prevent this accident, dip them in an omelet and crumbs once, and put them into very hot dripping. It is to be observed, that in making cassolettes the rice must be made quite firm; and that they require something of a white colour to be added; as a mince with velouté, a salpicon of palates and of mushrooms à l'Allemande, or fillets of fish with béchamel sauce, &c.

N. B.—You may likewise give them a light brown colour in the oven, the same as other casseroles of rice, but frying is the best and the quickest way.

725. *Gâteau de Ris—(or Rice Cake).*

After having prepared the rice as in No. 723, take some good cream, which first boil to ascertain that it will not curdle; the quantity must be proportionate to the size of the mould you intend to use. For a quarter of a pound of rice take a quart of cream, which however is not always sufficient; this depends on the rice swelling more or less: in this case add a little milk to it. When the cream has boiled take the peel of a lemon, which infuse in the cream for a quarter of an hour; take the peel out before you pour in the rice, which lay on a very slow fire till it bursts, or swells; when well swollen add a little salt and some sugar, according to your own palate; the sugar however must predominate, the salt being only intended to remedy the insipid taste that is inseparable from sweet entremêts. Sugar must entirely predominate in articles for a dessert, but in entremêts it is to be used moderately. When the rice is done enough, and properly seasoned, break eight eggs, and mix the yolks with the rice; next beat the whites, which pour gently into the preparation; put also a good bit of butter; then clarify about a quarter of a pound of butter, and when it is completely melted pour it into the mould; turn the mould round, that the butter may be spread equally on all sides, then turn it upside down for a moment: then

put crumbs of bread into the mould, and contrive to have them likewise spread equally all over it; now dip a small piece of paper into the butter, sprinkle some clarified butter all round the inside of the mould, and put some more crumbs of bread. This being done to your satisfaction, pour the rice into the mould, and put it into the oven, but mind it must not be too hot. An hour is required for your cake to be baked enough. Turn it upside down in the dish, and serve up.

N.B.—You may sometimes put with it preserved cherries, raisins, or currants, &c.

726. *Rice Croquettes.*

This rice is to be prepared as in the last. When it has swelled in the cream, and is properly seasoned, let it cool; then roll it into croquettes in the shape of a cork. Next strew over them crumbs of bread (by which is meant that you dip them first into an omelet, and next into crumbs of bread). Roll them several times in the crumbs in what form you please, and mind that they are made a fine colour. When you have fried them of a good colour you may glaze them on one side with pounded sugar, by using the salamander. Send up with fried parsley, of a nice colour, in the centre. It may be necessary to remark, that you may multiply these entremêts by the variety of the different flavours which may be used, as vanilla, citron, lemon, orange, coffee, chocolate, &c., and the liqueurs, noyau, marasquino, oil of roses, &c. They should be further improved by putting inside of them apricot jam, currant jelly, or any other preserve that you have to dispose of. When you have made the croquettes as usual, make a hole with the handle of a wooden spoon, and put the sweetmeat in it, and close the hole with rice; give them a good shape, strew them with crumbs, and fry them as you do other croquettes.

727. *Soufflé de Ris.*

The same preparation as in No. 725, only keep the rice rather more liquid, and put the whites of two more eggs;

that is to say, in a rice cake you put eight yolks and as many whites, whereas in a soufflé you put only six yolks and eight whites, and a little more butter to determine the soufflé. You must consult the taste of your employer in the flavour of the soufflé, by using either lemon-peel, vanilla, orange, orange-flower, noyau, marasquino, coffee, &c.

728. *Ris Gratiné.*

Take two ounces of rice, which wash and pick, &c. Then let it swell in hot milk, as cream, when used for entremêts of this sort, would turn to butter. When the rice is well done, pound half a dozen sweet almonds, and the same quantity of bitter ones; when you have made them into a paste, rub them through a tammy, and mix them with the rice, a little sugar, and a very little salt. Then put the rice into a silver pan or porringer, or silver casserole, and leave it to gratin on a slow fire for three quarters of an hour or more. Instead of using the lid, only cover the pan with a sheet of paper, to prevent the dust and the steam. Serve hot: if you put a cover to it, the steam will prevent its being gratined; glaze it with pounded sugar by means of the salamander. If it is properly gratined it is a very good dish for family use.

729. *Rice Turban.*

Prepare the rice as in No. 723. Cut some apples into quarters, and stew them in syrup. Take particular care that the quarters are kept whole. Dish the rice; put a gallipot in the middle, to form a vacancy, into which you are afterwards to pour a vanilla cream. Dress the rice round the gallipot, and level it with the back of a spoon. Next place the apples round the rice, till you have reached the summit of it, and put the whole into the oven, but only leave it there time enough to dry up the syrup which sticks round the apples. Next decorate with sweetmeats of different colours, such as greengages, apricots, and cherries; and when you are ready to send

up, remove the gallipot, and fill the vacancy with the vanilla cream.

N.B.—Many entremêts are made of rice cream, which, by the bye, is no more than flour of rice, which is like any other flour, except that it swells more. You may make soufflés of it, and give them whatever flavour you think proper. They must be always sweet.

730. *Croquettes of Rice with Apricot Marmalade.*

Prepare the rice as in No. 725: form a croquette, take the handle of a wooden spoon, make a hole in the croquette, which fill with marmalade of apricots. Then close it up with some of the rice, put crumbs of bread as you do in all other croquettes, and fry in the same manner.

731. *Croquettes stuffed with Apples.*

Prepare the rice as above, and repeat every other operation, except that you must have rennets cut into small corks, and well stewed in syrup. Drain them well, and put them into the croquettes instead of marmalade.

732. *Soufflé of Apples with a Rice Border.*

Prepare your rice as in No. 725. Keep it of a strong solid substance; dress it up all round a dish, the same height as a raised crust, that is to say, three inches high. Give a pleasing shape to the rice, and let it be levelled smooth; have some marmalade of apple ready, made very thick; mix with it six yolks of eggs and a small bit of butter; warm it on the stove: then have eight whites of eggs well whipped, as for biscuits; mix them lightly with the apples, and put the whole into the middle of the rice; put this into the oven, which must not be too hot. When the soufflé is raised sufficiently, send it up, as it would soon lower. If you wish to make a kind of pap, take a spoonful of flour, a pint of milk, a little salt, lemon and sugar: let the whole boil well and thick, then

mix it with the apples and the yolks of six eggs: the whites are to be well beaten, and poured in afterwards: next bake the soufflé in the oven. This method is safer than the former, and is not deficient in delicacy.

733. *Charlotte de Pommes aux Abricots.*

The charlotte has been so called after the name of the original inventor, yet there is no doubt but his successors have made great improvements on the original. To make a charlotte, take a dozen of rennets; but if you use a very large mould, you require more. Cut them into quarters, peel them, and put them into a pan with a lump of butter, a little cinnamon, the peel of half a lemon, and a little pounded sugar. Stew all these ingredients over a brisk fire, but without allowing them either to burn or to be much broken. When the apples are nearly done, take them off the fire, mix with them half a pot of marmalade of apricots, and throw the whole into a mould trimmed with slices of bread dipped into melted butter; cover the marmalade with bread that has also been dipped into butter. Now bake the charlotte in an oven that is pretty hot; give it a good colour and serve up hot. The top of the charlotte must be always decorated; to do this, put some clarified butter all round a plain mould, then cut the crumbs of bread in any shape you think proper. To keep all the apples confined in the mould, the neatest and prettiest way is to cut the bread with a plain round cutter, and lay them over one another all round; they must be dipped into clarified butter before they are put into the mould; then put the apples into the middle, and cover them with bread all round; give a good colour, drain all the butter, and serve very hot and crisp.

NOUILLES.

Nouilles are made with a paste, as follows:—Put on the table about half a quarter of a pound of good and very fine flour, make a little hole in the middle of the flour, and put into it a little salt, a small bit of butter, the yolks

of three eggs, and a little drop of water; mix this paste very well, and spread it on the table with the rolling-pin; then cut a small bit about an inch in length; pour some flour lightly over these pieces to prevent their adhering together, then blanch them in boiling water, after which, drain them through a colander, and use them as directed hereafter.

Nouilles are very useful, as they are served as potage, entrées, or entremêts; but as they have been explained under their proper heads, the author will proceed to speak of the entremêts.

734. *Croquettes de Nouilles.*

When they are prepared and blanched, take a pint of milk, boil it with a little salt, a small bit of sugar, and the peel of half a lemon; when the milk boils, put the nouilles into it, and reduce it till it becomes very thick; put them into a cold dish, and when perfectly cold, shape them as you do the rice, sometimes crumbing, sometimes frying them, only dipping in white of eggs; frost and glaze them with sugar of a good colour.

CHAPTER XXI.

SWEET ENTREMETS.

CREAMS.

735. *Crême au Café.*

All creams are made in the same manner, the taste and colour only varying.

Take a pint of cream and a pint of milk, and boil them together. When boiled throw in a small lump of sugar, and a little salt; next roast the coffee in the omelet-pan, or in a coffee-roaster. When well and equally roasted, throw it burning hot into the cream, cover the stewpan, and let it infuse till it gets quite cold. If you wish to pour the cream into cups or any other small vessels, you must measure the quantity of cream, but for a mould it is unnecessary; put the yolk of an egg to every cup, or ten eggs for a not very large mould; rub the cream twice through a tammy, in order that the egg may be well mixed with it, and next put the cups into a pan containing water enough to reach to half the height of them; cover them and put a little fire over the lid of the pan to prevent any steam dropping into the cream. As soon as the cream is done, let it cool, and take care to secure the cups from dust, &c. When you make the cream in a large mould, put more eggs. Butter the mould all round, and pour the cream in it; put the mould in a stewpan with boiling water, and set the stewpan well covered on a moderate fire, for if the water boil too hard, the cream does not look well, and is full of holes: the pot, or dariole-mould, must be taken off from this large mould.

736. *Lemon Cream.*

The same preparation as above; but when the cream has boiled, instead of coffee, throw in the peel of a lemon, which leave to infuse, with the addition of a little salt and sugar. If intended for a cream in moulds of a large size, you must use a greater quantity of eggs; as, for instance, sixteen eggs for two pints of cream or milk. It is essential that the mould be turned and carried to table with care, which is the reason why these creams are very seldom served. That with isinglass prevails.

737. *Crême au Chocolat.*

For a second-course dish, take a quarter of a pound of vanilla chocolate, rasp it very fine, and throw it into a pan to melt with a little water. When melted, mix and beat it with some cream, which you have boiled, as above, and a little salt. Except in creams of fruit, as pine-apple, apricots, raspberries, &c., a little salt is always requisite, but very little, however. If you wish to make an ice cream, instead of sixteen eggs for a quart of cream, only put eight, which set on the fire to thicken, but take particular care to prevent its curdling: as soon as you take it from the fire, mix with it a little melted isinglass, and rub the whole through a tammy. Now try a little of the preparation in a small mould over ice. If you should find that the cream has not substance enough to allow of being turned upside down, you must add a little more isinglass.

It is to be observed, that the isinglass must previously be melted in a little water. (See Method of Melting Isinglass, No. 742).

738. *Crême à la Vanille, dans un Moule.*

Take a stick of vanilla, which infuse in some boiling cream: next put in the eggs as you do for other creams.

If you are making a fromage à la glace* (iced cheese), you must put a smaller quantity of eggs, as isinglass is to be put to stiffen it; and keep constantly stirring the cream on the fire while the eggs are doing. Mind that the eggs are not overdone. When you perceive the cream is getting thick, put the melted isinglass in, and rub it through a tammy; then put it in a mould and into ice. When you wish to make the cream more delicate, let it get cold; then put it into a vessel over ice before you put any isinglass into it, and whip it; when quite frozen, put in cold melted isinglass: this method requires less isinglass, and the jelly is much lighter.

739. *Crême au Thé*—(*Tea Cream*).

Boil a pint of cream and a pint of milk, into which throw a little salt and some sugar; the latter must, however, predominate. When the cream boils, throw two or three spoonsful of good green tea into it, put in ten yolks of very fresh eggs, and proceed as usual upon the fire till the cream becomes thick; then put in the isinglass, &c., pass it through a tammy, and put it in the mould, and to the ice. If your mould is small, eight eggs are sufficient.

740. *Orange Flower Cream.*

Instead of tea, infuse a large pinch of orange-flowers, and when the cream has got the flavour, put in the eggs, &c.

741. *Crême à la Genet.*

Melt about an ounce of sugar in a confectionary pan. Let it reduce till it is brown, but mind to keep continually stirring to prevent the sugar getting a bitter taste. When quite brown, throw into it a spoonful of orange-flower; let it remain half a minute in the sugar, dilute

* Sometimes erroneously called fromage Bavarais, or Bavarian cheese.

it with a little water, to which add a little sugar to qualify the bitter taste. When melted, take a quart of cream that has boiled, throw the caramel into it, and put a sufficient quantity of sugar to make it palatable. If you wish to have the cream iced, pour in the yolks of eight eggs; but if you intend to have it with eggs only, you must use twelve. In the first case, when the eggs are well mixed, put the stewpan on the fire to thicken the cream; and when it begins to thicken, stir it well, and throw in the isinglass that you have melted previously; then put it into the mould and ice it. You must let it cool first, or it will melt the ice, and the mould will be liable to tilt over, and the cream fall out. It is not customary in this country to use cream without isinglass, therefore it is not particularly necessary to recommend the method of making them with eggs only; it is sufficient to say, that when you intend to put no isinglass into the cream, you must put more eggs, and it must not be done till it is put into the mould; butter the mould with clarified butter, then put the cream into it, to be poached in boiling water with fire on the lid, to prevent the steam from falling in. With respect to the multiplicity of names, they are derived from the peculiar flavour of the cream; there is no difference in the making of them. Thus, rose cream, vanilla cream, lemon cream, orange-flower cream, marasquino cream, pine-apple cream, &c. &c., derive their respective appellations from the flavouring ingredient. They are all made alike.

742. *Manner of melting Isinglass.*

To melt a quarter of a pound of isinglass, take a little more than a pint of water, into which throw the twelfth part of the white of an egg; beat the water well till it becomes white; throw the isinglass into the water, and lay it on the stove over a very slow fire. If you keep it covered, it will melt more easily. Take care it does not burn, for then it can never be made clear, and, besides, it would have an unpleasant taste. For a larger quantity, put more water, but not more white of egg. Some

people put in the peel of a lemon, which is wrong; you may, however, squeeze the juice of it in, if you want the isinglass to be clear: when you find that the isinglass does not look clear, add to it a drop of cold water, and squeeze a lemon into it, and you will find it clear directly; but for cream it is useless; always add isinglass cautiously. In order to make cream or jellies in perfection, try a little in a small mould. If the jelly should not be firm enough, add a little more isinglass. It is impossible to determine the exact quantity that is required for creams or jellies, as the dishes and moulds are never of the same dimensions. The best method, therefore, is to try by tasting. A medical man once demanded of the author why cooks had not weights and measures, the same as apothecaries? To which he incontinently replied,—"Because *we* taste our recipes, whereas *Doctors* seldom taste those they are mixing; therefore they must have exact measures, as, by giving too great a preponderance to any one ingredient, the mixture may become poisonous."

743. *Œufs à l'Eau.*

Boil a pint of water, with half a quarter of a pound of sugar, a little coriander, a little cinnamon, and the peel of a lemon. When all these ingredients have been well infused, break the yolks of eight eggs, which mix and beat with that preparation; then rub it through a tammy, and put it into small cups to thicken in the bain marie. Put very little fire under, as there must be some on the covers to prevent the water of the steam from falling into the cream. The cream must not boil too long, and only gently, for fear it should curdle. This cream agrees very well with weak stomachs, and is especially recommended to young ladies of feeble constitutions.

744. *Œufs au Bouillon.*

Take some good consommé, of the particular sort you wish to use, whether of game or of fowl: do not put any

sugar to it. Measure a cupful of it to every yolk, and make this cream thick, in the same manner as you do all others. If you wish to make it with eggs to be turned out of the mould, use two yolks of eggs for each custard-mould, and proceed as above; with the only difference, that you must butter the moulds lightly inside with some clarified butter. Boil the eggs in moulds instead of cups, and when they are hard enough, turn them upside down in the dish; serve up with some consommé thickened with the yolks of two eggs, and poured over as sauce. This dish is greatly admired by the amateurs of game, as it gives a very peculiar flavour to the different species of game used in the preparation:—

Eggs with consommé of young Rabbits.
Eggs with fumet of Partridges.
Eggs with fumet of Snipes, Pheasants, &c.

745. *Eggs with Consommé of Game, en Petits Pots.*

These are made the same as those above, but put in the smaller cream-pots. It is useless to recommend that the broth or consommé be seasoned. These entremêts are not in much request in England, but they are a delicate and substantial food, and frequently recommended to delicate stomachs and feeble constitutions.

746. *Œufs à la Neige.*

Take the white of six eggs, which will be enough for an entremêt; whip them till they get thick; have some milk boiling over the fire in a large stewpan; poach several spoonsful of the whites in it, and when done enough, drain and dish them; next make a sauce to pour over them, in the following manner: take some of the milk in which you have poached your eggs, then put a little sugar, a little orange-flower, and a little salt; mix the yolks of four eggs with the same, stir the whole on the fire till the milk is made thick, put it through a tammy, and mask the neiges with that sauce.

747. *Crême à l'Italienne.*

Boil a pint of cream with half a pint of milk. When it boils, throw in the peel of an orange and of a lemon, to infuse with half a quarter of a pound of sugar and a small pinch of salt. When the cream is impregnated with the flavour of the fruit, mix and beat it with the yolks of eight eggs, and put it on the fire to acquire an equal thickness. As soon as it is thick enough, and the eggs done, put a little melted isinglass in it, strain it well through a tammy, and put some of it into a small mould, to try if it is thick enough to be turned over. If not, add a little more isinglass, and put the preparation into a mould on ice. When quite frozen, and you wish to send it up, dip a towel into hot water, and rub it all round the mould, to detach the cream, and turn it upside down on a dish. By this means the cream is brighter and the dish not soiled. If you whip the cream before you put it into the mould, it makes it more delicate and more mellow; but do not put the isinglass into the cream before the cream is nearly done. In concluding the article on creams, the reader may probably be surprised at the scarcity introduced. When it is considered, however, that the author has intentionally shortened this article by recommending variations of flavour with the same preparation, it will be found that the number of changes which may be made with the same receipt, on which they are all grounded, will equal if not exceed that of any publication expressly devoted to the subject.

The name of this cream explains its origin; nearly the same method is used as in the preparation of ice, the only difference being that isinglass is added to make it sufficiently firm to stand on the table the whole time that the second course remains, in the neighbourhood of hot dishes, which would cause it to melt if composed with ice only. But put the same preparation in the utensil used for the ice, and work it well, and you will find that will answer your purpose. As for variety of flavour, consult your own judgment: whatever flavour may be required, the same method is always adopted.

748. *Pine-Apple Cream.*

Infuse the rind of a pine-apple in boiling cream, and proceed as usual for other fruit creams. You must only use the rind, for the pulp of the pine-apple being acid, the cream would curdle.

749. *Marbled Cream with Coffee.*

When you have prepared the cream as directed in marbled jellies, (No. 782), have a little very brown caramel ready; take about half the cream, and add to it a little caramel, that it may be of a darker colour than the other half, but it must be of the same substance with respect to isinglass; then take a mould rubbed lightly over inside with oil, which lean sideways, and put a little white cream into it; when that has acquired a good substance, throw in some of the brown cream, and so on alternately till the mould is quite full. Then cover the mould all over with ice. When you are ready to serve up, rub it with a towel dipped into hot water, the same as you do the Mosaique. (See Jellies, No. 776.)

750. *Marbled Cream, White Vanilla, and Chocolate.*

Make both creams separately as directed above. Try whether they are of the same substance, for if one should be thicker than the other, they would separate in the dish. Rub the mould lightly over with oil, give it a sloping direction, and pour a little vanilla cream into it; when that is frozen, turn the mould a little, and put in a little chocolate cream; let that freeze, and go on so alternately, till the mould is entirely full. Next cover the mould with ice. Use the same process for liberating the cream from the mould, as above.

751. *Crême à la Chantilli.*

Have about a pint and a half of very good thick cream;

put it into a cool place. When you want to garnish the pastry, &c., take a whip as used in the kitchen, and whip the cream as quickly as possible. When sufficiently stiff, flavour it to your taste, and add very little sugar, as it will make the cream turn into water. This must be particularly attended to if you would have the chantilli look well, because, if sugar is added, it will dissolve in the cream, and spoil its appearance and flavour. Sugar may be added at table.

752. *Crême Patissière.*

Put into a stewpan the yolks of six fresh eggs, two spoonsful of fine dry flour, and mix them well with a wooden spoon; dilute this with a pint and a half of boiling cream, and a pinch of salt; turn this over the fire to mix it well; keep stirring with a wooden spoon for about twelve minutes. Melt a quarter of a pound of very fresh butter in a stewpan, and when properly clarified, add it to the paste, and put the whole into a basin to cool. Next rasp on a bit of sugar the peel of a lemon (put sugar according to your taste), and add to it an ounce of bitter macaroons; if the paste is too thick, add a spoonful of cream; if too thin, the yolks of two eggs; and mix it very smooth; if the least lumpy, rub it through a sieve. This cream must take various flavours, as vanilla, orange, coffee, chocolate, &c. &c., but it is always the same cream. When you wish to make a very fine tartlet, mix with this cream some fromage à la crême (cream cheese). Put some trimmings of puff-paste into tartlet moulds well buttered, a spoonful of the cream over the paste, and a little star of paste over the middle: bake them in a pretty sharp oven. Glaze with fine sugar, and use the salamander, that the star may be well glazed. This sort of cream is used only for tarts, tartlets, and darioles or custards.

753. *Crême Patissière—(Custard).*

Take a pint of cream and a pint of milk, boil and keep

stirring them with a spoon. When boiled, add about two ounces of sugar, a little salt, and the peel of a lemon. Let this peel infuse till the cream acquires the taste of the lemon; next beat the yolks of eight eggs with the cream, and do them on the fire, stirring all the while with a wooden spoon. When the cream is become very thick, pour it into a hair sieve, and rub through with a wooden spoon. When entirely strained, put it into a pan to serve when wanted. If you wish your cream to be very thick, you must put more eggs to it. This crême is termed by the generality of ladies in this country, custard. The custard will, however, be found under the head of creams and jellies.

754. *Franchipan.*

Throw four spoonsful of flour into a stewpan, and beat the flour with four entire eggs and a pint of cream, and take care the flour is well mixed: add a little salt and a little sugar. Now rasp the peel of a lemon with a lump of sugar, and scrape it into this preparation. Lay the whole on a slow fire, and keep continually stirring, for fear the contents should stick to the stewpan. When the mixture has been on the fire for a quarter of an hour, blanch a dozen of sweet almonds and the same number of bitter ones, which pound very fine, and moisten a little, that they may not turn to oil. When reduced to a kind of pomatum, mix them with the franchipan, and try whether it tastes well. This you may use for tarts, tartlets, cakes in custard, &c. &c. (See Pastry.) Observe that sugar must predominate in all sweet entremêts; but they must not be too sweet.

755. *Cabinet, or Chancellor's Pudding.*

Boil a pint of cream, in which put to infuse a little lemon-peel and a little salt. Pour the cream while boiling over a pound of biscuits, à la cullièr, and let them soak. Next add the yolks of eight eggs. Then beat the whites of six eggs only: some persons add a

little brandy, but that the author disapproves of. Butter a mould, and decorate it with preserved cherries, and put some likewise in the puddings. When you send up the first course, pour the above preparation into a mould, and put it in a stewpan with boiling water; cover the stewpan, and put fire over it. Mind that the water does not boil too much: the pudding must be delicate. Observe, that if the mould is large, you must use more eggs. Make a sauce as for the eggs à la neige (No. 746), into which squeeze the juice of a lemon; or make a sauce with arrow-root as follows: dilute a spoonful of arrow-root with white wine and sugar, and some sugar rubbed on a lemon; lay it on the fire to boil; keep it liquid enough to mask the mould, and let the dried cherries that are round be full in sight.

N.B.—This pudding can be made of remnants of Savoy biscuits, or the crumb of a penny loaf, and is likewise delicious with brown bread. Sometimes you make the sauce with rum, but always put the taste of lemon-peel in it.

756. *Pudding à la Bourgeoise—(Citizen's Wife's way).*

Butter a mould all over the inside, then stick symmetrically some dried cherries all round the inside; cut some slices of bread and butter, and spread some black currants over; then put them one over the other in the mould, till you have filled it; then have in a stewpan some milk which has been boiled beforehand, into which infuse some lemon-peel; add a little sugar and a little salt; mix with this five or six eggs, and taste if the sugar predominates. Put this quite cold into the mould, over the bread, and put this mould into a stewpan in the hot-water bath for one hour. When done, try all round if the pudding will come out easily. Turn it round on the dish, and serve with the arrow-root sauce over as above.

757. *Tapioca gratined.*

Put two ounces of very clean tapioca, with a quart of hot

milk, a small bit of sugar, a very little salt, and one leaf of almond-laurel; let this boil gently over a slow fire; when the tapioca is done, put it into a silver stewpan, and set it on a pretty sharp stove-fire to gratin; let it stick very much to the bottom of the stewpan; take out the laurel-leaf, and serve it up with a cover over; but mind to cover the stewpan with a skewer and a sheet of paper, to prevent the dust from flying into it. Tapioca is an excellent and wholesome production, and very useful in families: it may be used in any sort of entremêts, such as gâteau de tapioca, soufflé, pudding, potage, &c., prepared in the same manner as rice.—See No. 725.

758. *Croquettes of Chestnuts à la Ude.*

Take thirty good chestnuts, and put them into a hot oven, observing that you must cut each of them with the point of your knife, to prevent them from bursting. When well roasted, clean them, and put half of them (taking care to choose those parts that have colour) into the mortar, with three ounces of butter and a spoonful of cream: rub this paste through a hair sieve, then mix with it the same quantity of butter as before, a pinch of salt, three ounces of sugar, and a quarter of a pint of cream; put the whole over the fire in a stewpan to dry like royal paste, or a choux (see No. 837); when it has acquired a little consistence, put to it six yolks of eggs, and give to the preparation the flavour you think proper, as lemon, vanilla, cedrat (a kind of citron), coffee, &c.; let this paste go to the fire again after you have added the yolks of the six eggs; stir it well with a wooden spoon till it is rather firm; then butter a dish, and spread this paste over equally with your knife; cover this with a sheet of buttered paper, and let it cool; when cold, cut it with a knife, take half of a chestnut, and make the paste into the shape of a big chestnut; put some crumbs of bread over the croquettes; then dip them into three eggs beaten up with a little salt, and into the crumbs again; give them a good shape, fry them of a nice colour, and serve them without fried parsley, as a sweet dish; sometimes dip them into eggs only, without crumbs; they are more delicate. Put fine sugar over them after they are fried.

CHAPTER XXII.

SWEET ENTREMÊTS, SOUFFLÉS, &c.

It will be sufficient to observe on the subject of soufflés, that they are all made in the same manner, and that they vary only in the flavour you give them. If sent up in proper time, they are very good eating; if not, they are no better than other puddings.

759. *Soufflé de Pommes de Terre au Citron.*

Bake a dozen potatoes in the oven; when they are well done, open them, scoop out the most floury part, and mix it with half a pint of cream that has boiled, and in which you have infused the peel of a lemon; to this add a little sugar, a large bit of butter, and a little salt; the taste of the sugar, however, must predominate: yet observe, that the less sugar you use, the lighter the soufflés will be. Now break six eggs, throw the yolks of four only into the potatoes, beat the six whites, which pour gently with the above preparation into a soufflé-dish, add to it an ounce of fresh butter, and put it into the oven, which must not be too hot. When the soufflé is done enough, powder a little sugar over it, and use the salamander; soufflés must be served up the moment they are ready, for they are liable to sink.

760. *Soufflé of Orange-Flower.*

Dilute a little flour with half cream and half milk; set this pap on the fire to boil; when the flour is done, put a little salt, a little sugar, and a small quantity of pounded orange-flower; mix well, and then add a good bit of butter,

the yolks of six eggs, and mix the whole well. Next beat the six whites, and mix them with the rest: then bake the soufflé as above, and when it is baked enough, glaze it and send it up.

761. *Soufflé à la Farine de Ris.*

Take two spoonsful of the flour, and dilute it with a little cream and milk: boil them on a slow fire, and give whatever taste you may think proper, Of course you must add butter, sugar, salt, beaten whites of eggs, &c., as for all other soufflés; then send up.

762. *Soufflé of Bread.*

Boil some milk with a little cream, to which give any taste you think proper. Throw into it the soft part of two or three fresh rolls to soak, rub the bread through a sieve, and proceed with the eggs, butter, sugar, &c., as in the three preceding numbers.

763. *Soufflé of Coffee.*

Boil a pint of cream with a pint of milk, to which add a little sugar and a very little salt. Take a clean omelet-pan, or a coffee-roaster, and roast in it a quarter of a pound of coffee on a slow fire. When it is equally roasted, throw it into the boiling cream, that it may acquire a proper taste of the coffee. Use this cream to make either bread soufflé, (No. 762,) or pota o soufflé (No. 759), &c. &c.

764. *Soufflé of Chocolate.*

Take a quarter of a pound of chocolate, which cut as small as you can, and melt it on the fire in a little water. When it is entirely melted, throw it into the soufflé preparation. No. 762, the same as the others.

Vanilla Soufflé, Pine-Apple Soufflé,
Saffron Soufflé, Rose Soufflé,

and generally all other soufflés, are prepared in the same

manner. The grand point is to make the preparation well, and above all things to beat the whites of the eggs very well, for on that alone depends the rising or falling of the soufflé.

765. *Soufflé or Cake of Tapioca.*

Tapioca is an article that swells very much, and which requires a long time to be done thoroughly. If you boil it over too brisk a fire, it will become tough; if over a very slow fire, it will be as mellow as marrow, and then it is extremely pleasant to the palate. Boil a pint of cream and a pint of milk with a little sugar and very little salt. Then add the peel of half a lemon; but if the taste of orange-flowers, roses, or vanilla, &c., should be more agreeable, use them in preference, according to the taste of your employer. Put a quarter of a pound of tapioca into the cream, and let it boil over a very slow fire; when it is done, throw in a piece of butter, and break the yolks of six eggs, which beat up with it, and let them do over the stove. When you send up the first course, beat the whites of the eggs, pour them gently with the rest, and set the whole in a moderate oven. If you wish to make a cake, sprinkle a mould twice over with clarified butter and crumbs of bread: mix with the preparation some dried cherries and currants, and proceed as you would do for a souffié. When done turn the mould upside-down in a dish, and send up hot.

766. *Omelette Soufflé.*

Break six eggs, put the whites into one pan and the yolks into another; rasp a little lemon-peel or orange-flowers, beat the yolks well, add a little sugar and salt, and next beat the whites well en neige, and mix them with the yolks lightly. Then put a lump of butter into an omelet-pan on the fire; when the butter is melted, pour the omelet into the pan; and when it is firm enough on one side to hold the liquid part, turn it over on the dish you send up; then bake it in an oven, or use the Dutch

oven. When it is well raised, glaze it and send it up immediately, for it would soon lower. Mind, it must be covered very close with a large fire over it, otherwise it will not rise. To this you may give whatever flavour you think proper, but the plainer the better, when served very hot and very high. You may add to it some apricot jam; when you have put the omelets in the pan, and the eggs begin to stiffen, move them a little on one side, by giving the pan a jerk, and put the jam in the middle; turn the omelet into the dish they are to be served on, and put it into the oven.

767. *Pancakes, French fashion.*

Put into the stewpan or basin two ounces of fine flour, three ounces of sugar, a few macaroons of bitter almonds, a tea-spoonful of orange-flower water, a little salt, a pint of cream, a glass of milk, and the yolks of five very fresh eggs. Mix the whole well; then clarify two ounces of butter, and with a hoop of clean paper put some into the pancake-pan; put a very little of the mixture into the pan at a time; let it be well done on one side only, and turn the first one on the bottom of a silver plate, and do the same alternately with the others; arrange them in an agreeable form, and when you are about finishing, glaze the last with fine sugar, and salamander it; put the plate on a dish, and send up very hot. If you have a very hot oven ready, you may put the pancakes in it for ten minutes; after which glaze them à l'Allemande, and serve very hot.

768. *Pancakes, English manner.*

Put into a pan four spoonsful of very fine flour, a pinch of salt, a spoonful of fine sugar, the peel of a lemon chopped very fine, and two eggs; dilute the whole of this with a pint of cream, melt a small bit of fresh butter in a stewpan, throw it into the preparation, and then have a pancake-pan very clean; put a very small bit of butter into it, let it get hot, put a spoonful of the mixture into

the pan, turn it round that the pancake may be done equally, then give a sudden jerk to turn the pancake on the other side; let it be well done on both sides; lastly, roll and glaze them with fine sugar. They must be made quickly, as there must be many to make a dish. Under this head you will find many varieties, all of which, however, resolve themselves to this:—In some you put apricot marmalade; in others currant-jelly, &c. &c. They are all similar.

CHAPTER XXIII.

SWEET ENTREMETS, JELLIES, AND FROMAGES.

JELLIES.

It is to be observed, that all jellies made of what is called red fruit must be worked cold, and be put on ice very promptly. If you were to use a tinned mould, the tin would alter the red into a dead blue colour, and also spoil the taste; but if you use earthen moulds, the jellies will always look and taste as they ought. Earthen moulds will certainly keep the colour of the fruit better than copper, but are more clumsy; and the precaution specified above, of making the jelly quite cold before putting it into the mould, will remedy the evil.

It is also advisable to clarify the isinglass while it is melting: there is less waste, and the jellies have a brighter appearance. (See the manner of melting Isinglass, No. 742.)

769. *Strawberry Jelly.*

Put some strawberries into an earthen pan, squeeze them well with a new wooden spoon; mix some pounded sugar with the fruit, and let them infuse for an hour, that the sugar may draw out all the juice; next pour in a little water. If the strawberries are very ripe, squeeze the juice of two lemons to restore the acid taste of the strawberries, for such preparations as are too sweet are insipid. Put all this into a bag that is nearly new, that the juice may be strained clear and limpid; mix some melted isinglass with the juice, but mind that the whole must be

very cold. Now put half a spoonful of the jelly into a mould over ice to ascertain of what substance it is. If thick enough, put the whole into the large mould in ice, and cover it also with ice, but no salt, for it would spoil the bright colour of the jelly.

Some people clarify the sugar, and when it is quite limpid and very hot, throw their strawberries into it. This method is tolerably good, but then the jelly does not keep the taste of the fruit so well. You may try either way. When the strawberries have been infused in the sugar, and they have discharged their colour, strain them through a bag, mix the isinglass, and lay them in ice. Cover the mould with ice also. Of the two the first is the better method.

770. *Raspberry Jelly.*

Raspberries are prepared in the same manner as strawberries, either hot or cold. They are also liable to lose their colour. It will not be amiss to repeat, that the isinglass must be thrown in very cold; but the best way is to put the fruit into the mortar with some sugar, and mix them together by rubbing, not pounding: add a little water, put the whole into a jelly-bag, and when the juice has been strained mix the cold isinglass with it. You must avoid bruising the small kernels which are in the raspberries, as they would destroy the clearness of the jelly; press the fruit only to extract the juice; recollect, it is the same with all fruit, particularly the red, as follows:—

771. *Red Currant Jelly.*

The same preparation as above, either hot or cold.

772. *Currant Jelly with Raspberries.*

The same as above, only mix some raspberries with the currants.

773. *White Currant Jelly.*

The same operation as for red currants.

774. *Orange Jelly.*

Eighteen oranges are requisite to make a good jelly. Peel lightly six oranges, and throw the peel into a little water, which lay on the corner of a stove, without allowing it to boil, for fear it should taste too bitter. Cut the oranges in two; have a silk sieve and a lemon-squeezer, both of which dip into cold water, or otherwise they would absorb the juice of two oranges at least. Squeeze the oranges into the sieve over an earthen pan. This being done, pour the infusion of the peel through the sieve; next take a pound of sugar or so, in proportion to the acidity of the oranges, break it in a confectionary pan, pour a drop of the white of an egg into about a pint of water, whip it till it gets white, pour it over the sugar, and set it on the fire. When the sugar becomes frothy or scummy throw a little more water in. Skim the sugar, let it reduce till it begins to bubble; and then pour in the juice of the oranges. The heat of the sugar will clarify the jelly. Do not let it boil, but as soon as you perceive a yellow scum, skim it, and pour the jelly into a bag. Next mix some melted isinglass, either hot or cold. This jelly must not be made too firm, and especially avoid introducing any colour into it, as it is almost always yellow. Some people add brandy to it, which is wrong, the natural flavour ought never to be adulterated. If the oranges should be too ripe, mix a little lemon-juice to make them acid. It is necessary to observe that in this method of making orange jelly it is best to use the aroma of the fruit. Some young practitioners, not much devoted to the good old principles of cookery, in the pride of their self-sufficiency pass the jelly through paper, that it may be quite clear, in which they deviate greatly from sound principle, as in the aroma of the fruit (the yellow substance) lies its stomachic virtue. Orange jelly exercises a great influenceon the health, and more

particularly on that of young ladies; a glass or two a-day will fortify the stomach, and by the power of the isinglass give strength to their constitution. I must express my surprise that English cooks generally, men and women, make their jelly so thick, when it is so easy to have it always clear by passing it through the jelly-bag twice. It should be delicate and not too firm.

775. *Lemon Jelly.*

Lemon jelly is made exactly in the same manner as that of oranges. However, it requires a little more attention, for you must smell all the lemons you use, for fear they should be musty; besides, the lemons, being more acid, require a larger quanity of sugar. In every other respect the process is the same as above.

776. *Mosaic Jelly.*

Boil half a pint of cream; when it boils, infuse the peel either of an orange or of a lemon, according as you wish to decorate the jelly with either. When the cream has imbibed the flavour of the fruit, put in a little sugar. Break the yolks of four eggs, which beat with the cream, lay it on the fire to thicken, and then put in some isinglass that has previously been melted. Strain the whole through a hair sieve, and put it in a basin, well covered, on some ice, in order that it may get quite firm. Now take the mould which you intend to use, brush it lightly with oil all over the inside, and then cut the white cream jelly with a knife in the first place, and next, with small tin cutters. Decorate the mould without putting it on ice, for the damp would prevent the decoration from sticking on. Decorate the bottom first, next the sides; then only put the mould over ice. Now pour a little orange jelly lightly, not to injure the decoration, and let it get thick. When the orange jelly is frozen thrust the mould deeper into the ice; then put a little more jelly to the height of the lower decoration on the sides: let the preparation be made firm again: mind, the jelly is never to come higher than the flowerets, till the bottom

has been first made firm; then gradually ascend to the top. Cover and surround the mould with ice. When you wish to serve up, dip a towel into some hot water, and rub the mould all round. Ascertain that none of the jelly sticks to the sides before you meddle with the bottom of the mould; then rub the bottom with the hot towel, and turn the jelly neatly into a dish. Were it not for all these precautions, the two colours would melt and mix with one another. This jelly looks beautiful when well made.

N.B.—It is to be observed, that this jelly can only be made in winter; for during the summer season it would melt, except made hard, then it would not be good; however, you may work it in a very cold place.

I shall not describe the great variety of jellies that can be decorated in this manner: it will be sufficient for learners to know, that when they are to decorate pine-apple jelly they must give the same taste to the white jelly which is to be used for the decoration; the same must be done also for noyau and marasquino. When you make white vanilla cream, use chocolate to decorate with, by making the first preparation as directed for Mosaic jelly. For lemon jelly, use lemon, and so on with any other sort of jelly, as noyau, marasquino, and punch jelly.

777. *Pine-Apple Jelly.*

The pine-apple, although a very odoriferous fruit, is not very juicy. Clarify some sugar (see No. 774), take the rind of a pine-apple, and turn the best part equally. Let it be of the diameter of a crown-piece, but a little thicker. Boil it in the sugar for half an hour, let it cool, and strain it through the jelly-bag; add to it the juice of a lemon in the jelly-bag, drain the pine-apples on a clean hair sieve; next put in the mould a little of the pine-apple jelly; and when there are about three-eighths of an inch deep at the bottom of the mould, put the mould on ice to freeze. When firm, lay slices of pine-apple symmetrically over the jelly. Mind that they are quite dry, and use a little jelly to make them stick together. When the

jelly is frozen to a substance, put in a little more to freeze again; then fill the mould, and put some ice all round. If the pine-apple does not look well enough to be served in the jelly, send up the jelly by itself, but keep the slices of the fruit in sugar, as they will serve another day to make pine-apple fritters. This jelly appears very well with a Mosaic on the surface of the mould. The pine is a very dear fruit, but is nevertheless sometimes so plentiful that you may use several; in which case, you may make a bavaroise of pine-apple. Cut the pine-apple in small pieces, put it in the mortar, pound it, and rub it through a hair sieve; dilute this purée with some double cream, a little sugar and isinglass melted, and put it in a mould in the ice. You will find this an excellent cream jelly.

778. *Cherry Jelly.*

The best method of making this jelly consists in clarifying the sugar.—(See No. 774.) When you have skimmed the sugar properly, and it boils, throw the cherries into it: take them off the fire; and when the decoction is cold, mix with it some cold clarified isinglass, squeeze three or four lemons into it, strain through a bag, and try the preparation. Next fill the earthen mould, and put it in ice. The author has already observed that tin moulds would make these jellies turn a dead blue colour, unless great care be taken to make them very cool before putting them into the mould.

779. *Jelly en Miroton de Pêches à la Ude.*

Cut a dozen peaches into halves, peel them gently, and boil them in a thin syrup, but not too long. If they are very fine, you may use them almost raw, but if common fruit, the syrup will improve the look of them. Break the stones, peel the kernels, and throw them into the hot syrup with the fruit. When the peaches have infused about an hour, you may use them for making jelly en miroton, which is done as follows: drain the peaches on

a new sieve, take the syrup, and squeeze six lemons into it; put this through a jelly-bag, or through a paper; when very clear, add some clarified isinglass to it, and put some into a plain mould in ice. When it is firm, dress the peaches over the jelly, and put the kernels between, then stick all this together with some jelly; when stiff, put in some more jelly gently, let it freeze, and then fill the mould: put a great quantity of ice round the mould, and some salt, as this jelly is very liable to break; but it is one of the most delicate that can possibly be made. When you can procure peaches fine enough to appear in the jelly, you may make it as directed, but by filtering through the paper, and mixing afterwards with the isinglass, you will obtain one of the best jellies possible.

780. *Calf's-Foot Jelly.*

Although calf's-foot jelly is seldom made alone, it will be better to give the simple preparation, which is as follows:—Bone the calf's feet first, put them into warm water to disgorge all the blood, then boil them in clear water, and skim till the water is quite limpid. Then put the stewpan on a small stove, and let it boil gently till the calf's feet are well done. Drain the liquor through a double silk sieve; skim the fat off with the most scrupulous attention, then throw a large piece of sugar into the liquor. Six feet make a large dish. Throw likewise into the jelly the peel of four lemons, and also the juice; add to this a stick of cinnamon, a few cloves, and break four eggs whole, but very fresh, into the mixture. Smell the eggs one after another, for if one of them should not be fresh and sweet, it would spoil the whole jelly. Whip the jelly, but take care the rod is not greasy. Lay the jelly on the fire, and keep beating it till it begins to turn white, and to bubble round the stewpan. Then remove the stewpan from the fire, cover it, and lay some fire on the cover. This fire is intended to preserve the strength of the jelly, which otherwise (the steam dropping from the lid) would become weak. When the jelly has simmered for an hour on a very slow fire, strain it through

a bag. It must be strained several times over to make it quite bright; then put it into the mould, and lay it on ice till it is frozen; send it up like all other jellies. It must be very clear and transparent.

781. *Madeira Wine Jelly.*

This jelly is made exactly in the same manner as the preceding one. When the jelly is nearly clarified, pour into the same stewpan a bottle of Madeira. As the operation of clarifying takes away the strength of the wine, you must add half a bottle of brandy to it. You must observe that this jelly will keep for several days, and that accordingly what you have left, and what is sent down from table, will be sufficient to supply you with another entremêt some other day. This is a common jelly, which cooks frequently serve; therefore, in order to avoid monotony, you must ornament it with another jelly, which make as follows:—

Take four spoonsful of the wine jelly, break the yolks of four eggs into a stewpan, beat the eggs with the jelly, and lay it on the fire to thicken; then strain it through a sieve, lay it on ice in a basin, and use it for the same purpose, to decorate as at No. 776.

N. B.—It sometimes happens that the jellies made of calf's feet will break when you turn them upside down into a dish. To prevent this accident, throw in a pinch of isinglass when you are going to clarify the jelly. Itgive it a greater substance. This jelly is a monotonous one, but the sagacity of the cook will in some respects alter this character, for he will sometimes give this jelly plain, sometimes with grapes in it, and sometimes put it in a cylinder mould. When you have turned the jelly, have some of the same in ice, take a stewpan cover, chop some of the jelly very fine, and put it sometimes all round, sometimes in the middle, and try by your intelligence to supply the deficiency of the art whenever you can. This jelly is made in all seasons; in summer strawberries are excellent in it, and the flavour of the fruit sympathises well with the jelly.

782. *Marbled Jellies.*

This method of making a jelly will answer the purpose of economy: for instance, if you have a little orange jelly left, and should have served up on the preceding day a Venetian cream or any other jelly, keep all in a very cool place; cut it into unequal pieces, the same as the orange jelly: put the whole into a mould, and shake them together a little. When the pieces are well mixed, pour a little melted orange jelly, or wine jelly, into the mould; observe that it must be quite cold, or else the composition will become livid; if you pay proper attention, this jelly will be as good to the taste as it will be pleasing to the eye.

783. *Macédoine of Fruit.*

Wine jelly is undoubtedly the clearest, but when you intend to use it for macédoine, you should be particular in putting more syrup to it, as raw fruits require abundance of sugar; any fruit is good for macédoine, but peaches, apricots, apples, pines, &c., require to be boiled a little in clear syrup before they are used in the jelly. Strawberries, raspberries, grapes, currants, cherries, &c., are put in raw. Proceed as follows:—

Have in the first place a good and clear wine jelly, prepared as directed in No. 781; then in summer-time use the fruit of the season; first put a little jelly in the mould, which must freeze; then arrange symmetrically a variety of fruits over the jelly, one strawberry, one grape, a little bit of greengage (fresh or preserved), and so on; then put some jelly to make them adhere together; when that bed is frozen, lay another row of fruit and jelly, till you have filled the mould to the top. Let the jelly freeze till dinner-time, then dip a cloth in hot water and rub the mould all over, turning it in the dish you intend to serve, and send it up. In winter you may likewise make a very handsome macédoine with preserved fruit, as peaches, plums, greengages, cherries, apricots, pine-apples, &c.; and even when you have none of these

you may make a very good-looking dish with pears and apples cut in different shapes, and coloured with carmine, cochineal, &c., some bits of pears coloured pink, and some yellow: some apples very white, and a few bits of green-gages; angelica, or cherries in brandy, will give it a good appearance, and not prove of indifferent flavour.

To dye the fruit, you must boil it in a very light syrup; when you feel that the fruit is nearly done, dilute a little carmine or cochineal in syrup, and put the fruit you mean to have of that colour into it. For the yellow use a little saffron dissolved in the syrup; let the fruit take the colour, then when you wish to make the macédoine, drain it very well, and put it symmetrically into the mould. A drop of syrup will tarnish the jelly, and the beauty of a macédoine consists in being very clear.

FROMAGES OR CHEESES, OR ICED BAVARIAN CHEESES.

784. *Crême Bavaraise àl'Abricot—(Apricot Cheese).*

It will be necessary to premise, that there is but little difference in the manner of making fromages; they only vary in the taste; so that, by recurring to this number, it will be impossible ever to commit a mistake.

If in the summer season take, according to their size, eight or twelve ripe apricots; peel and stone them; throw them into a mortar, and pound them with a little sugar. When well pounded, rub them through a tammy, and press upon the fruit with a new wooden spoon. Mix a little melted isinglass with this purée. Beat a pint of thick cream well, and mix it with the apricots also. Taste whether the cream is sweetened enough. Continue to whip it over ice, till you perceive that the isinglass is well mixed and blended with the mixture; then put the fromage into a mould, round which you heap a large quantity of ice with salt. If you do not attend particularly to the stirring it over ice, the apricot will fall to the bottom of the mould, so that when you turn the ice-cream upside down into the dish it will appear of two colours, and the yellow part will be tough.

In winter take a pot of apricot marmalade, and rub it into a purée through a hair sieve: mix a little pounded sugar with it and a little melted isinglass. Then, as before, take a pint of thick cream, or more, according to the size of the mould, whip it well, mix it gently over ice with the fruit, and when they are well mixed put them into the mould, and surround it with ice.

785. *Crême Bavaraise aux Fraises.*

Take a pottle of strawberries, make a purée of them, put a sufficient quantity of sugar to sweeten it well, and add a little clarified isinglass. Next mix the whole with a pint of whipped cream, and proceed as directed above.

786. *Crême Bavaraise aux Framboises*—(*Raspberry Cheese.*)

The same process as above. Make a purée of the raspberries, and whip the cream, &c., as above.

787. *Bavarais d'Ananase,*—(*Pine-Apple Cheese*).

If you have any pine-apples left, you should mince them and make an infusion in a very little syrup, till they begin to be tender, then take them out of the sugar and pound them very fine in the mortar, add the juice of one lemon, and rub them through a tammy, with a little of the syrup, then whip your cream as before directed. Add the isinglass to it, mix all together, and put it in the mould as you do other cheeses.

788. *Bavaraise de Pêches, or Peach Cheese.*

Proceed as before. Infuse the peaches in a little syrup; when they become tender, drain them; put the kernels in a mortar, and pound them very fine; then put the peaches in the sieve; rub them through with the almonds of the peaches, and mix that with the cream as before.

789. *Bavaraise à la Fleur d'Orange, or Orange-Flour Cheese.*

In this you must make an infusion. Boil half a pint of cream, into which throw a handful of orange-flowers, and let the cream cool. When it is cold, and has acquired the taste of the flowers, strain it through a sieve, and mix it with another pint of thick cream: keep whipping it over ice till the mixture is made thick. Next take some melted isinglass, and mix it well with some pounded sugar: put the whole with the cream; keep stirring it over the ice till it acquires a good substance; then fill the mould, and surround it with ice.

N.B. — Fromages require but very little isinglass. They must be very delicate indeed, but, above all, extremely cold.

790. *Bavaraise à la Vanille, or Vanilla Cheese.*

Here again you must make a decoction. Boil half a pint of cream, and infuse one stick of vanilla, cut into halves; add a little salt and sugar. For the rest proceed as above, No. 789.

N.B. — Vanilla that has served once may serve a second time, if you pound the sticks before they are infused.

791. *Bavaraise au Marasquino, or Marasquino Cheese.*

Whip a pint and half of rich cream. When it is quite thick, pour into it two or three glasses of marasquino, the juice of a lemon, and a little melted isinglass. Next put the whole into a mould, and keep stirring it over ice till the isinglass is well mixed and begins to freeze. Then proceed as before.

792. *Bavaraise au Chocolat, or Chocolate Cheese.*

Proceed as above. Melt a quarter of a pound of chocolate that you have previously rasped or pounded: add

a little water to it; when melted, mix with it a little isinglass and a little sugar; then mix that with whipped cream, fill the mould, and surround it with ice. Do not neglect to whip it over ice, till you find the mixture begins to freeze, then put it into the mould, and surround it with ice.

793. *Bavaraise au Café, or Coffee Cheese.*

See Creams, for the mode of infusing coffee; only use one-half of the cream for the infusion, which, when cold, mix with the other half. Beat the whole on ice, add isinglass, and then fill the mould, &c. &c.

The Bavarian cheeses made of fruit deserve the preference over those made with infusions. But in the winter season, for a grand dinner or supper, when a great variety is required, infusions may be recurred to; but in that case, use preserved fruit and sweetmeats of all kinds.

The author here closes the list of creams and fromages, although their number is immense. He does not approve of using many odours for perfuming cream or jelly; rose-water, orange-flower-water, jessamine-water, violet, tuberose, tea, and all the flowers in the world, may be used; but he does not admit those scents which are generally used for the toilette: if you choose, however, to give any other flavour, it is left to your own discretion.

CHAPTER XXIV.

SWEET ENTREMETS.

HOT AND COLD PASTRY.

It may not be amiss to observe in this place, that notwithstanding the immense number of articles of pastry that may be made, you proceed nearly always on the same principle, and with the same paste. It rests with the cook to multiply the arrangements and forms: with regard to the taste, it will always be found to be a compound of butter, flour, sugar, &c. The various sweetmeats that serve for garnishing pastry most essentially contribute to improve its appearance and flavour. However, the puff-paste, which is sent up to table in above a hundred different forms, can be made in one single way only: it may, however, be more or less fine, and thicker or thinner. You may make it finer by using a great deal of butter, but then it will have less substance. The baking of pastry requires particular attention. You should be well acquainted with the oven to be enabled to send up nice pastry. The best prepared paste, if not properly baked, will be good for nothing. I would recommend strict attention to these remarks; be also very punctual in observing the effects of the paste, and always use dry flour, as damp would spoil everything.

794. *Pâte Brisée.*

It is impossible to point out the exact quantity of paste requisite for a pie, as that depends entirely on the size of it. Take two pounds of well sifted and dried flour, spread it on a dresser, make a large hole in the centre, into which put a pinch of salt, three eggs, yolks and whites together, a glass of water, and three quarters of a

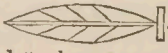
pound of fresh butter. Work the butter with the flour till it begins to look like crumbs of bread, then mix the whole together till it becomes quite malleable; if the paste is too firm, add a little water. Now work it well with your hands, and make it as firm as possible, for if it is not very firm you will never be able to erect the circumference or flank-works of a pie. The author has discovered a method, both easy and expeditious, of erecting these walls (for he will venture to call them so) in such a manner that they never tumble or shrink, as is too often the case under the management of unskilful pastry-cooks.

794*a*. *Pâte Froid.*

Take a lump of paste proportionate to the size of the pie you are to make; mould it in the shape of a sugar-loaf, put it upright on the table, then with the palm of your hand flatten the sides of it; always keep the middle high and upright; when you have equalised it all round, and it is quite smooth, squeeze the middle of the point to about half the height of it, and give it the shape of a hat; thus it is kept quite even, and this is executed with so much celerity, that you can make a dozen of them in an hour's time. Now, if you wish to make a cold pie, trim the middle of the paste and all round with layers of bacon cut of an equal size: lay those layers double all over except on the border, that you may leave room to stick the cover or upper crust on. First put in some farce (see Forcemeat for Pies, No. 160); next, having boned the game or poultry, season the middle well with salt, pepper, and allspice, and lard the most fleshy parts with slices of bacon highly seasoned; for it is to be observed, that pies taste very insipid unless they are highly seasoned. Now open the bird by the back, spread it on the table, and put some of the forcemeat over the inside: put plenty of salt, and close the bird, &c., to restore it to its former shape; lay it over the farce. If you dress more than one, mind that they are all equally filled with the farce. Should you wish to put in truffles, mince them, pound them with the forcemeat, and strew the pie

equally with whole ones that have been well peeled, yet always as much towards the top as possible, that they may be seen at the opening of the pie. As wealthy individuals never eat any but the upper part of a pie, the author is induced to recommend the timballe in preference.

When the pie is quite full, cover it with bacon, the same as you do to trim the sides. Fill all the cavities with butter. Next spread with the roller a lump of paste, of a size somewhat larger than your pie. Use the brush all round, with a little water. Mind that the top is quite level. Stick the top or cover well over the border, make a hole, like a chimney-funnel, in the middle of this top or cover, and stick a piece of paste round it, made in the shape of a stick of sealing-wax. Now cut some blades or leaves of paste, which are to be made as hereafter directed. Place them close to each other round the aperture, without stopping it, and use a little water to make them stick. When you have done with the summit, pinch the bottom part and the circumference of the upper part; decorate the sides or flanks to the best of your abilities. This, however, being only a matter of theory, it is impossible here to enter into an explanation that would require volumes.

N.B.—The feuilles (blades, leaves) are made in the following shape:  . You must fold down the point marked ||, but not lay the leaves too flat. Glaze the whole with an egg well beaten, and next bake the pie in an oven that is not very hot. Four hours are required to bake it; take care to watch its baking, and if it should acquire too brown a colour, cover it with paper.

795. *Pâtés Froids en Timballe, or Cold Pie in a Mould.*

This sort of pie is preferable, in taste as well as in appearance. The paste is made as under: Choose a stewpan that will let the pie out easily when baked, I mean a stewpan that is not narrower at the opening than

at the bottom; butter it well all round, and spread enough paste over the dresser with a rolling-pin to fill the inside of it; then take a smaller stewpan, one that can go easily into the other, flour it to prevent the paste from sticking to it, and put the paste over the bottom of it. Keep it turned upside down, then put the large stewpan over the paste, and turn them both over together. Now take out the small pan, and with your fingers stick the paste equally all round the large one, observing that you must leave no air between the paste and the pan. Keep the paste an equal thickness. Next trim your paste with slices of fat bacon, and then put in whatever you mean to make your pie of, whether poultry or game. Put the breast downwards close to the bacon, then squeeze some farce into all the cavities to fill them up. Next put some veal all over the bird or fowl, seasoning it very highly with salt, pepper, spices, cayenne, &c. &c. Then put a few slices of ham, and fill up the pie, though not quite to the top, with forcemeat (No. 160); cover the whole with slices of bacon; put here and there a small bit of butter, and then turn down the upper part of the paste all round the stewpan, laying it equally flat. Roll a bit of paste, the same circumference as the stewpan, about the thickness of a finger, rub the paste over with a brush dipped in water, and shut the pie with the round piece, pressing hard with your hand everywhere, in order to stick the two pastes together, then make an air-hole in your pie with the end of a knife, put it into a hottish oven, and when the top is sufficiently coloured cover it with paper. Four hours are required to bake a large pie; a small one of course will take less time.

The great advantage of these pies is, that they have all the flavour of the game, &c.: as you bake the pie in a mould or stewpan, the gravy naturally sinks to the bottom. When cold and ready to serve, turn the pie upside down, and then offer to the Amphitryon the best of the ingredients, which are there accumulated, as likewise the breasts of the birds or poultry. Make with your knife a mark all round the bottom of the pie, to show that it is to be opened there, for if you neglect this, and it should

be opened on the wrong side, such a mass will appear as cannot be conceived. When you serve the pie yourself, you put some clarified jelly in the top, and place the pie on the dish over a clean napkin, and a fine table-napkin folded and plaited all round the pie, to represent a Turk's turban, which looks neat on the table.

796. *To make Cold or Hot Pies, of Fowl or Game, either Dressed or in Timballes.*

Timballes possess the peculiar advantage of never breaking in the oven, as the other pies often do; and, above all, the advantage of leaving the best part at the disposal of the eater.

The other way, the best part always remains at the bottom of the pie, and is generally lost. As you leave the timballe to cool in the stewpan, all the gravy runs downwards, and the fat remains at top. When you serve it, what was at the bottom is then at the top, and of course the best part comes out first.

For either pie or timballe, pick and clean your game or poultry properly, and singe them over the flame of the stove; then bone the birds, taking care to injure the skin as little as possible; then open them flat on the table, and season with plenty of salt, pepper, spices, and cayenne; cut some pieces of bacon (called lardons), about the thickness of your finger, and a proper length for larding; season them well also in the same way, and lard the inside of the birds with them; lard also some veal, as veal must always be used in pies. Pound some farce (see Farce, No. 160) with truffles, seasoning it highly; spread some of it over the flesh of the bird, and roll the bird into its original shape. Now proceed in all respects as directed in the last. If it is a timballe, put the bird first, and then the farce and veal, &c. If a raised pie, put the farce first over the bacon, then the veal, and the bird or fowl, as they must be always at the top. Observe, that when you lard your veal and bird, the bacon must be put in symmetrically, so as to appear, when cut, like a draft-board.

I was once commissioned by the late Earl of Sefton to make a large pie for a present to the corporation of Liverpool. I exerted myself to exhibit the generosity of the giver and the dexterity of the maker, by the profusion and excellence of its contents (game, truffles, &c.), and the magnificence of its appearance; and succeeded in giving great satisfaction to my employer, and receiving many compliments from those who partook of the pie. I proceed to explain the composition. I prepared all my game, poultry, veal, ham, bacon, forcemeat, truffles, &c.: then, after having boned and larded the fleshy parts of the turkey, game, poultry, meat, &c., and seasoned the whole very high and judiciously, I proceeded as follows:—I buttered a very large brazier-pan, and trimmed it round with a sheet of fat bacon; then I put in the middle a very large turkey, breast downwards, boned, larded, and stuffed with four very fine pullets, each treated as the turkey. I then put in the same manner eight pheasants, boned, &c., as above, seasoned and stuffed like the turkey, with forcemeat and truffles, and in each pheasant a partridge boned, &c. These being placed round the turkey, I filled the cavities with forcemeat made of calf's liver, bacon, the livers of the game and poultry, and the flesh and livers of six rabbits, which I had used to make the forcemeat and garnish of this monstrous pie. I next put in every part of the pie some larded veal, some good bits of ham, and twenty pounds of truffles. I covered the whole with a sheet of fat bacon, and after seasoning it all over, closed the brazier hermetically, by sticking paper all round the edges of the cover, and put it in the oven for two hours; after which I let it get quite cool, and then put it in the ice-house to get thoroughly cold. I next dipped the brazier into warm water in order to get out the contents, being particular to save all the gravy and fat, and again put the meat, &c., into ice till ready to proceed with my colossal undertaking. The paste of these pies being seldom eaten, I made a great quantity of that described in No. 799; and after ascertaining it was of the consistence I liked it, I spread on the table sufficient to enclose the ingredients (which, having been in ice, were very firm, and there-

fore easily surrounded with the paste), and to form the inner sides of the pie. Having raised the paste a little above, and turned the edge of it over the top of the meat, I made it neat all round; and the pie being on a board, (not having a baking-sheet large enough,) I spread on the table sufficient paste to cover the pie entirely; I then with the paste-brush wetted the sides of the paste all over, and having ascertained that the paste was large enough to reach down to the bottom all round, I rolled the rolling-pin lightly up in it to save the paste from being broken, (it being of a size too large to lift with the hands,) and gradually enclosed the pie in this second paste, smoothing it with my hand. When the pie had attained a good appearance, with the tips of my fingers I made a little border all round the bottom to form the foot, and with my thumb and finger pinched a border round the top, the first and second paste together forming sufficient substance for a rich border. I then made a large ring of paste, and formed the chimney of the pie, to admit air into the interior, and some of the leaves described in No. 794*a*, which I wetted with the brush and placed the broad ends of them over the ring and round the chimney of the pie for ornaments, thereby forming a rosace, and with a pinch decorated the pie according to my fancy.

This should not be undertaken by one not sufficiently experienced in the art; for in a work of this magnitude difficulties must be overcome, and much taste displayed in the decoration of it. Mine was, however, very simple. I made a trellis-work all round, and judiciously spread vine-leaves of paste, taken out of the engraved paste-board; having put all round the hole on the top of the pie a flat piece of paste upright, to form a flue or chimney to prevent the gravy and fat boiling over when in the oven, and spoiling the appearance of the pie. I then brushed the pie all over several times with dorure, and put it in a moderately hot oven, that the crust might not be burnt. Full three hours are required to bake a pie of this magnitude. Before I took it out of the oven I ascertained when the meat was sufficiently done by thrusting a larding-pin or packing-needle into it through

the chimney, and then added to the gravy and fat which I had preserved from the brazier, some jelly, made of the bones of the fowls, rabbits, turkey, game, &c., some knuckle of veal and ham, highly seasoned, with spice, herbs (as bay-leaves, sweet bazil, thyme), cloves, mace, cayenne, and plenty of salt. Then having reduced some of this jelly, I put it in the pie when the ingredients were boiling, to equalise the flavour throughout.

This pie should be of a good colour. It will require two days to become cold. Great care must be taken not to break it, on account of its great weight. The jelly must be clarified and spread round the pie when opened.

797. *Consommé for the Inside of the Cold Pie.*

Take all the bones and trimmings of the bird and veal, add to them a knuckle of veal and a calf's foot, and put the whole into a stewpan with a bit of ham, an onion stuck with four cloves, a bunch of parsley and green onions, seasoned with thyme, bay-leaf, basil, and a bit of garlic; put with this a glass of white wine and a glass of water, cover the stewpan hermetically, and set it on a slow fire. When the meat is sweated through, moisten to the top with boiling water, and let it boil till the meat is done through. Season with salt and pepper, strain it through a silk sieve, and then reduce it almost to a glaze, to put into the pie when you take it out of the oven. Shake the pan to introduce the jelly everywhere.

798. *Paste for Hot Raised Pies.*

For a first-course dish, take a pound of flour, half a pound of fresh butter, three yolks of eggs, and a pinch of salt. Sift the flour on the dresser, through a sieve that you keep for that purpose. Make a hole in the middle of the flour, put the butter, eggs, and salt into it, with about half a pint of clear water. Work this together in summer. In winter mix the butter first: in summer you may ice the butter, and use iced water, that the paste may not be too soft. It is no easy matter to give directions in writing

for dressing the pie. After having made the paste with great care, make a ball, spread it on the dresser with the rolling-pin, then put it over a double buttered paper, and proceed to raise it all round, by pressing with your fingers, till you are able to form a round and deep shape, like the inside of a hat; then with two of your fingers press gently all round the bottom, to make a little projecting border; when you have done this equally, decorate it to the best of your ingenuity, line the inside with slices of fat bacon, and fill the pie with remnants of paste cut small, or with some chopped beef-suet; then put on a cover of paste, soldering it well with the border, having first rubbed it over with a brush dipped in water; after you have put on the ornaments, rub the paste lightly over with a brush dipped in omelet (called dorure), and then bake the pie; when done, cut out the cover, empty well the inside, and use it for either pie or soufflé. You may sometimes use for these the paste made with hot water which follows; but that paste is not eatable. It answers, however, just as well; for gentlemen rarely eat the crust.

799. *Hot Water Paste.*

Throw into an earthen pan as much flour as you want for your quantity of paste. Pour some boiling water into a stewpan with a large lump of butter and some salt. Lay the whole on the corner of the fire till the butter is entirely melted. As you are to dilute the paste with boiling water, use a wooden spoon to beat it, but mind not to make it too soft; when you have beaten it well with the spoon, remove it from the earthen pan, work it well on the dresser, and place it for a moment, covered in a cloth, before the fire, that you may work it more easily. This paste may make either cold or hot pies, as directed before (see No. 794), but it does not taste so nice as the other; still you may work it with greater facility, and it is not liable to so many accidents.

800. *Timballe for Macaroni.*

The paste for a hot timballe should be a little more delicate than for a cold pie; therefore put more butter into it. Take a pound of flour, a little more than half a pound of butter, two yolks of eggs, and a pinch of salt; work this with half a glass of water, making the paste as smooth as possible; proceed then as follows: Butter a plain mould all over well, decorate the bottom a little and the sides (by using some of the same paste, and adding some pounded sugar, the paste will take a browner colour, and will add to the appearance of the timballes); spread the paste over a dresser, cut a piece the size of the bottom of the mould (using the mould to measure with), and cover the bottom of the mould and all the decorations, without disturbing them; water the ornamented paste, as above; then stick the other paste lightly over, and cut a bit to put all round over the decorated parts; roll a little paste also to stick the whole together round the bottom, then fill the mould with beef-suet chopped fine, and make a cover to it of the same length; put this into the oven for an hour, and when done empty it for use. It may be used for macaroni, fricassée, blanquettes of every kind, &c. &c.

801. *Paste for Tourtes and Tarts.*

Take a pound and a half of flour, a pound and a quarter of fresh butter, a large pinch of salt, four yolks of eggs, and half a glass of water. Mix this paste as lightly as possible, without handling it too much; spread it over the dresser with a rolling-pin, and then fold it in three, as you do puff paste. Roll it out and fold it up again. Do this four times running; this is what is called four-turned. Use this paste either for tourte of entrées, for pies of meat or fruit, or when it may be wanted.

802. *Puff-Paste.*

Take the same quantity of butter as of flour, so that if you use two pounds of the one you must also use two pounds of the other; and so on. Weigh two pounds of very dry flour, and sift it; then lay it on the table and make a very large hole in the middle; throw in a little pinch of salt, a few small pieces of butter, and three yolks of eggs: use a little cold water to melt the salt; take water enough to make the paste of the same consistence as the butter. In winter you must make the paste very firm, because then the butter is so. In summer you must make the paste very soft, on account of the butter being the same. The reason you are obliged to do so is, that if the paste were not made of the same substance as the butter, the latter, when you turn the paste, would break through. When you have worked the flour lightly, mould it into a large ball, which flatten as quickly as possible; turn it into a spiral direction, and flatten the middle. Lay butter on the table with a little water, handle it to extract the white liquid, and squeeze it in a clean towel, that no moisture may remain. Lay the ball of butter over the paste, flatten the butter with a cloth, then fold the paste over the butter all round, but in a square form so as to wrap it well all over. Try whether the paste is firm enough to prevent the butter from breaking through it. Now powder a little flour over the table and the paste. Roll the paste as smooth as possible with the rolling-pin as long as you can; fold it in three, and roll it over once again, taking care always to powder it over with a very little flour, to prevent its sticking to the table or to the rolling-pin. After having spread it well, fold it again in three. Make two marks on the top with the rolling-pin, to remember that it has been rolled twice. Then put it into a plafond trimmed with a little flour: place it on the ground to keep it cool, and leave it there for a little while. Shortly after put the paste on the dresser, and proceed twice more as before; then let it rest again, and give it two turnings more, which will make six in all. Now give it a long shape, and fold it

in two. You may then use it to make a vol-au-vent. When at the latter end, fold the paste double only, and that is what is called half a turning: of course you are aware that the paste must have had six turnings and a half before you can make a vol-au-vent, and that you must keep the paste thicker than for other small articles of pastry. Cut the vol-au-vent the size of the dish in which it is to be sent up, and immediately after put it into a plafond: brush it over with yolks of eggs, open it all round with the point of the knife, and put it in a very hot oven. Mind that puff-paste always requires the oven to be very hot. If you are not careful to keep the oven shut, the vol-au-vent will not rise properly. When it is well baked, a fine colour, and you are certain that it is done through, take it out of the oven, remove the middle which served as a cover, empty and throw away the paste of the middle which is not baked, and lay the vol-au-vent cleanly on some paper to extract the butter. When you are ready to serve up, dish the vol-au-vent, and fill it with whatever you think proper.

With regard to small articles of pastry, spread more puff-paste, and cut it with cutters into different shapes; if intended for entrées, brush the paste over with yolks of eggs, but do not glaze it with sugar. By glazing is here meant, the sifting of fine-powdered sugar over the pastry when baked and emptied, and using over it a red-hot salamander, or else putting it into a very hot oven for the sugar to melt and glaze. The best method of employing the paste will be found at the conclusion of the department devoted to puff-paste, but the immense variety of forms which you may give to this paste will never alter its flavour, such varieties being only intended for the gratification of the eye; for this reason it is the author's intention merely to direct the reader's attention in this place to the dishes in most common use.

803. *Tourte à la Franchipan—(Franchipan Tart).*

Spread on the pastry-table a bit of puff-paste trimming, about the size of the dish you intend to use, round,

square, or oval, as it may happen; then cut a band of it long enough to turn all round the paste, and about an inch or two wide; moisten with the paste-brush all round the paste, and stick the puff all round the tourte, in the middle of which put the franchipan (No. 754), and bake it of a very good colour. When the paste is done, have some very fine-pounded sugar in a silk sieve; sift some over the tart, and pass the red-hot salamander over it, to glaze it of a good colour.

804. *Tourte des Confitures, Peach, Plum, Apple, Apricot, &c.*

To make the above tourte, if it is with sweetmeats only, proceed as in the last; but if it is of peaches, apricots, or apples, you should boil the fruit first in a little syrup, then let them cool in it, and when your paste is ready, drain the fruit through a sieve, and put it in the middle of the tourte; bake it as directed in the last, and reduce the syrup to pour on the tart when you send it to the table. This tart is a capital entremêt when well done.

805. *Apple Custard.*

If you would make a very good and eatable one, have a tart-mould either in tin or copper-tin, which should be of the usual form of the dishes served for the entremêts; make a paste as follows: Put a pound of fine flour, sifted, on the paste-table; make a hole in the middle, and break therein two whole eggs; add a small bit of butter (say two ounces), a little sugar, a very little salt, and a drop of water; mix these ingredients very quickly, and spread them on the table about the size of the mould. Butter the mould very well, put in the paste, decorate the border according to your fancy, and fill the inside of the paste with some apple marmalade, well reduced, but not quite full. Put this in an oven of moderate heat; when the paste is sufficiently done, to be taken out of the mould, put the custard again over the apple, and into the oven, to do the paste thoroughly. It would be better still if you were to bake the paste before you put the apple

marmalade into it; when you have garnished first with the apples, cover the whole with some apricot marmalade, and put them again into the oven to finish. Sometimes you should glaze with sugar and the salamander.

Or use the bottom of a common tart-dish well buttered, and spread the paste on the table; lay the paste over the dish, ornament the border with the pinch, and bake it: when done turn the paste, and put in it the apple marmalade; put it in the oven again, and mind the border of the paste does not take too much colour. When done put the custard over the apple, and put it in the oven again.

806. *Peach Custard.*

Make the paste as above directed; and after having boiled the peaches in a little syrup, put them in the flan; when the paste is nearly done, reduce the syrup to pour over the fruit, but take care that the paste is well done. These flans, or custards, are delightful when they are done to perfection. The crust is particularly delicious to eat with the fruit, when it is well done before the fruit is added. You may make use of the baking-dish, as in the last.

CHAPTER XXV.

SWEET ENTREMETS—PASTRY FOR ENTREES, &c.

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807. *Vol-au-Vent.**

VOL-AU-VENT is to be made the same as puff-paste, only you must give in this instance six turns and a half (see puff-paste, No. 802); cut the vol-au-vent according to the shape of your dish, whether round, square, or oval; but it must be cut: doré as quick as possible; then mark the opening with the point of your knife, and bake it in a hot oven; when done, open the cover, take out all the crumb, and put it on a clean sheet of paper to drain the butter till dinner-time.

808. *Vol-au-Vent for Sultane.*

The same proceeding as above, only glaze this with sugar, as it is to serve for a sweet dish. The sultane is some sugar spun in a mould, to put over the aperture of the vol-au-vent, where you have put either apples, cream, plums, apricots, &c. &c.

809. *Petits Pâtés of all Sorts.*

Spread some puff-paste as directed above, about three-eighths of an inch thick; cut out twenty patties with a fluted cutter: rub a baking-sheet over with a brush dipped in water, and put each of the patties on it at a distance from each other; doré them well, open a hole

* Vol-au-vent means light as wind, you must therefore make this paste very delicate. This is used for first or second courses.

on the top of them with a small knife, then bake them quickly in the oven; when done take them out: take off with dexterity the small bit of paste which you must keep for the cover; empty the crumb, put them on a clean sheet of paper, with the small cover on the side of them, and cover them also with paper till dinner-time.

For all other kinds of patties it is the same process and the same paste; the variety consisting only in the size and the flavour of the inside. The contents being either fowls, fish, lobster, oysters, partridges, &c.

810. *Small Timballes for all Sorts of Entrées, or for Darioles with Cream of every flavour.*

Butter eighteen dariole-moulds well; spread some trimming of puff-paste on the dresser: cut with a cutter a round of paste large enough to fill the mould; have a bit of paste of the same form as the inside of the mould, but not so large; put the round piece over the latter, let it fall all round, and then introduce this into the mould; press equally everywhere with your finger, to keep the paste the same thickness; cut off all the paste that is above the rim, fill the mould with trimmings of paste, and put on a false cover, to prevent the border of the paste from taking a bad colour. A dozen is always sufficient, except when the dishes are very large; bake them of a good colour: when done, empty all the inside, and garnish with whatever you think proper. For patés au jus (with gravy), fill the inside with Godiveau (No. 156), and bake them with false covers: when done, take off the cover, and open them with a knife, to let in a spoonful of Espagnole sauce (No. 17); then cover them with small covers made of puff-paste, that you have been particular to make of the proper size and a good colour, and serve up very hot. It is almost needless to say that the same paste and the same preparation will serve for a dozen different sorts, such as salpicon, soft roe of mackerel, lobster, sweetbread, fat liver and truffles, soft roe of cod, turbot, sole, &c.

811. *Dariole à la Crême.*

Trim the mould as above, and put the following mixture into it: Take a large spoonful of very dry flour; mix it well with an egg, five yolks, three spoonsful of fine sugar, a small pinch of salt, half a pint of cream, two or three macaroons ground fine, and some lemon-peel or orange-flower; put a small bit of butter into each mould, work well the mixture with a wooden spoon, and fill them with the above preparation; bake them on a baking-dish in a pretty hot oven. When done, sprinkle a little sugar over them, take them out of the mould, and serve up very hot. Twelve or fifteen for a dish.

812. *Ramequins à la Sefton.*

After you have made the pastry for the first and second courses, take the remains of the puff-paste, handle it lightly, spread it out on the dresser, and sprinkle over it some rasped Parmesan cheese; then fold the paste in three, spread it again, and sprinkle more cheese over it: give what we call two turns and a half, and sprinkle it each time with the cheese; cut about eighteen ramequins with a plain round cutter, spread over again some rasped Parmesan, and put them into the oven when you send up the second course; and serve very hot on a napkin. It is a good remove of the roast.

813. *Ramequins.*

Put into a small stewpan a large glass of water, a quarter of a pound of fresh butter, and a little salt; let this boil; when the butter is melted, put to it two or three spoonsful of fine dry sifted flour; stir with a wooden spoon till the paste does not stick to the stewpan, then take it off the fire: break some eggs one after the other, and smell them to ascertain if they are sweet; mix them with the paste, and continue adding till you see the paste has acquired a good consistence; then put in a quarter of a pound of rasped Parmesan cheese, and a

quarter of a pound of Swiss cheese cut into small dice; mix the whole gently to avoid breaking the cheese, and dress the ramequins as you do the petits choux: dorez or wash them over with egg as usual, and bake them in a moderate oven, but do not open the oven till they are nearly done, for that will make them fall, and they never rise after. Serve very hot.

814. *Cheesecakes.*

Put some curd from the dairy into the mortar, with a bit of very fresh butter, a little salt, a whole egg, and two yolks; rasp the peel of a lemon over some sugar, and put this also into the mortar; add four macaroons, and a bit of sugar: pound the whole together, and when very fine, take it out of the mortar; butter a dozen or more tartlet-moulds, and put to each of them a round of very thin puff-paste, cut with a fluted cutter, and put a spoonful of the preparation to each; bake next in a pretty hot oven, and serve up very hot with powdered sugar. Sometimes you may glaze them with a salamander.

815. *Tartelettes au Fromage, or French Cheesecakes.*

Take some of the petit choux paste, made with water; mix with it some cream cheese that has been curdled cold, and then proceed for the rest as above.

CHAPTER XXVI.

SWEET ENTREMETS—PASTRY FOR ENTREMETS.

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816. *Gâteau à la Polonaise.*

Spread about half a pound of puff-paste to the size of half a sheet of foolscap paper, throw some flour lightly over the dresser to prevent its sticking to it, and cut directly the paste into squares of two inches and a half; dip the paste-brush into the dorure (an egg beaten up yolk and white together), and touch the four corners of the paste and the middle; turn each corner up to the middle, press them together with one finger, and brush them lightly over again with the dorure; put them into a very hot oven. You may have twenty-four for a dish; but they must be small. When they are done, sift some pounded sugar over them, and glaze them very bright. While they are hot make a little hole in the middle of the paste, and garnish with apricot or any other marmalade or preserved cherries.

817. *Puits d'Amour garnished with Jam.*

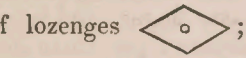
Spread some puff-paste as directed above, a foot square, and three-eighths of an inch thick. Have a small cutter ; cut about two dozen; brush a plafond over with a little dorure, and put the small pasties on it, pressing on each of them with your finger: then brush each of them over with the dorure; open the little mark in the centre with a knife, and bake them quickly in a

hot oven. When done glaze as above, then take out the crumb in the middle, and put the pasties on a clean sheet of paper to draw off the butter. Garnish with different coloured sweetmeats, as cherry and apricot jam alternately.

818. *Petites Bouchées garnished.*

Spread some puff-paste as above, and cut it exactly in the same form, but smaller; instead of dorure, use only the white of eggs lightly frothed. Pound some treble-refined sugar very coarse and sift it. Spread the coarser part which remains in the sieve over the pastry, and bake it directly; but the oven must not be so hot as for the preceding article: push in the little hollow in the centre, and garnish with raspberry jam or cherries.

819. *Lozenges garnished.*

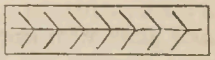
Spread some paste as above, and cut it in the shape of lozenges  ; open a small hole in the middle, bake and glaze it as the preceding articles, and garnish the same with different coloured sweetmeats.

820. *Feuillantines Pralineés—(with Almonds).*

Spread and cut some puff-paste as above, and brush it over with white of egg; chop some Jordan almonds very fine, mix them with some sugar, and spread them over the paste; bake them in an oven not too hot, and serve them without sweetmeats.

821. *Gâteaux à la Manon.*

Spread some very thin puff-paste on a buttered baking-sheet; pour over it equally some apricot marmalade, put some dorure or wash of egg all round the edge, and lay over the sweetmeat another very thin paste, which

you have rolled lightly round the rolling-pin; then put some dorure all over equally, mark with a knife on the surface some lines crossing each other, to cut it when done into long squares, thus  ; the marks on the square are made with a knife for ornament, and to prevent bladders of air. Glaze as above, and with your knife separate the squares when cold, and serve them.

822. *Croques en Bouche.*

When you have some remnants of paste, handle them together, and spread it out with the rolling-pin very thin; roll the paste over the rolling-pin, and lay it on a buttered baking-sheet; rub this over with white of egg. Spread some coarse sugar equally over it, mark it strongly through with a plain paste-cutter, and bake it in a moderate oven. When done, take the shaped part to make the dish. You may cut them sometimes in plain rounds, and at other times hollow out the centre of the circle, making of it a strong ring called lorgnettes.

823. *Feuillantines garnished.*

Cut some puff-paste into pieces the length of a finger, and about a third of an inch thick. Butter a baking-dish, and lay the paste on it sideways, at a distance from each other; put them into the oven without dorure, or wash of egg. Observe that, when the sides of the paste have spread, and have acquired consistence, you must glaze with fine sugar, and take them out when done. Then drain the butter from them, by putting them on a sheet of paper, and garnish lightly with sweetmeat; apricots in preference.

824. *Petits Paniers, garnished with Jam.*

Spread some puff-paste on the dresser, about two-eighths of an inch thick, then cut with a cutter of this shape

; put them into a baking-dish, and give them a good colour with the dorure; bake them in a very hot oven, and glaze with sugar; garnish the round part with cherries, and mark the lines on the side of the basket with currant-jelly, cut in fillets. Eighteen for a dish.

825. *Petits Pâtés, decorated or twisted.*

Spread some puff-paste about an eighth of an inch thick, cut out of it three ribbons of the same length. Lay one on the dresser, and with your finger put a little dorure (white and yolk of egg beaten up) on the end of another, and stick it to the head of the first; then put the third in the middle by the same process, and plait them, beginning by the two outside ribbons; when plaitted put a little more dorure to stick them together; doré them lightly, and bake them in a hot oven. Glaze with fine sugar, and when done, garnish between the twists with currant-jelly cut into fillets.

826. *Petites Cocardes garnies.*

Spread some puff-paste on the dresser, about a quarter of an inch thick; cut it with a large fluted round cutter, about the same as for patties; cut a hole in the middle with a small plain round cutter, then as quickly as possible with your finger turn the paste, so as to put the inside on the baking-dish, and the outside above; put them at a great distance from each other on the baking-dish, as the pastes spread sideways instead of rising; bake in a hot oven, and glaze of a good colour. When done, they represent exactly a cockade. Garnish with fillets of sweetmeat or currant jelly, to form the plaits of the cockade.

827. *Petit Treillage d'Abricot, or Apricot Cakes trellised.*

Spread some puff-paste over the dresser; trimmings will

do for these cakes: spread it equally on a large buttered baking-sheet, by using the rolling-pin as above. Spread some apricot marmalade over the paste equally, then cut some more paste long and narrow, roll it about the size of strong cord, and arrange it crossways like a trellis over the marmalade; put dorure over the bars lightly, and, lastly, bake in a moderately hot oven. When done, cut it into small oblong squares, and dress them on the dish one above the other.

As there is an immense variety of paste-cutters, select your own forms; the paste is always the same. Decorate sometimes with almonds cut into different shapes, and sometimes with almonds coloured with green of spinach. It would be too tedious and minute to attempt describing the various forms. The ingenuity of the practitioner will supply the ornaments, which must always be made of sweetmeat. There is an immense quantity of paste-cutters, little mahogany sticks: to make what is called canelon, put some puff-paste round them by cutting some bands of paste with a smolett, which is to be found at the ironmonger's; cut a band of about half an inch thick, and very long; wet the bottom of the paste with the paste-brush, and turn the paste round the stick, and so for a dozen; dorez the paste, and put them in a baking-dish; bake them of a very good colour, and when done glaze them with very fine sugar, spread over with a silk sieve and the salamander; when done take the stick out and fill the cavity with sweetmeats, and dress them on a clean napkin.

BRIOCHE PASTE.

828. *Brioche Paste.*

Take thirty good fresh eggs, three pounds of very dry flour, and two pounds of fresh butter. Lay the flour on the table after you have sifted it. Divide it into four equal parts; take one of them to make the leaven; make a hole in the centre, and use some yeast that has been well washed once. What we call washing the yeast is

pouring some water over it, stirring it, and then letting it stand still. When all the dregs are at the bottom of the vessel, throw away all the water that is on the top, and take about a large table-spoonful of the sediment, which put into the fourth part of the flour. Then take some hot water, pour it gently over the yeast, and mix the paste directly, in order to avail yourself of its strength. Do not make it too liquid; powder some flour in a small stewpan, put the yeast-paste (which is called leaven) into the pan, make slight slits over the paste, cover the pan and lay it before the fire; a quarter of an hour after, see whether the yeast has risen: if it has swelled, dilute the brioche directly in the following manner:—

Make a great hole in the remaining three-fourths of the flour, put four small pinches of salt on as many different places, with a good pinch of sugar, to correct the bitter taste of the yeast, and a little water to melt the salt. Then take two pounds of butter, which break into small pieces with your hand, and put in the middle of the flour: next break the eggs, and smell them successively to ascertain if they are good; mix the whole well together, and then knead the paste as follows. Spread it lengthways on the edge of the table, then with the palms of both hands press upon it, pushing it by degrees towards the middle of the table; when you have thus worked the whole of the paste, bring it back again towards the edge, and knead it a second time; again bring it near the edge of the table, and pour the yeast-paste all over it; next divide the whole into small pieces, which shift from one place to another: this operation is to mix the yeast with the paste properly. Now knead the paste well again twice, and gather the whole up together. Take a large sieve or an earthen pan, in which spread a towel, powder a little flour over the towel, put the paste on it, and cover it with the towel. In summer remove the paste to a cool place, and in winter to a warm one. Observe, that the paste is better when made on the preceding day, and take care to break it several times before you use it: then cut it into equal pieces, and shape them with the palms of your hands; lay these on the less even side;

shape off small balls, which turn also with your palms, brush them over with a beaten egg, then make a little hollow, put the small ball into it, brush twice over with the egg, and bake it in a hot oven. If you wish to make a large brioche, you must make a very large round well-buttered paper case; and then mould your paste accordingly. Make a head the same as for the small one, and bake in a hot oven, but not so hot as is used for the small ones, for the larger the articles of pastry are, the less heat must the oven have. The borders of the brioche, or pies, &c., would burn before the middle part could hardly be heated. When you perceive that the brioche has colour enough, if it should not be thoroughly baked, cover it with paper without losing sight of the colour. A good mould is preferable to a case of paper, but it must have a hole in the middle in the form of a pipe; butter the mould all over and put the paste into it, put the mould on a baking-dish, over some cinders, to prevent the top having too much colour. This same paste may serve to make all sorts of little entremêts, such as

Les Petites Nattes en Gâteaux de Nanterre,
Les Petits Pains Sucrés.

The only difference is, that you must put some coarse sugar over these, and sometimes currants inside; and by putting a little saffron in the same paste, and a glass of Malaga, you make excellent gâteau. Sometimes you introduce half a pint of cream, fruit, and dried cherries, which make another sort. For a ball, a judicious cook will make a dozen different sorts of cakes with the paste.

If you make them of different shapes, you give them different names, and by this means make a multiplicity of entremêts; however, you have already a sufficient number of them at your disposal, without introducing many sorts of brioches, as they are too nourishing after dinner: but they are very good for balls and routs.

It is easy to make a great number of dishes with the brioche paste, by giving it various forms, and employing different means for the top: sometimes use the dorure,

sometimes use white of egg, and sometimes coarse sugar spread over without colour; put paper over them to prevent their taking too much colour. Sometimes you may use milk alone to colour it, at other times the same paste. When you have given several forms to the paste, and intend to give them different names, you may likewise change the flavour by using a little saffron dissolved in a glass of malaga wine and sugar: make some of one sort with half of this paste, and to the remainder add a few black currants, and give to those another different form; by these means you will obtain a multiplicity of cakes, having all the same paste, but possessing various flavours and different appearances.

829. *Compeigne Cake.*

The same paste as for brioches; only keep it more liquid with some hot cream. Put in a few stoned rasins and currants. This cake is made in a mould well trimmed with butter.

830. *Baba.*

Dilute this paste the same as the brioche. Take eight grains of saffron, which infuse in a little water, and then pour this water into the paste; add two glasses of Madeira or Malaga, some currants, raisins, and a little sugar; then make the cakes as you do the brioches; add to it half a pint of good cream well frothed. You must butter the mould when you put them in: the oven must be moderately hot, as the babas must remain a long time in: after one hour you must look at them, and preserve the colour by putting some paper over them. You must use a mould with a chimney in the middle.

831. *Brioches au Fromage—(Cheese Brioches).*

Make this paste as for other brioches, only have some Swiss cheese, which cut into dice, and throw into paste while it is still liquid. Bake it as you would any other

brioche. As I never pretended to a profound knowledge of pastry, I have not inserted so many receipts for making it as may be found in the works of practical pastry-cooks, but the contents of this work will be sufficient to gain for every one who will follow my example a celebrity never attained by the making of cakes, creams, and jellies only.

NOUGAT.

832. *Nougat.*

For a second-course dish, cut in dice or in fillets a pound of sweet almonds, and mix with them six or eight bitter almonds. Before you cut them into dice they should be blanched, that the peel may come off. When they are cut equally, dry them in the oven, but keep them white; take three or four spoonsful of superfine pounded sugar, put it over a slow fire in a preserving-pan; when the sugar is melted without having used any water, throw the almonds in, but take care that they are quite dry. Stir the sugar with a clean wooden skewer. If you hear a noise when you throw them into the sugar, it is a sign that they are dry enough. Rub a mould slightly over inside with oil or butter, and lay some almonds in beds as thinly as possible; take an oiled lemon to press the almonds with: but be quick, otherwise the almonds will get cool, and then they cannot be worked so thin. The nougat requires to be light, to be made to perfection. Sometimes you may make the nougat in a mould the form of a vase, sometimes in small custard-moulds, according to your choice; it is always the same thing, but you may cut the almonds of different shapes. These entremêts will give you at least six or eight varieties: when cut long and square, put them in the oven to soften them again, oil a long round stick, and put it into the nougat to take the form of it; this you may call gaufre en nougat. Again, take some white almonds chopped very fine, and have a green of spinach made as directed in the sauces,

then rub the almonds with the green to make them appear like pistachio-nuts, which are preferable, if at hand, but almonds are much cheaper, and will answer almost as well; dry them very well, and make some sugar au cassé, which you will find explained in No. 836. Dip the two extremities of the nougat but lightly in the sugar, and afterwards in the green almonds; put this over a clean paper in a dry place. You will find this dish have a very good appearance and an excellent flavour. It may be made sometimes with white almonds, sometimes cut in lozenges and bordered with the green and white, &c.

Sometimes make a pound of almonds into nougat, oil a baking-dish, and spread it over it, oil the rolling-pin, and flatten the nougat with it; if it will spread easy, put it in the oven again to make it soft; then cut it into small long squares, and keep it in a very dry place, to prevent it sticking to the fingers. The nougat is in general made too sweet, and it is an article that belongs to the confectionery department.

CHAPTER XXVII.

SWEET ENTREMETS AND HOT PASTRY.

833. *Dry Meringues.*

MERINGUES, to be well made, require the eggs to be fresh, and that they should not be broken till the very moment you are going to use them. Have some pounded sugar that is quite dry, break the white of the eggs into a clean and very deep pan, whip them without loss of time till they are very firm, then take as many spoonsful of sugar as you have whites, and beat them lightly with the eggs till the whole is well mixed. Observe, that you are to be very expeditious in making the meringues, to prevent the sugar from melting in the eggs. Have some boards thick enough to prevent the bottom of the meringues from getting baked in the oven. Cut slips of paper two inches broad, on which place the meringues with a spoon; give them the shape of an egg cut in half, and let them all be an equal size: sift some sugar over them, and blow off the sugar that may have fallen on the paper; next lay your slips of paper on a board, and bake them in an oven moderately hot. As soon as they begin to colour, remove them from the oven: take each slip of paper by the two ends and turn it gently on the table; take off a little of the middle with a small spoon. Spread some clean paper on the board, turn the meringues upside down on it, and put them into the oven, that the crumb or soft part may be baked and acquire substance. When this is done keep them in a dry place till wanted. When you send them up to table fill them with Chantilli cream (No. 751), or with something acid. Remember, however, that you are not to use articles that are very sweet, the meringues being sweet themselves.

Mind that the spoon is to be filled with sugar to the brim, for the sweeter the meringues are the better and crisper they are; but if, on the contrary, you do not use sugar enough, the meringues are tough. They are sometimes made pink by adding a little carmine diluted in some of the preparation, but the white ones are preferable; if a clean sheet of paper is put into a small stock-pot, and the meringues also put therein, and well covered, they will keep for one or two months as good and crisp as the first day: on which account, if you have a vacancy for one dish, which is wanted in haste, it will be found very advantageous to have them made beforehand.

834. *Meringues au Marasquin.*

For a pound of sugar take the whites of ten eggs, and clarify the sugar as directed in its proper place. Reduce it almost au cassé (see No. 836), then let it cool, while you beat your eggs well; next put them with the sugar. When the sugar begins to get cool, mix the eggs well with it with a wooden spoon; then mix two spoonsfuls of marasquino with the whole; dress the meringues on some paper as above, and glaze with sugar sifted over them, before you put them into the oven, which is not to be so hot as for other meringues. As soon as the top gets a substance, take them from the paper, stick two together, and put them into the hot closet to dry. Leave the moist part in the middle. These meringues belong more particularly to confectionery, as they are sweeter than any other.

835. *Gimblettes.*

The gimblettes are introduced next to the meringues, because this kind of paste is made with the yolk of eggs, whereas the whites only are used in making the meringues. It is by adherence to these principles of economy that a good cook distinguishes himself. For eight yolks take two ounces of butter, half a pound of flour, a pinch of salt, one ounce of sugar, and a little milk; work the

paste with your hand on the table; add to it a little rasped lemon-peel, or a little orange-flower. Cut the paste into small pieces, which roll up the size of your little finger, and make rings with them: solder them with a little dorure (yolks of eggs well beaten). Next rub a baking-sheet over with butter, and lay the gimblettes on it. Mind that they are all of an equal size. Brush them twice over with the dorure, and bake them in an oven that is but very moderately hot. This paste undergoes no change while in the oven; let it get quite dry, for gimblettes require to be made crisp. Sometimes you can twist them to vary the form. This pastry is sometimes given by the French ladies to their little dogs; it is very delicate in flavour when perfumed with orange-flower, vanilla, lemon, or otherwise.

836. *Clarified Sugar.*

Break the sugar in pieces, weighing each about half a pound; put them into the stewpan, with clear water, sufficient to dissolve them: add two or three drops of the whites of eggs, (a trifle more if the sugar be very dirty), beat the water very well till you find it turn white, then pour it over the sugar, and put the stewpan on the fire. Let the sugar boil before you skim away the dirt; pour a little more water over the syrup, then skim again, and when very clear, drain it through a clean silk sieve, and use when wanted. This sugar may be reduced so as to spin, but the surest way is to use treble-refined sugar, broken small, and put it in a small preserving-pan with a very little clear water; put it over a sharp fire, keep the pan clean all round with a damp rubber, to prevent the sugar taking any colour; when you perceive that the sugar swells in a large globe, have some cold water in a glass; dip your finger very quickly into the water, then in the sugar, and again into the water; if the sugar that has adhered to your finger breaks very crisp, it is ready to spin; let it cool a little, and with a damp cloth wipe the side of the pan to cool the sugar, and prevent its taking too much colour. If you have a little apple-jelly at hand, put a tea-spoonful of it into the sugar: it will

improve it wonderfully. This will warm again over a small fire or at the mouth of the oven.

837. *Páte àux Choux, or Royal Paste, called "aux Choux."*

This paste is the basis of many sorts of pastry: it is used to make an infinite number of second-course dishes of various forms and of different denominations. The author will first explain the manner of making it, and then briefly enumerate its various appellations.

Take a stewpan large enough to contain four pints of water; pour half a pint of water into it with a quarter of a pound or a little more fresh butter, two ounces of sugar, a little salt, and the peel of a lemon; let the whole boil till the butter is entirely melted. Then take some very fine dry flour, and shake it through a sieve. Take the lemon-peel out with a ladle, and throw a handful of flour into the preparation while boiling; take care, however, not to put more flour than the liquor can soak up. Stir with a wooden spoon till the paste can easily be detached from the stewpan, and then take it off the fire. Next break an egg into this paste, and mix it well; then break a second, which also mix; do not put more eggs than the paste can absorb, but you must be careful not to make this preparation too liquid. It is almost certain that about five or six eggs will be wanted for the above quantity; then form them en choux, by which is meant, in the shape of a ball an inch in circumference. As this paste swells very much, you must dress it accordingly, putting the choux on a baking-sheet, at an inch distance from each other, in order that they may undergo a greater effect in the oven. Brush them over as usual with the dorure, or egg-wash, to which has been added a little milk. Put them into an oven moderately hot, but do not open the oven till they are quite baked, otherwise they would flatten, and all attempts to make them rise again would be useless: next dry them. Sometimes you may glaze them; at other times you may send them up without being glazed. To detach them from the

baking-sheet, apply the sharp edge of your knife, and take them off gently. Then make a small opening on the side, into which put, with a teaspoon, such sweetmeats as you think proper, and send them up dished en buisson.

N.B.—Be cautious to smell every egg before you use it, for a bad one would spoil the whole.

838. *Petits Choux Pralinés.*

The same paste as above, only when the choux are dressed on the baking-sheet and dorés, sprinkle them over with some sweet almonds chopped very fine, and mixed with a little pounded sugar. Next turn the sheet down and powder again with the almonds, and turn the plafond again, that no almonds may remain on the baking-dish: then bake and garnish with sweetmeats, as directed above.

839. *Gimblettes à la d'Artois.*

The same paste as above, with this only difference, that after having dressed the choux at greater distances, dorez them, by dipping your finger into the dorure, and then into the middle of each choux, pressing on the baking-sheet. Turn your finger round a little to widen the hole; do this to every choux, and form a small crown; put them into a moderately hot oven, and do not open it till they are done. When they are baked enough, take some very fine pounded sugar, and throw it into a silk sieve. Shake the sieve gently over the gimblettes, and put them again into the oven for a moment to dry the sugar, next glaze of a fine colour with the salamander, and introduce sweetmeats, &c. Garnish as before.

840. *Gimblettes Pralinés—(with Sweet Almonds).*

The same paste and method as above. Before you put them into the oven, powder them over with chopped almonds, and bake them of a good colour: garnish the inside with sweetmeats.

841. *Basket of Petits Choux à la Chantilli.*

The same paste again, only in this case make the choux very small, rolling them on the paste-board with a little flour; then bake them like all others, but without glazing them. Next have some clarified sugar, au cassé (No. 836), stick the point of a small skewer into the choux, and dip them one after another into the sugar. Stick all the choux together round a buttered mould of the shape of a basket; stick them well together, especially about the top, for it is generally the upper part of the basket that is most liable to break. To make the handles, use the side of a stewpan of the same circumference as the height of the basket, and stick some of the choux close to each other to make the handles: next apply the handle to the basket, and stick it on. When ready to send up, pour some Chantilli cream (No. 751) into the basket, and then serve up. If you pay strict attention, this entremêt will have a pleasing appearance.

N.B.—You can follow your own taste with regard to the shape you give to the choux, and vary the moulds accordingly, either made into baskets, round or oval vases, &c. &c. Always butter the moulds inside or outside; otherwise the sugar would stick, and the shape would not come out.

842. *Pains à la Duchesse*—(*Duchess Paste*).

The same paste again, with this difference, that you must first make on the paste-board some round balls with the paste, and then roll them lightly as long as your finger; next lay them on the baking-sheet, dorez them with milk only, and bake them either glazed or not, as you think proper: when done, open them at the bottom, and fill them with sweetmeats.—The number of forms that can be made with this paste is very considerable; but it is impracticable for the learner to undertake so many at once. If you make the articles here mentioned properly, your own understanding will soon lead you to improve upon them.

843. *Choux en Biscuits, called Gâteaux à la d'Artois.*

Take a pint of thin cream, which boil in a stewpan large enough to contain four quarts, with a little salt, a little sugar, a pinch of orange-flower praliné, and four ounces of fresh butter. When the cream has boiled, skim off the orange-flower. Take some dry flour that has been sifted through a silk sieve, and throw a handful into the boiling cream. If the cream can absorb more, put a little more to dry on the fire, and keep stirring with the wooden spoon till the paste no longer sticks to it. Next take five very fresh eggs, break three of them whole, one after the other, and stir quick; then throw in the yolks only of the other two, but as that is not sufficient to moisten your paste properly, add as much thick cream to it as the paste can imbibe. Do not make this paste too liquid; dress the choux on a baking-sheet, with a spoon; give them the shape of an egg, dorez them and put them into the oven. When they are baked, glaze them first with sugar, next use the salamander, and serve up hot.

844. *Pain de la Méque.*

The same paste as the above, with the addition only of some coarse sugar when they are dressed on the baking-dish; and bake them as usual.

This method is quite plain, but it cannot be altered. You may sometimes stick two together with apricot marmalade between them.

Observation.—When you have succeeded so far as to make the royal paste well, it is not difficult to produce an infinite variety of entremêts. You may make a hole on the top, in the middle, and fill it with crême patissière (No. 752), and put it into the oven again. Another time, if you wish to make rocks, or croquantes, you manage to frame the doors or apertures, by erecting small choux one above another, in the shape of an arch ;

pralinez them with chopped almonds, made green with the green of spinach, and dried. You may also shape them into sheaves. Make these choux very small, but long; then cut the point of one side, and with the sugar au cassé (No. 836) stick one against another round the dish, then stick another course close to the border of the dish, to strengthen the structure, so as to represent water-works. The choux are not to be all the same length in this case. With the point of a skewer put a little melted sugar all along the sticks to stick them together properly. Fill the middle with frothed cream, which has been mixed with a little marasquino. If you should have a little sugar left, sprinkle it gently in a buttered mould to cover the cream, like a small sultane. In strawberry-time, rub some strawberries through a hair sieve, and mix them with double cream, frothy, and a little pounded sugar, and garnish the *gerbe* with that cream.

845. *Cascade à la Chantilli.*

Make the pâté or choux as directed for the Royal Paste (No. 837); when the paste is made rather firm, put some on the pastry-table; when you have spread some flour lightly, then roll this paste about eight inches in bulk, put it in a baking-dish, and doré with the eggs prepared for that purpose; make sufficient of this to stick round the dish which you mean to serve—let room, however, be left for another row not so long, to come precisely on the border of the inside; try if you have enough to shut close, as you must put cream in the middle. The choux should be close to one another; cut the points off one side; dip this in the clarified sugar (No. 836), then stick these on the dish, and go on all round: when they have all stuck in the dish, fasten them together by dipping a skewer in the hot sugar, and dropping it between the sticks of paste: when they become solid, put the Chantilli cream with marasquino in the middle, and spin the remaining sugar in a little mould to cover the cream.

846. *Savoy Biscuits Hot.*

Take a dozen fresh eggs, break them into a vessel, which is to be put into another containing some water nearly boiling. With these eggs mix a pound of superfine pounded sugar. Beat them well in the vessel which stands in the hot water. When you perceive that the eggs are no longer soft, put three-quarters of a pound of flour into a silk sieve not very closely woven; mix the flour well with the eggs, which is done by shaking the sieve, then add about two spoonsful of orange-flower water. If you only use lemon, put in a spoonful of cold water. Rub a mould over with butter; powder some sugar round, fill that mould with the preparation, powder some sugar over it, and bake it in an oven moderately hot. Ascertain with a little skewer whether the middle part is sufficiently baked, before you take it out of the oven. If the biscuit is not very large, it will be done in three-quarters of an hour. Biscuits, like other pastries of a large size, require the oven not to be too hot, and therefore they must be kept in a longer time.

847. *Savoy Biscuits Cold.*

Take a little more than half a pound of very fine dry flour,* one pound of very dry pounded sugar, and fourteen or fifteen eggs very fresh; if the eggs are large, fourteen are sufficient. Rasp over the sugar the peel of two lemons or oranges; put that sugar to dry; then have two vessels, one for the whites and one for the yolks; break the eggs one by one, and be particular in smelling them, as one bad one will spoil all; put the dry sugar with the yolks, and work them together with two new wooden spoons, put also the sugar of lemon; next whip the whites very firm, and, to prevent them turning, put a small pinch of calcined alum in powder; when the

* These biscuits are more delicate if made with the flour of potatoes: be careful to have the flour very dry, as this circumstance is of great importance in the making of the paste.

whites are very firm, take half to mix with the yolks; then put all together, and put the flour into a hair sieve, and sift it over the eggs; mix gently with the whip, then butter a mould, and powder it over with fine sugar; put the biscuit into the mould a little at a time, to prevent the bladders at the top; put some ashes on a baking-dish, and put the mould over this in the oven; the heat must be moderate; about one hour is requisite to bake this biscuit, and it must not be moved till it is quite done.

848. *Biscuits in Cases.*

Make some small paper cases, and use the same preparation as above. Do not fill the cases too much, and put some coarse sugar over them before you put them into the oven, which must not be too hot.

849. *Spoon Biscuits.*

Take a silver spoon, and use the same paste as above. To dress Savoy biscuits, and biscuits à la Cuiller, you must glaze them with fine sugar, and bake them in a very temperate oven.

PASTE FOR TARTS.

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850. *Pâte pour les Tartes.*

Spread on the table two handsful of flour, a spoonful of pounded sugar, a pinch of salt, an ounce of butter, and a little water to melt the salt. Make a hole in the middle of the flour; break into it two whole eggs besides the yolk of another; mix the paste well, and it will serve you for making tarts, tartlets, and for mounting croquantes. Increase the quantity of ingredients according to the quantity of paste you may have occasion for. This paste is generally used to make the large pieces; it can be made into all sorts of forms.

851. *Apple Tart with dry Paste.*

Cut some apples in four quarters: peel, and put them into a baking tart-dish, with a little lemon-peel and some white pounded or moist sugar; pour a drop of water into the bottom of the dish, and spread the paste with the rolling-pin on the pastry-table. Cut some of it very thin (as directed in the paste for tarts) and with the paste-brush moisten it all round; roll the paste round the rolling-pin, and put it equally over the apple and the other paste. Press the paste all round with your finger to make it adhere. Take the dish in your left hand, and with a knife cut off, all round, the superfluity; then with the back of the knife make some marks in the form of shells all round the paste, about an inch distant from one another; then whip the white of an egg, and spread it on the paste with the paste-brush; spread some coarse white sugar over the egg, dip the paste-brush in water, and sprinkle the water by shaking the paste-brush against your other hand to moisten the sugar and prevent it from burning in the oven: put the tart on a baking-dish, and when the meringue begins to colour put some paper over that it may not be too highly coloured before the fruit is done. The same method is to be pursued for all sorts of tarts, as cherry, currant, gooseberry, peach, apricot, raspberry, damson, &c. &c.

852. *Almond Paste.*

Take a pound of sweet almonds, blanch them in boiling water; take off the peel, and let them soak in cold water four hours; then pound them well in a mortar; add a little water to prevent them from turning to oil; after they are very fine and quite in a paste, put in three-quarters of a pound of sugar well pounded, and mix all together in the mortar. If your paste is quite fine, take it out of the mortar, put it into a stewpan over a slow fire, and stir it with a wooden spoon till it becomes white and dry; then put it again into the mortar, and mix with it a little melted gum tragon that has been strained through a

towel; take care to keep it covered, to prevent it drying. You may give what scent you please, as lemon, vanilla, rose, orange, &c. &c. If you use almond-paste to make vases, baskets, or tartlets, keep it always free from dust, spread it on a marble with a rolling-pin as thin as possible, and if you put it into a mould, butter the mould lightly, and give the paste the form of it. Bake in a moderate oven.

Almond-paste should always be kept in a gallipot, covered with a damp towel, to prevent its drying.

853. *Tartlets of Almond Paste.*

Butter some tartlet-moulds, and after having spread the paste on the dresser, cut it with a cutter to the size of the moulds; put a little sweetmeat in the middle, and a small rosette in the middle of that. Bake in a moderate oven.

854. *Tartlets of Almond Paste with Strawberries.*

Spread some almond-paste over the pastry-table, and cut it with a fluted cutter the same size as other tartlets; butter slightly the moulds, and put them into a moderate oven. When the paste is done almost white, take them out of the mould, and garnish with currant jelly, raspberry or apricot jam, &c. &c. When the sweetmeats do not go to the oven, they are always of a better colour and taste. In summer, rub some strawberries through a hair sieve, mix what you have rubbed through with a little sugar and isinglass, put the mixture into ice, and when frozen, put a little into each mould.

855. *Tartlets Banded.*

Take some remnants of puff-paste, which spread on the table with the rolling-pin; have some tartlet-moulds well buttered; cut some paste with the fluted paste-cutter, the same shape as the moulds, lay the paste in each of them, and put a spoonful of apricot marmalade on the paste; then cover your mould with a little cover made as follows:—

Take some hot-water paste (No. 799), have a little board engraved with three small covers of different ornaments; have some coarse muslin, put to it a little fine powder, tie the muslin as if you were going to make a little bag of it, dust the board by shaking the bag over it, to prevent the paste from sticking to it; lay some of the paste over an engraved part of the board, press with your thumb equally over it, then press with the flat side of your knife, and cut off the superfluity of the paste. Take the paste out of the mould with a little damp paste, and moisten the border of the tartlet: stick one of these little covers on each of the tartlets, and bake them without any dorure; but when done, glaze them with a little sugar, and use the salamander.

You may also make some without covers, but those with covers look better, and the sweetmeats do not dry so much.

856. *Gaufre à la Flamande.*

Take a pound of fresh butter, a pound of fine dry flour, and six or seven eggs; first mix the eggs with the butter in a basin, put a little salt, then sift the flour over the eggs and butter, and add to it a spoonful of yeast. Next mix with the above a pint of double cream, work it well with your hand, and put the basin on the dresser till dinner-time. Grease the wafer-mould with bacon fat for the first only, as the others will come out easily without any additional grease. When you serve up, sprinkle some fine sugar over them. If you put the sugar earlier, it will make them soft.

857. *Madeleine Cake.*

Take the same weight of flour, sugar, butter, and eggs: in general, eight eggs are enough for a second-course dish; add a little salt and the rasped peel of a lemon; work this paste a little, till you have put all the butter into it. Melt a little butter in a stewpan, and skim it well; pour some into each mould, and then drain it, leaving, however, a drop at the bottom to facilitate the coming out

of the cake. Sift some ashes over a baking-sheet, put the small moulds into it, and then put paste into each of them, about half the depth, to give it room to rise. Bake them in a moderate oven. When done, turn them out on a clean sheet of paper, and put them again into the oven for a few minutes. By changing the form of the mould you produce a dish of a different appearance; and by occasionally emptying the inside with the point of a knife, and putting into the cavity either cream or sweetmeats, you make what is called gâteaux à la Madeleine farcies, or filled. The more this paste is worked, the better and the finer will be the cake; in general, these sorts of paste require a good deal of labour.

858. *Pâte à Génoise.*

The same proceeding as above, only add half a glass of brandy, about a quarter of a pound of sweet almonds well pounded, and a few bitter ones, blanched of course: when you have given the flavour you choose, as lemon, citron, or orange, spread the paste over a baking-sheet, and level it equally with your knife; then put it into the oven. When done, use a cutter of whatever shape you please (as a round, a star, or any other ornamental form), cut out as many pieces as you can, and lay them on paper over a baking-sheet, dry them in the oven, and let them be coloured on both sides. A variety of dishes may be made with this paste, differing both in form and colour; but the taste is the same, as sugar always prevails.

859. *White Gimblettes of Genévaise.*

Make the same paste as above, only, when nearly done, take it out of the oven, and brush it over with white of egg; then, after spreading over the egg some chopped almonds mixed with sugar, put it into the oven again. When done, take a round cutter about two inches wide, and cut out as many as you can from the baking-sheet; then take a smaller cutter, and cut a piece out of the middle, so as to produce a small wheel (this is what is

called a gimblette). Then dry them on paper in the oven, keeping them as white as possible. You may make a pretty Basket in the middle, by sticking all the little round genévaises with sugar all over the mould, and filling the middle with a Chantilli cream, or Bavaraise.

860. *Rose, or Green Gimblettes of Genévaise.*

The same as the last, only die the almonds with cochineal or green of spinach,* after they have been blanched, and chopped, and dried in the hot closet. Use them to diversify the colour; vary also the shape occasionally. You may cut the genévaise sometimes in long squares, sometimes in lozenges, sometimes let them remain in their natural yellow colour, and border with chopped green almond, stuck with sugar au cassés (No. 836).

861. *Fruit Tart, English manner.*

Spread some puff-paste over the table with a rolling-pin; cut a piece the size of the dish, and out of the trimmings cut some strips; brush the edge of the dish with dorure, and stick the strips on it: then put the fruit into the dish with some sugar and a little water; roll the paste on the rolling-pin, and lay it over the fruit. Before you put the paste on, brush the strips with some dorure (egg-wash, or water), to make it stick. When you have trimmed the dish all round, brush some white of egg over the tart, and sift some sugar over it: then dip the paste-brush into water, and shake it over the tart. Bake it properly, and serve up cold. Apples, however, are an exception, as they are better hot. Instead of brushing the tart with white of egg only, you may use yolk and white

* Green of spinach is an extract of spinach prepared as follows:—Pick and clean some spinach, pound it in a mortar, squeeze the juice through a clean towel and put it in a stewpan; put the stewpan in one a little larger with boiling water, but not sufficient to cover it: in a very little time you will find it curdle, then drain it on a silk sieve, and what remains in the sieve will die almonds or anything else very green.

beaten together, which is called dorure, and should be borne in mind. When this has been done, take a small knife and ornament the paste with figures according to your fancy; then put the tart in the oven, and, if it begins to have too much colour, cover it with paper. When done, spread over it some fine sugar through a sieve, replace it in the oven to dry the sugar, and with the red salamander glaze the tart of a bright colour.

You must prepare all kinds of fruit in the same way: use sometimes the paste for tarts (No. 850), but in that case, no strips are absolutely necessary.

APPENDIX

OF

OBSERVATIONS ON THE MEALS OF THE DAY,

WITH

BILLS OF FARE AND RECEIPTS.

MEALS OF THE DAY.

BREAKFAST—LUNCHEON—DINNER—COFFEE—AND SUPPER FOR A SOIREE OR BALL;—WITH BILLS OF FARE AND RECEIPTS.

BREAKFAST.

As it is customary for people of fashion when in town to meet their friends in the morning in the parks and other places of polite resort, and in the evening at the Opera, sometimes in the private boxes at the theatres, and at the different routs, it will not be necessary to show how *they* commence the day. They may be pictured at the breakfast-table yawning over the newspaper, half asleep, half awake; the lady experiencing the headache of a late party, and the gentleman musing on the supper and the events of the Club-house.

In the country all is different. The host, who understands how to receive his guests, affords them every facility of following their usual habits, and orders, at a certain hour (which is generally between ten and eleven o'clock), a breakfast as follows:—On a table, where everything should be neat and simple (since the ladies breakfast in a simple negligé), there should be as many different kinds of rolls as the person who prepares them is able to make. These should differ from each other as much in form as in taste;—and on the side-table there should be some cold dishes, such as fowls, pheasants,

partridges, tongue, ham, cold pâtés, &c. &c. Few persons are displeased at seeing a slight sprinkling of hot dishes, such as mutton kidneys à la brochette, new-laid eggs, eggs and bacon, broiled cutlets, larks à la minute, deviled fowl, &c. &c., in fact, all that is generally considered as constituting a déjeûné à la fourchette, observing that the hot meats ought not to be served till the guests are at table. Tea (green and black separately), coffee, chocolate, should also be served. Essential coffee, easily made as it is, is almost always badly prepared. The following instructions will show, however, that it is difficult to avoid making it well, if they are carefully attended to.

862. *Method of making Coffee with the utmost Expedition.*

Procure a filtering coffee-biggin from Messrs. Bennington's, the corner of Jermyn-street and York-street, St. James's, who have them of all sizes, holding from six to twelve cups each. One cup of dry coffee will make two good cups of liquid, so that you should put one cup of dry for two of liquid coffee; three for six; and so on in the same proportion. The coffee should be of the best quality, if you would have it of the finest flavour.

Pour some boiling water into the biggin* on the coffee, wetting it equally, so that it may be properly infused, which you may conclude to be the case when you perceive a bubbling on the surface. Then stop pouring for a minute, and place the bottom of the biggin in a vessel containing boiling water, which will keep the coffee hot.

If you think the water you have poured in not sufficient to make the quantity of coffee required, add more

* If it is the first time of using it, you had better make a little coffee in the biggin for the servants, to season it; for when first used, coffee-biggins generally smell of turpentine.

until you have enough. When there are many persons to serve, the biggin should be filled several times, adding fresh coffee every time.

The vessel into which the coffee is emptied should be most carefully closed and kept hot in the bain marie, or other vessel with warm water in it.

Coffee can never be too strong, and may always be diluted with boiled cream. Weak coffee is never worth drinking.

I have made an improvement in the tin biggin, which I have exhibited to Count d'Orsay, Lord Vernon, Lord Allen, and many others, and have never failed, by my method, to make coffee better and quicker, notwithstanding the contradictions that I have experienced at the St. James's Club, from some noblemen who have certainly made a vow never to be pleased, however well they may be served. The new method is the simplest that can be practised, and yet the improved biggin is not to be found in the shops unless ordered; and even then, if not ordered by an experienced person, it is sure to be wrong. I have mine made at the tinman's shop in Henrietta-street, Covent-garden; and they may be seen at my house, No. 2, Albemarle-street. For the thin tammy in common use, I substitute a thick flannel. It is easily made; I will make it before anybody, and will charge nothing.

LUNCHEON.

In London, persons breakfast at nine, ten, eleven, and even twelve o'clock, and dine at eight or nine; between these meals comes the luncheon, composed generally of cold meats, such as pâtés, fowls, pheasants, partridges, ham, beef, veal, brawn, and generally whatever is left,

fit to be introduced; part of which is to be placed on a side-table; on the table is to be served a little hashed fowl, some mutton cutlets, broiled plainly, with mashed potatoes.

The repast itself is insignificant, and is only taken by certain young ladies who wish to preserve the elegance of their figures, the beauty of their complexions, and above all the becoming manners of good society, which interdict, as vulgar, eating at table like gluttons; for unless frequent meals are taken, too much must be eaten at once. The true art in the economy of refection is to partake at one meal only of as much as will leave the eater free to do honour to the next. The luncheon should not be allowed to supersede the dinner, nor should the appetite be reserved solely for the principal repast. The pleasures of the table, like all other pleasures, should be controlled and husbanded, and thus they will be increased. This is too often neglected. I have seen ladies at table who have forborne to taste of the delicacies placed before them, and who seemed to be idle, and, it may be thought, scornful occupants of their chairs. Notwithstanding this seeming fastidiousness with regard to the efforts of the cook, these dames were not to be considered as over-refined epicures. The fact is, that they had indiscreetly dined, instead of having taken luncheon, upon inferior fare at home, and the labours in the kitchen of their host were so far thrown away. Let us not, however, blame these fair visitants: their very presence absolves them of all fault; for so many charms are attached to their sex, that little errors must be overlooked.

I may perhaps be allowed to state that the time of

taking meals now-a-days is quite incompatible with the customs of the age we live in. The performances at the theatres commence exactly at the same hours as the dinners, and these two charms of life dispute the time which should be devoted separately to each. The ladies are generally seen at the theatre and the Opera while the gentlemen remain at dinner, which (*par parenthèse*) is not over-gallant.

DINNER.

Make the bill of fare by choosing out of each chapter whatever you may want, namely, soup (under the head Potages or Soups),* fish (under the head Fish), and so on. For the second course you should act on the same principle: the roasts should not bear any resemblance to each other. In summer-time select two dishes from among the vegetables, one from among the jellies, and one out of the chapter of pastry; as, for instance:—

Bill of Fare for a Dinner of Four Entrées.

Potage printanier.
Crimped cod and oyster sauce.

Two Removes.

Poularde à la Montmorenci, garnished with a ragoût à l'Allemande.
Jambon glazed, à l'essence.

* Remember that the word "soup" is so vulgar as not to be admitted either in good company or in a good bill of fare. The ignorance of good cheer in the class of merchants and in the inferior classes of the nobility makes them speak with great disdain of the art of cookery in general. They secretly regret their ignorance, and think to hide it by their sardonic critiques.

Four Entrées.

Fricassée of chicken with mushrooms.
Lamb chops sauté, with asparagus, peas, &c.
Fillets of fat chicken, sauté au suprême.
Petits pâtés, fillets of fowl à la béchamelle.

Second Course.

Fowls roasted, garnished with water-cresses.
Six quails, bordered with vine-leaves.

Four Entremêts.

Asparagus with plain butter.
Gelée d'orange, in mosaic.
Cauliflower with velouté sauce.
Gâteaux à la Manon.

Two Removes of the Roast.

Soufflé au citron.
Ramequin à la Sefton.

From the above statement it will be easy to make a bill of fare of four, six, eight, twelve, or sixteen entrées, and the other courses in proportion. I have inserted a bill of fare for a dinner of twenty entrées. The second course is in the same proportion, as it requires the same number of dishes for the second that have been served in the first. Whenever there are more than four entrées, symmetry should always be attended to. The two flanks for a dinner of six entrées should be parallel; that is to say, if you place petits pâtés on one side, you ought to

have croquettes on the other; if you have a vol-au-vent on one side, you should place a pâté chaud opposite, and so on. A judicious arrangement of dishes gives additional merit to a dinner, and the entrées of any appearance should be always parallel; it adds wonderfully to the effect.

The second course requires also a different arrangement when you have more than four entrées. At the two flanks you should have two dishes of vegetables, if approved of; and at the four corners, a jelly, a pastry, a lobster salad, and a cream jelly, &c.

You may put two sweets in the flanks, two vegetables at each opposite corner, an Italian salad, and a dish of prawns at the two other corners.

Bill of Fare of Six Entrées.

Dinner for twelve or fourteen persons.

Deux Potages.

Potage à la bonne femme, white and thick.
Potage à la Beauveau, brown and clear.

Two Fishes.

Turbot, with lobster sauce.
Slices of crimped salmon broiled, with caper sauce over them.

Two Removes.

Dindon à la Perigueux, with a purée of chestnut under it.
Jambon de Westmoreland, glazed, and garnished with greens.

Six Entrées.

Cotelettes de mouton braized, à la Soubise.
Salmi de perdreaux,* à l'Espagnolle.
Vol-au-vent de morue salé a la maître d'hôtel.
Casserole au ris à la purée de gibier.
Sauté de filets de poulets gras à la Lucullus aux truffes.
Filets de lapereaux à l'orlie poivrade blanche.

Second Course.

Two Roasts.

Trois perdreaux
Trois bécasses.

Six Entremêts.

Epinards au consommé garnie de croutons.
Truffes au vin de Champagne à la serviette
Salade d'homard à l'Italienne.
Gelée claire au Marasquin.
Buisson † de gâteaux à la Polonaise.
Charlotte de pommes aux abricots.

Two Removes of the Roast.

Les biscuits à la crême.
Les fondus.

Dinner for sixteen or twenty persons.

Deux Potages.

Le potage à la reine.
Le potage à la Brunoise.

* It is to be observed, as I have already said, that perdreaux and lapereaux mean *young* partridges and rabbits. Old ones should never appear in good cheer; if you have no others, do as you can.

† Buisson means a dish of pastry dressed thus:

Deux Poissons.

Turbot, garni d'éperlans frits.
Tranches de saumon, à la Genevaise.

Quatre Releves.

Les poulardes à la Condé, ragoût à l'Allemande, } Remove
Le jambon de Westphalie glacé à l'Espagnolle. } the soup.
La culotte de bœuf glacée à la jardinière. } Remove
La longe de veau à la béchamelle. } the fish.

Huit Entrées.

Les filets de perdreaux à la Lucullus aux truffes.
Les petites timballes au salpicon, (twelve at least).
Les croquettes de volailles au velouté.
Les filets mignons de poulets à la Pompadour.
Les perdreaux entiers à la Barbarie aux truffes.
Les petits poulets à la reine à l'estragon.
Les côtelettes de porc à la sauce Robert.
Les côtelettes de mouton à l'Italienne.

Second Course.

Quatre Rôts.

Les bécasses garnies de cresson. (Eight.)
Les levreaux piqués, sauce poivrade.
Les canards sauvages.
Le chapon garni de cresson.

Huit Entremêts.

Les salsifis à la sauce blanche.
Le macaroni à l'Italienne.
Les œufs pochées au jus clair.
Les choufleurs à la béchamelle.

La gelée de noyau rose.
La crême à la fleur d'orange à l'Italienne.
Les gâteaux à la madeleine à la vanille.
Les petites bouchées glacées, garnies d'abricots.

Quatre Releves des Rôts.

Le soufflé au citron.
Les ramequins à la Sefton.
Les biscuits à la crême en caisses
Les choux en biscuits.

Dinner for twenty or twenty-four persons.

Quatre Potages.

Potage à la reine avec des lapereaux.
Potage à la Julienne.
Potage à la Carmélite.
Potage à la Clermont.

Quatre Poissons.

Turbot and lobster sauce.
Pike baked, Dutch sauce.
Three slices of crimped cod, oyster sauce.
Matelotte of carp.

Quatre Releves.

La culotte de bœuf glacée, à la Flamande.
Leg of pork garnished with greens.
Boiled turkey with celery sauce.
A fillet of beef piqué et glacé with sauerkraut.

Twelve Entrées.

Casserolettes of rice with minced fowl.
Scollops of fillets of fowls, with truffles.
Turban of fillets of rabbits à l'Allemande.
Petits pâtés de volailles à la nelle.
Cotelettes de fillets de perdreaux pannées à l'essence de gibier.

Chartreuse of palates of beef.
Fillets of soles with ravigotte.
Small cases of sweetbread, Venetian way.
Grenade of small fillets of fowls à l'essence.
Attelets of sweetbread, with Italian sauce.
Petits pâtés of oysters, Lord Sefton's way.
Partridges and cabbages dressed with Spanish sauce.

Second Course.

Four Roasts.

Two fowls with cresses.
Five woodcocks.
Two ducklings.
Two young rabbits.

Twelve Entremēts.[1]

Spinach with cream.
Asparagus with butter.
Coffee cream, white.
Sultane with a vol-au-vent.
Small lozenges garnished with apricots.
Meringues à la Chantilly.
Cauliflower with velouté sauce.
Salsifis with Spanish sauce.
Madeira jelly garnished with slices of pine.
Bavarian cheese with chocolate.
Gâteau praliné (cake with almonds) garnished.
Red marasquino jelly.

Four Removes.

Two dishes of fondus.
One of cheesecake.
One of choux en biscuit.

[1] Here the plain roasted meat should come in (a leg of mutton or other joint).

I have here given only a specimen of the form and general arrangement of a bill of fare; the selection of the articles rests with the cook, or the persons who order the dinner. You may serve a good dinner without adhering to the identical dishes which are here selected, or rather mentioned as it were at random. I think it would be useless to go beyound sixteen entrées; for a multiplicity of dishes are easily made out, and I will only observe, that with twenty entrées, the counter-flanks should exhibit copious entrées; and that for the second course there should be introduced what we call moyens d'entremêts, or ornamental dishes, or brioches, or biscuits, or babas, either on the counter-flanks or at the top and bottom of the table.

Eight large pieces of ornaments are not exactly wanted with twenty entrées; but when you have thirty-two entrées, you should put large pieces at the top and bottom and the two flanks, and four smaller ones in the four counter-flanks.

Whenever a dinner consists of more than eight entrées, those huge pieces are indispensable; but it is then impossible for any cook to dress them without assistants; by himself, he would be able to send up to table nothing but common dishes to either of the courses.

The second course for the dinner of twenty entrées has not been mentioned, as it is known that there ought to be the same number of dishes as in the first course; there should be also the same number of roasts in the room of removes, or of large entrées; two at the top and bottom, two at the flanks, and four at the counter-flanks. If you have assistants enough to make the ornamental pieces, then remove the four roasts of the counter-flanks

with soufflés, biscuits, fondus, &c.; and put four large pieces at the top and bottom and on the two flanks.

I have added two cold pies, which are likewise served at a large dinner. I like them to be sent to table with the first course, and to remain there between the two courses. By this means the epicure and dainty eater will always have something before them. They are not at all in the way, but improve the look of the table. These pies may be either of game or poultry.

Bills of Fare.

First Course.

Spring Soup;
removed by
Fowl à la
Montmorenci.

Fricassee of
Chickens,
with
Champignons.

Lamb Cutlets
sautés
with Macedonian
Sauce.

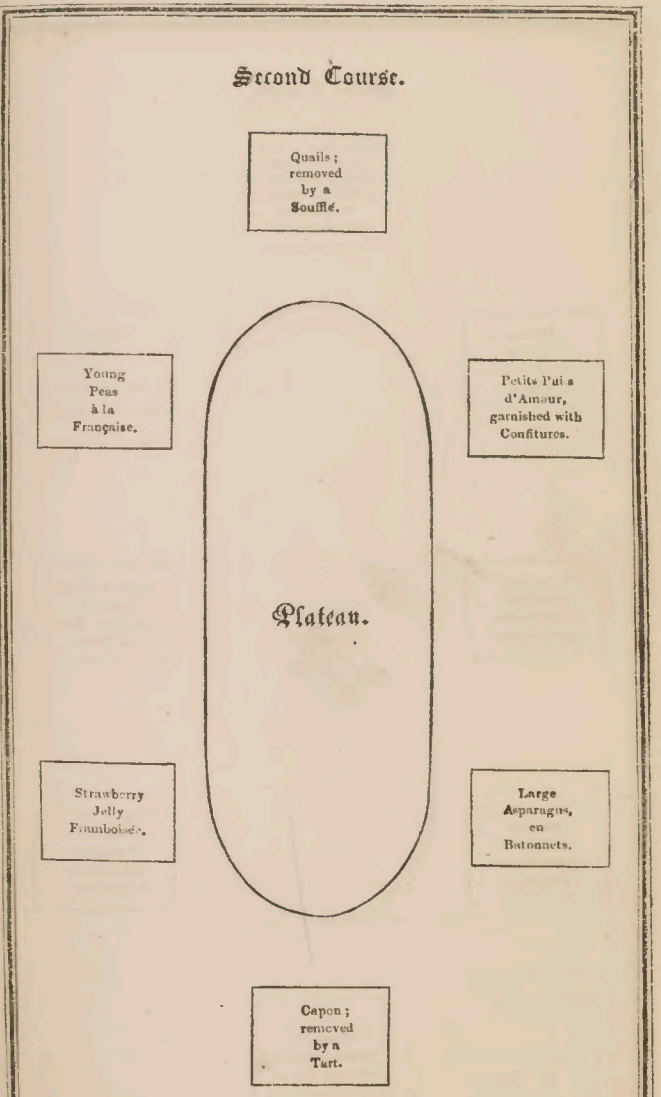
Plateau.

Veal Tendons,
with
Lettuce
à l'Essence.

Fillets of
fat Chickens
sautés
au Suprême.

Fish;
removed by
Westphalia Ham
à l'Essence.

Second Course.



First Course.

Soup à la Bonne Femme; removed by a Turbot; removed by a Turkey à la Perigueux.

Mutton Cutlets à la Soubise.

Salmi of Partridges, with Spanish Sauce.

Vol au Vent of Scollops of Haddocks, with Cream.

Plateau.

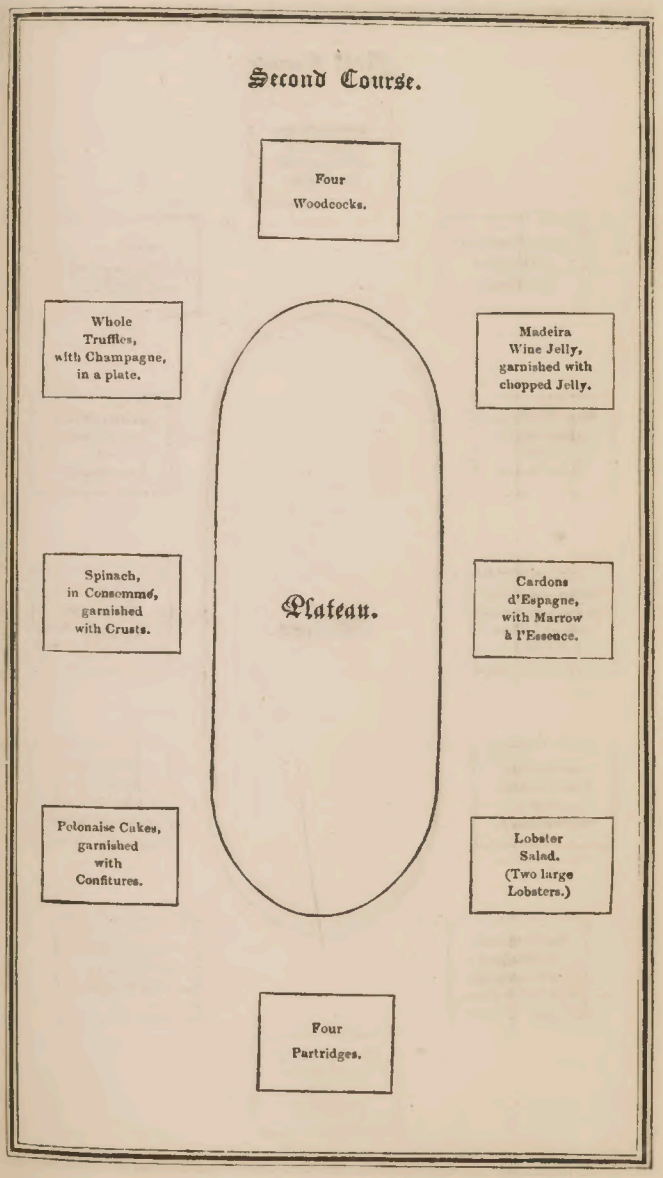
Casserole of Rice, with an Eminçé of Game au fumet.

Scollops of Fillets of Young Rabbits à la Conti.

Cutlets of Fillets of Fat Chickens en Epigramme.

Soup à la Beauveau; removed by Dory; removed by Pork.

Second Course.



First Course.

Queen's Soup; removed by a Loin of Veal, en Surprise.

Small Timballes of Salpicon à la Monglas.

Fillets of Partridges, sautés à la Lucullus.

Three Partridges à la Barbarie, with Italian Sauce.

Quarter of Veal à la Chalons, with Green Haricot.

Turbot, garnished with Smelts; removed by two Chickens à la Condé.

Plateau.

Royal Matelot; removed by a Westphalia Ham, with Spanish Sauce.

Pork Cutlets à la Mirepoix, with Spanish Sauce.

Two Chickens (Queen's way) Aspic Jée, and pluche of Parsley.

Small Fillets of Fat Chickens à la Pompadour, with Italian Sauce.

Small Croquettes of Poultry, with Velouté.

Brunoise Soup; removed by a Ham à l'Essence.

Second Course.

Snipes; removed by a Soufflé, with Orange Flower.

Salsifis, with White Sauce.

Macaroni, Italian way, garnished with Pastry.

Cream Custards.

Madeira Wine Jelly.

Hare; removed by Fondus.

Two fat Chickens, one Piqué; removed by Ramequins.

Iced Raspberry Cake.

Canapé, garnished with Marmalade.

Eggs brouillés, with Truffles, garnished with Crusts of Fried Bread.

Potatoes à la Maitre d'Hotel, cut into small pieces.

Teal; removed by Biscuits à la Créme.

Plateau.

First Course.

Cressi Soup; removed by a Turbot; removed by a Rump of Beef, Flemish way.

Casserole of Rice, with Hashed Fowl, and Veloute Sauce.

Small Oyster Patties.

Turban of Fillets of Rabbits, with Spanish Sauce.

Partridge, with Choux, dressed à l'Essence.

Scollops of Fillets of Fowl, with Truffles.

VASE. VASE.

Fillets of Soles sautés, with White Ravigotte Sauce.

Clear Brunoise Soup; removed by Slices of Salmon, with Genevaise Sauce; removed by Roast Turkey in Chipolata.

Plateau,

With room enough for Utensils, and a Vase at each corner.

Puree of Hare Soup; removed by Fillets of Soles sautés, with Ravigotte; replaced by Ham glazed with Essence.

Attelets of Veal, with Rice and Italian Sauce.

VASE. VASE

Cutlets of Fillets of Partridges, with Clear Fumet.

Chartreuse of a Salpicon, with Flavour of Beef.

Grenade of little Fillets of fat Chickens, German way.

Little Pâtés à la Nesle, in Timballes.

Little Cases of Fat Liver, à la Dusselle.

Vermicelli Soup, à la Reine; removed by Slices of Cod, with Oyster Sauce; replaced by Roast Loin of Veal glazed with Gravy.

Second Course.

Fowl, garnished with Cresses; removed by le Flanc picard.

Spinach, with Cream, garnished with Crusts.

Macaroni à l'Italienne.

Meringos, garnished with Chantilli.

Croquant Bouche, garnished with Marmalade.

Bavarian Cheese, with Vanilla.

VASE. VASE.

Orange Jelly in Mosaic.

Young Warren Rabbits; removed by Fondus.

Plateau,

(Four Vases, &c., as before.)

Young Partridges; removed by Ramequin, with Gruyère.

Noyau Jelly.

VASE. VASE

Macédoine of Preserved Fruit.

Small Lozenges, garnished with Sweetmeats.

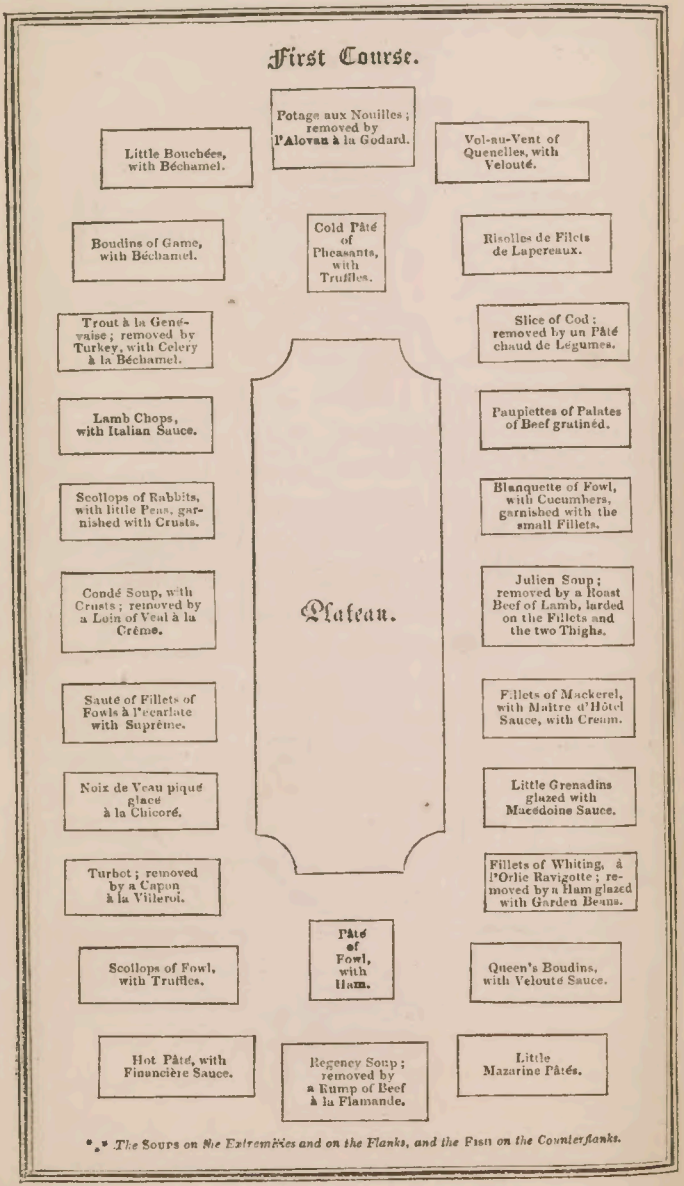
Buisson de Genévaise, en Gimblettes.

Fried Salsifis, garnished with Parsley.

Poached Eggs, with Endive, à la Velouté.

Larded Pheasants, garnished with Cresses; removed by a Soufflé of Citron Arrow Root.

First Course.



*** *The* Sours *on the Extremities and on the Flanks, and the* Fish *on the Counterflanks.*

COFFEE.

See the receipt for preparing it, page 434: serve with warm milk and cream on a silver salver.

SUPPER.

The following method of serving a supper for a rout or ball will be found infinitely more agreeable, and far less expensive, than those which have hitherto been practised.

I found that the ladies used to regard with dread those narrow benches which disordered the pleasing arrangement of their dresses, and that those who had the misfortune to be seated in the centre of the forms found themselves absolutely imprisoned, not being willing to disturb the company seated on either side of them; and at other times, when the two ends of the seats were filled, they were prevented by decency from clambering over the middle of the benches, for which reasons many persons went without supper, notwithstanding the immense expense which the Amphitryons had incurred for their convenience and gratification.

I ventured, therefore, to suggest to the nobleman whom I had then the honour of serving, that a supper might be given which should suit the taste of everybody; which should satisfy at once the inviter and the invited; the guest by the excellence of the repast and the novelty of the arrangement; and the host by the smallness of the expense incurred. My patron approved of my proposal, and brought into fashion the suppers, directions for preparing which are here given. Those who were present at these balls will, I doubt not, do me the justice to admit that the suppers were admired. Indeed, more

than one lady of quality has in consequence solicited my assistance upon similar occasions.

My plan for a ball, is to ornament the sideboard with a basket of fruit, instead of insignificant pieces of pastry, which are at once expensive in making, and objects of ridicule to the connoisseur. Place, in their stead, things that can be *eaten*, such as jelly, plates of mixed pastry, and sandwiches of a superior kind; and if the founder of the feast be great and generous, avail yourself of his generosity, and make excellent articles, but never in too great profusion. The chief fault of all cooks is, that they are too profuse in their preparations. The persons who attend a ball given by one of the nobility are, it is to be presumed, of the same class, and have the same customs, dining at a late hour, and are not to be tempted even by the most enticing assemblage of aspic of fowls, of lobsters, of fillet of sole, of ham, &c.

Take care not to load the sideboard with anything but dishes, agreeably but simply prepared. The lovers of good cheer do not like objects which present a *handled* appearance. Affix a label to each plate, indicating its contents, and you will find that this arrangement will give the guests an opportunity of taking refreshments without being obliged to seat themselves at a table from whence the ladies cannot rise without disordering their dresses, which to them is a matter of far greater moment than the best supper in the world!

For a simple soirée, I recommend some sandwiches of fowl, of ham, of veal, of tongue, &c., some plates of pastry, and here and there on the table some baskets of fruit. These, judiciously placed on the table, with the lights, will present an agreeable coup d'œil, and will cost

less by three-fourths than a very common supper, where the guests are required to set to work in carving pâtés, hams, fowls, aspics, &c. &c., while at a buffet, furnished as above, neither ladies nor gentlemen need remove their gloves, and can, notwithstanding, satisfy themselves in every way.

For a select ball, I would have more variety in the composition of the articles. Put on the sideboard, in the first place, sandwiches of suprême of fowl, sandwiches with fumet de gibier; sandwiches of fillets of soles; sandwiches of salad, and sandwiches of anchovies, for those who happen to like them. All these things, made with great care, have many admirers; and I am confident that if it were once customary to adopt them generally, they would never again give place to those ancient suppers, which are only ridiculous signs of the extravagance and bad taste of the givers!

I have known balls where, the next day, in spite of the pillage of a pack of footmen, which was enormous, I have really seen twenty or thirty hams, one hundred and fifty or two hundred carved fowls, and forty or fifty tongues given away! Jellies melted on all the tables; pastry, pâtés, aspics, and lobster salads, all these heaped up in the kitchen, and strewed about the passages, completely disfigured by the manner in which it was necessary to take them from the dishes in which they had been served! And this extravagance had been of use to no human being! for even the servants would not consider it a legitimate repast, were they obliged to dine on the remains of a former day's banquet! This class of persons assimilate no little to cats, enjoying what they can *pilfer*, but very difficult to please in what is *given* to them.

I shall now proceed to detail the manner of preparing these suppers, which, though they may appear trifling, require much ingenuity and skill to execute properly. Notwithstanding this, many persons calling themselves cooks, have served them. Yes! they *have* served them, but very badly served they have been; and without the necessary perfection of cooking. There are millions of quacks in all professions.—*Soyez plutôt maçons*,* &c.

It is necessary, in the first place, to have bread made expressly for the sandwiches of salad, and of fillet of soles, in moulds, so that the cavities usual in the crumb may be close, and the crust that remains not dried up. The bread for the other sandwiches should be made round and long, for these are left with the crust on, and they would not otherwise have sufficient substance, but would bend and not be so good. Take care to rasp the bread; and when you cut it, leave one slice resting close against the other, upright, that it may not dry; and be careful always to take two pieces of bread which fit one another precisely; open them, insert whatever the sandwiches are to be composed of, and join them together. By following

* Perrault, the celebrated French architect, who built the Louvre, not content with following his profession, turned poet, and wrote some verses in so lamentable a style, as to incur the censure of Boileau in his "*Art Poétique*," wherein he says, comparing Perrault to an unskilful doctor, who became an excellent architect:

> Laissant de Galien la science suspecte,
> De méchant médecin devient bon architecte;
> Son exemple est pour nous un précepte excellent,
> Soyez plutôt maçon, si c'est votre talent,
> Ouvrier estimé dans un art nécessaire
> Qu'écrivain du common, et poéte vulgaire.
>
> *Boileau, Art Poétique, chant* 4.

this method carefully, your sandwiches will always be perfectly closed; but in any other manner they will neither join well nor have a good appearance.

863. *Sandwich of Fillet of Fowl au Suprême.*

Cut off the fillets of as many fowls as will supply the party intended to be given. Twelve fowls will give you sandwiches enough for a large assembly. Twelve au suprême are sufficient. First make the bechamel well seasoned, as directed in the article Bechamel, No. 35; mark the fillets in a sauté-pan, with very little butter; dip the fillets in melted butter, put them in the sauté-pan, powder a little salt over them, and sauté them two hours before you make use of them, to have them quite cold when you cut up.

When you make the sandwiches, slice the fillets as thin as possible, without trimming them. Take them up very thin, and leave them one upon another to prevent their getting dry, for sandwiches should not be made till late in the evening, otherwise the bread will become dry, and they will be good for nothing.

When you begin to make the sandwiches, (which you should not do till towards nine o'clock, to serve up at twelve,) lay two bits of bread side by side, spread upon them a very little of the béchamel; then put the white of the fowl on one of the bits of bread, with a little salt, and put the other piece on the same way as before, so that they may join well, cut the sandwich in half only.

Serve on silver plates, one sandwich upon another, a little turned, but do not try to innovate or improve by attempting to serve them miroton-way, when the plate is reasonably filled.

Write upon a paper, cut in an ornamental manner, the name of the sandwiches, and put it on the edge of the plate.

864. *Sandwich of Fillet of Pheasant au Fumet (Game flavour).*

Take some fillets of pheasants, and mark them in the same manner as in the preceding, in the sauté-pan.

For the game flavour (fumet de gibier) you must have a consommé of young rabbits, with which mark a suage of your pheasants, some parings of truffles, a bunch of parsley, green onions, thyme, sweet basil, bay-leaves, a clove, &c., and when your consommé of game is well done, reduce a part, and add some spoonsful of good béchamel; reduce this sauce well, and set it to cool, to be ready for use the moment it is wanted. It should be observed, that whatever is eaten cold requires an extra degree of seasoning; but as you strew salt over the sandwiches, do not put too much in your sauce, which will be sufficiently salted by the ham employed in the composition. You should always put a small quantity of ham in all your sauces, as no good ones can be made without it.

865. *Sandwich of Fillet of Sole à la Ravigotte.*

Take particular care to have very fresh soles; take off the fillets; mark them in a sauté-pan, with a very little butter, a little salt and white pepper; put them into a very quick oven, and be careful they are not too much done; for if so no substance will remain. Drain them well, and at the moment of making the sandwiches slice the fillets of sole in two or three pieces, according to their thickness; put them on a plate till you serve them. Arrange them quickly on bits of French bread which has been baked in steel-moulds. Observe all sandwiches with a liquid sauce should be made with bread baked expressly without holes in the crumb.

866. *Salad Sauce for Fillet of Soles, serving also for Salad Sandwich.*

For an assemblage of from two to three hundred persons you should have at least forty eggs boiled hard; put the yolks into a mortar with half a quarter of a pound of mustard, which you have first diluted with some warm water and a little salt; pound the eggs with the mustard and half a bottle of tarragon vinegar, six spoonsful of Chili vinegar, a very large handful of salt, a little white

pepper in powder, and some Cayenne pepper. When this sauce is well diluted in the mortar, take it out of it and pass it into a large earthen pan through a very clear horse-hair sieve; when the sauce is in the pan, pour one or two bottles of fine olive-oil on it, with great care, to prevent its turning. The sauce must be very thick. A little béchamel will give it more consistence, for if it is not kept thick, it will run through the bread, and soil the fingers of the persons who eat it. Observe, this sauce must be very well seasoned, for it serves to season the fillets of sole and the salad: this part of the sandwich is essential; if the sauce is not well made and seasoned, adieu to the sandwich!—

Sandwiches of fillets of sole, and those of salad, ought to be made last, otherwise the sauce would moisten the bread too much. Spread with a silver spoon a little of the sauce on the two sides of the bread, then put the fillets of soles on one side only, over the sandwich, most carefully, and do not cut it after. You must not, however, let any of the meat appear at the sides, which should be neatly trimmed: cut them to an agreeable size, and serve them simply, of the same height the others were served, neither too high nor too low.

867. *Sandwich of Salad.*

You should have for this description of sandwich some cresses and some small salad (lettuce and coss lettuce will not do, as they contain too much water). Spread the sauce lightly on two sides of the bread, put the salad over the sauce, cut the salad off which protrudes, and serve up the sandwich as before. Observe much neatness in the preparing of these sandwiches, and do not confide them to any of the kitchen-maids, for I have even seen cooks themselves make them in a ridiculous manner. It is only owing to precision and good arrangement that this sort of supper can take precedence of all others, and therefore extraordinary care is requisite.

868. *Anchovy Sandwich.*

The lovers of relishing dishes like these sandwiches, but very few of them should be made. Spread a little salad sauce on two sides of the bread. This sauce serves as a glue to unite these sandwiches. Wash some anchovies, take out the bones, and put the fillets on one piece of the bread which is to be covered with the other: the pieces of anchovy should not touch each other, as they might then be too salt, unless when eaten to assist wine-drinking.

Of all things in the world, sandwiches have least need of explanation; every one knows how to make them more or less. That which renders the before-mentioned sandwiches superior is, that they are made with new bread, and especially with the crust, which makes them much less clammy in appearance, and infinitely better tasted.

Plates of pastry for these suppers are to be composed of Genoese pound cake, madeleine, brioches of different forms, garnished meringues, with some plates of petits choux, pain à la Duchesse, but particularly very little puff-paste, as when cold it is not good for much. Finally, let there be very little pastry, unless it is put on one end of the sideboard at the beginning.

Every one has an eye to his own interest; the confectioner will advise you to have ornaments on the sideboard, while on the other hand, the cook will recommend to you what he calls pièces montées, large playthings of architecture, almost always without any architectural order or proportion, and totally incompatible with the

charms of the table, for a person cannot cut stone; and their castles, which are always blue, yellow or red, do not bear the slightest resemblance to the material which composes the palaces of kings, except, perhaps, the kings who hold their sway in Arabian fiction. If you live in a family where bronze or gilt ornaments are plentiful, display them on the sideboard, and place your supper between them: the appearance of the table will thus be more appropriate to the occasion, and the expense will be less.

I have thus given my ideas of the arrangement of a supper for a large party. The judicious reader will know how to adapt my hints to the providing of a *petit souper.* Mr. Rogers, the accomplished poet, has written delightfully on this attractive subject. By him we are told that "At the petits-soupers of Choisy were first introduced those admirable pieces of mechanism, afterwards carried to perfection by Loriot, the *Confidente* and the *Servante;* a table and a sideboard, which descended and rose again covered with viands and wines. And thus, the most luxurious Court in Europe, after all its boasted refinements, was glad to return at last, by this singular contrivance, to the quiet and privacy of humble life."

APPENDIX

OF

NEW RECEIPTS.

1. Soles en Matelotte Normande.
2. Sauce and Ragoût for Do.
3. Bœuf à la Napolitaine.
4. Purée of Truffles.
5. Salmi of Partridges à la Paysanne.
6. Sauce for Do.
7. Salmi of Woodcocks.
8. Poulets Nouveaux à l'Algérienne.
9. Sauce for Do.
10. Pudding à la Neselrode.
11. Potato Soufflé.
12. Gâteau de Ris Napolitain glacé.
13. Mallagatanee Soup.
14. Potage à la Palestine.
15. Terrine de Faisans aux Truffes.
16. Farce for Do.
17. Terrine of Partridges.
18. Terrine of Grouse.
19. Potted Hare.

NEW RECEIPTS.

1. *Soles en Matelotte Normande.*

Skin and cut off the fins of a very fresh sole, take out the bone, and put in its place the following mixture. Chop separately, very fine, about a dozen mushrooms, several leaves of parsley, and one shalot; put these ingredients in a stewpan with two ounces of fresh butter, a little salt, pepper, and a very little powder of spices. Stir them on the fire five or six minutes, till the herbs are done; then break two eggs, and put the yolks to the herbs; put them on the fire about half a minute, and then lay them in a plate to cool; when quite cold, put some of the mixture inside the soles in place of the bone, as before mentioned. Next lay the soles in a dish or sauté-pan; moisten with a glass or two of white wine (one glass for each sole); powder the fish with a little salt and pepper, and cover them with buttered white paper to prevent the soles getting brown. Put them in the oven for a quarter of an hour, or according to the size of the soles.

Observe, when thism atelotte is too much done it is dry and good for nothing; the strictest attention is therefore requisite to have it in perfection.

2. *Sauce and Ragoût for the Matelotte Normande.*

If you have no sauce tournée made, proceed as follows: Put in a stewpan a few small pieces of ham, a bunch of parsley and green onions seasoned with thyme, bay-leaf, one clove and a little mace (take care these ingredients do not drop out of the bundle), a dozen or more mushrooms turned very white, and a small piece of butter; place the stewpan on a stove moderately hot, and when the mushrooms are firm put in two spoonsful of flour, which fry till it becomes white, and moisten it with good broth and the liquor of two dozen oysters which have been previously boiled and bearded. Let the sauce boil on the side of the stove with a cover on the stewpan; so that the butter and the scum which arises on the surface of the sauce may be removed; add salt and pepper. As soon as the flour can no longer be tasted in the sauce take out the ham and the bundle of herbs, and add the wine in which the soles have been in the oven; then boil the sauce to a sufficient consistency to add to the fish, putting in a thickening of three eggs and a drop or two of double cream. When the eggs are well done in the sauce, add a fresh bit of butter, a very little juice from half a lemon; pass the sauce through a tammy, put the oysters in the ragoût, pour it over the soles, which should be dished ready to be served up. This matelotte, well made, is the best way of dressing fish that can be imagined, but every instruction here given must be carefully attended to: observe also, that unless the sauce is covered when the stewpan is placed on the side of the stove, the scum can never be properly removed. Take also some muscles, clean the dirt from the shells, and put them in a sauce-

pan, covered. As soon as they are open, pick them, take out the beard, and put them in the liquor to cleanse them from the grit that is usually found in them: take them out of the liquor with a hollow spoon, and put them in the ragoût of oysters and mushrooms, and reduce some of their liquor to mix with the sauce; drain the soles and put them on the dish; serve part of the sauce over, put some croutons of puff paste round, and send up the remainder of the sauce in a sauceboat.

When muscles are good, clean some, boil them in their own liquor, and take out the shell, observing there are no crabs in them. Put some in the ragout.

3. *Bœuf à la Napolitaine.*

Take out the fillet of a loin of beef, loin and rump; be careful to leave some of the suet in it on both sides, then trim the sinews and lard it well with good bacon. (I say good bacon, because when fillets of beef are not larded with the proper part of bacon, it melts. Bacon has a mark in the fat; the part below this mark is alone to be used for larding; the part above for bardes and covering of game and fowls, &c.) When the fillet is well larded, put it in a large flat dish with branches of parsley, some slices of onion, a little garlic, thyme, a bay-leaf, a clove, a blade of mace, pepper and sweet oil, but no salt, because the latter extracts the juice of the meat; but cover the meat with oil to preserve it from the effects of the air, which is done by dipping a paste-brush in oil and rubbing the beef with it all round. This will be sufficient. Turn the fillet in the herbs each day. If larded two days before, the meat will be more tender. To braize it, place

the fillet in a vessel large enough to hold it easily; add a few slices of good ham, a few bits of veal, three or four large onions, one or two carrots, a bottle of Lunelle wine, salt and pepper, and the herbs which were in the marinade: braize it about three hours on a slow fire, then thrust a packing-needle in the meat, and if it goes in and out easily, take out all the liquor, skim off the fat, put the fat in the brazier with the fillet and the vegetables to keep the fillet from drying, and reduce the liquor to the consistency of glaze, with which glaze the fillet. Reserve what remains for the sauce. Then add a few spoonsful of good Espagnole sauce. Be careful to skim off all the fat, for as I have said in a former part of this work, a drop of fat seen in cookery shows a negligent and unskilful cook. Serve this fillet with the sauce only round it; and if your employer likes onions, you may garnish with some glazed onions, done separately, scraping some horseradish and putting it in little bunches round the dish. Serve very hot. When this fillet is dressed properly, it is the perfection of good taste, for all this puts you on your guard. Some like sweet sauce, others do not: the wine will naturally sweeten the sauce; but if you dilute some of the horseradish with the sauce, you will find it palatable and relishing. What is to be observed in this sauce is, good taste and good colour, two essentials in cookery. If you cannot procure Lunelle wine, use Madeira and a little sugar.

4. *Purée of Truffles.*

It is with great satisfaction that in this new edition of my Treatise on French Cookery, I am enabled to intro-

duce a receipt which, though an innovation upon the established mode, will, I have no doubt, meet with the approbation of the connoisseur.

As truffles are often so ill-formed and unsightly as scarcely to be presentable at a first-rate table, I have invented a new purée, which is made in the following manner:—Imprimis, take great care in selecting that none of the truffles smell musky: when you are sure they are all good, mince and put them in a stewpan with some good essence of game, particularly of rabbits and partridges. When well done, put them in a mortar with two or three spoonsful of good Espagnole sauce, pound them very fine, rub them through a clean tammy, and put this purée warm into the bain-marie to be used when required with the entrée, either of partridges or fowls. Observe, this purée is never used to mask an entrée, but must be put in the middle of the dish where the fillets have been sauced with fumée of game, if for partridges—or suprême, if fillet of fowls. This dish has a very good appearance, and will do great credit to any artist who may dress it judiciously.* I must add, to the credit of this sauce, the observations of two acknowledged epicures at a great dinner at which Prince Talleyrand, the Earl of Sefton, Prince Esterhazy, Count Montrond, and sixteen others were present. I have frequently been asked at the tables of noblemen what dishes I would recommend particularly, and on this occasion I

* The greatest care is requisite in the selection of truffles. Stale musky truffles, too often to be met with at the Italian warehouses, are utterly worthless. As a rule, never choose those cut in slices, as this is a trick often resorted to, to pass off old truffles on the inexperienced for fresh ones.

was honoured by Prince Esterhazy addressing to me the same question. I recommended the purée of asparagus of my invention, which was on the middle of a suprême of fowl, and afterwards the purée of truffles that was in the middle of a sauté of fillets of perdreaux au fumet. The prince approved very much of the invention, but Count Montrond began criticising the purée, by saying that he himself did not approve of it, as the excellence of truffles consisted in their crispness, and that by introducing them in a purée I destroyed their best qualities. I answered that my invention was the effect of many causes: as the frequency of truffles being of bad form and unfit to appear at the table of a wealthy man; as also the desirableness of introducing this nutritive production of the ground in such a form as to be partaken of by those who are deprived of good teeth, and adding at the same time another to the number of good sauces. The prince said that I was justified in making it, as I had published a cookery book. To this the count replied, in a laughing manner, "Ha, yes; he has made a book;" and then, turning to me, he said, "Have you made it in verse?" I readily answered his sarcasm by saying, "No, monsieur le Comte; my work is too new to be maggoty, 'pour que les vers s'y montrent.'" The prince laughed heartily.

5. *Salmi of Partridges à la Paysanne.*

Take some young partridges, ascertain if they be young by looking at their legs: if they are yellow, and the last feathers of the wing are sharp-pointed, they are so; but if the legs are blue and the longest feathers round at the

end, the partridges are old and unfit for good cookery. When you have plucked and singed them, dress them as for roasting, giving them a good shape. Next roast them, but take them off while yet very much underdone. To roast the birds properly you should hold the chain of the spit so that the back of the partridges may be generally towards the fire—at all events, the spit should not be allowed to turn round continually as in other cases. When done, cut them in six pieces, two wings, two legs, the breast, and the back, trim them all neatly, and keep the trimming to make sauce as follows:—

6. *Sauce for the Salmi à la Paysanne.*

Clean three shalots, cut them in quarters and put them in a stewpan with a few branches of parsley, bay-leaf, mace, thyme, green onion, and one clove, tied together; add two glasses of Madeira, the trimmings of the game, and two spoonsful of consommé of game (if you have none, put a small bit of glaze instead); let this boil ten minutes, take out the ingredients, and put the joints of the game into the sauce. Warm them thoroughly without boiling, and when ready to serve, add salt, a little cayenne, and chopped parsley. Have some *croutons* (fried bread) cut in the shape of the wing, fry them in fresh butter to a good colour, dress them with the salmi, and pour over the sauce. Take care and have sufficient sauce to cover all, and to serve every one with sauce. This dish must be served very hot.

7. *Salmi of Woodcocks.*

The same method must be followed for woodcocks, only

keep the trail to make a toast in the following manner: make a panada as directed in the farce fine (see Farce Fine, p. 67); put some of the panada into the mortar, two fat livers, the trails of the woodcocks, salt, pepper, and a little fresh butter; pound it very fine; add two yolks of eggs, and put it in a plate till you have made some croutons of the shape of the fillets; cut them about a quarter of an inch thick; fry them in fresh butter of a good colour, cut out some of the bread on one side, and replacing it with the above farce, give the croutons a good form; put them in a hot oven, if you have one hot, if not, brown them with the salamander, and serve them with the salmi of woodcocks *à la paysanne*, made exactly in the same manner as the salmi of partridges. A good cook must always have in his larder some glaze of game, particularly in the shooting season; a little of it is always good in the salmis. The great merit of good cookery is to be very tasty: those who take mustard and cayenne with everything are not supporters of epicurianism.

8. *Poulets Nouveaux à l'Algérienne.*

This entrée is only to be had in perfection when young and fat white chickens can be procured: they must be very small, what are called poulets à la reine: inquire for them at Mr. Bailey's, Davies-street, Berkeley-square. Clean and empty the chicken; cut the legs short; push the bone inside the skin; singe the chicken so as to make the skin settle firmly on the flesh, then cut it in two, and take out all the bones without injuring the meat; when you have done so, put in a stewpan a small bit of fresh

butter, several small slices of ham (say about two ounces), a few scrapings of fat bacon, thyme, bay-leaf, one clove, a little mace, a few branches of parsley, one shalot cut in slices, salt and pepper, and put the chickens into this mixture. About five minutes before dinner, place the sauté-pan on a slow fire; sauté the chickens in it, turning and stirring in this *mirepoix* (mirepoix being the term for all these ingredients). When the chickens are done, dress them in the dish with the skin upwards, and serve them with the following sauce. As the herbs, ham, &c., will naturally have given their flavour to the chickens, you must be particular in squeezing them, to keep the chickens in that glaze. When the sauce is ready, and you are about to serve, mix the juice of a lemon in the sauté-pan with the chicken.

9. *Sauce for the Poulets Nouveaux à l'Algérienne.*

If you can procure some green taragon, put it in a stewpan, with a spoonful of white vinegar, and one small lump of sugar: let this boil till reduced, then put in it three spoonsful of sauce tournée (see Sauce Tournée), salt and pepper; take out the taragon, thicken the sauce with the yolks of two good eggs; when the eggs are done, add a small bit of fresh butter. Keep this sauce very hot, and put it into the chickens. Observe, this dish must not be dressed till you are just about to serve up, as the mirepoix will not adhere to the chicken. The merit of this sauce is its being very piquant and tasty.

10. *Pudding à la Neselrode.*

For a good entremet, take forty very ripe chestnuts, remove the skins, and put them to boil in a stewpan, with

a little water, and a very small piece of sugar. When well done, put the chestnuts into a mortar with a pint of double cream: pound this paste till very fine, adding two glasses of marasquino, and pass it through a hair-sieve; then take some stoned raisins and currants which have been softened in a little hot water and sugar, some apricot paste, cut in the form of dice, and a little confection of cedrati and citron, also cut into so many small dice. Add all these ingredients to the purée of chestnuts (excepting the sugar and water in which it was boiled); put the mixture into a freezing-pail, and place the pail in ice; cover the freezing-pail hermetically, and turn the cream. Take care from time to time to scrape all that adheres to the side of the pail, and to mix it with the cream yet unfrozen. Continue turning till the cream is well set, smooth, and not in lumps. When it is properly set, have a mould which opens on both sides, which fill completely, put the cover on both sides, and surround the mould with ice, a little salt, or saltpetre. When ready to serve, dip the mould in some spring-water, take off the cover, and serve quickly on a napkin. If your employer likes vanille, add a little sugar of vanille; but few English gentlemen are fond of it. You can vary the flavour with fleur d'orange, citron, noyeau, marasquino, or pine-apple. The pudding ought to resemble a plum-pudding with the fruit; but is in reality an Ice. The same dish is also called "à la Naraskin," both being Russian titles.

11. *Potato Soufflé.*

This dish has the double advantage of being excellent and economical. Take as many large potatoes as you

expect guests for dinner. As the potatoes do not look well when cut, wash them well, and select the best shaped; put them into the oven, and when sufficiently baked, cut an aperture at the top of each, scoop out the inside with a spoon, and put it in a stewpan with two or three spoonsful of double cream, a small bit of butter, a little salt, some sugar, a little lemon-peel rasped on sugar, two yolks of eggs, adding the white nicely frothed. Put this mixture into the hollow potatoes, placing them in a pretty hot oven. The taste may sometimes be varied with lemon, orange-flower water, &c. This is a pretty dish, and by no means vulgar.

Apple Soufflé may be prepared in the same way, excepting that the apples must not be baked previously to being filled with the ingredients, but merely cored and the interior scooped out, as above directed.

12. *Gâteau de Ris Napolitain Glacé.*

Take four ounces of Carolina rice, wash it well, and put it in a stewpan with a pint of milk, a pint of good cream, a pinch of salt, and two ounces of sugar; let the rice swell well in this: when tender enough to give way between your fingers, add a stick of good vanilla, and boil it a single minute, then let the rice get cold; when cold, take all the cream that remains liquid, and put it in a stewpan with the yolks of six eggs; if there is not cream enough, add to it a little milk; turn this on the fire with a wooden spoon, and when the eggs are well done and the mixture very thick, let it cool; mix with this a pint of double cream whipped, and after mixing the cream with the custard, taste if sweet enough; do not make it too sweet. Then take some out in a basin and put it into the

rice only, not into the freezing-pot; then mix together the rice and the cream, take out the vanilla, and put all the rest into the freezing-pot, work it well in the ice; when well frozen, put it in ice moulds that shut on both sides, put them in the pail with salt round the ice. At dinner-time dip the mould in cold water, and push the ice off the mould on to the dish in which you are to serve it, and cover the gâteau with the cream that you have put by in the basin. This dish is a remove of roast, and one of the very best things ever made.

13. *Mallagatanee Soup.*

This is an English soup, but as many persons like it, I give it a place here. It is made as follows: Have, first, some good broth, made as directed under Broths and Sauces; take two fat young chickens, singe and empty them, then cut them as you do for a fricassée of chicken; put the members into a stewpan with about a quarter of a pound of good butter, fry the chicken lightly in it; then add two spoonsful of good flour and two of curry-powder; mix with it three or four ladlesful of good broth; put in it a very large onion stuck with six cloves, a bundle of parsley and green onions, seasoned with branches of thyme, sweet basil, two bay-leaves, a few leaves of mace, salt, and pepper: let this boil on the corner of the stove, skim off all the fat and butter, take out the members of the chicken with a fork, and put them into a clean stewpan; pour the liquor over them through a hair sieve, and keep the soup very hot till dinner-time; clean some rice, and boil it in salt and water, with a little saffron to give it the colour of the soup. Serve

the rice separately in a plate, having first moulded it in a pudding-bowl or basin.

14. *Potage à la Palestine.*

This new invention of mine is again the result of my constant attachment to economy. When you have in your larder several remnants, either of game or poultry, or lamb, veal, mutton, or beef bones—for everything is good if it is from roast meat, (mind that you may use the meat for minces, hashes, &c.)—the bones only are what I used to make the first potage; but if you have no remnants, you may roast a common fowl, and after it is done, proceed as follows: Have two carrots, two leeks, a few branches of celery, two onions, one of them stuck with three cloves, and two turnips; mince all these vegetables and put them in a stewpan with the bones or the fowl, and moisten this with some good broth; let this boil for two hours, skim off all the fat, then take twelve Jerusalem artichokes, or more, according to their size, peel and wash them, put them in a stewpan, with some of the vegetable broth, enough to cover the artichokes, and let them boil till you find them done enough to go through a tammy, then rub them through the tammy, and moisten with the broth; after this, put all in a clean stewpan to boil in a corner of a stove; skim off all the white scum, season with salt only (as ground pepper will soil your purée); boil a pint of good cream, and put it with the purée: you may serve this soup with or without croutons; but when made with care it is one of the best potages ever made, and has the great advantage of mixing well with all sorts of pastes, rice, &c.: for instance, you have some

of this soup left in the larder, but not enough for a potage for eight or more; you therefore blanch some Italian paste, or rice, &c., and put it in a good consommé well seasoned, and just before dinner add the palestine. Likewise in your bill of fare you may insert several names, such as these which follow:—

1. Potage à la palestine.
2. Potage pâte d'Italie à la palestine.
3. Potage au ris à la palestine.
4. Potage de sago à la palestine.

By the judicious observations above, you find four different potages, very cheap, and the very best that can be made.

PRESERVED TERRINES OF GAME OR POULTRY.

The great advantage of these is that they are prepared in the country, when there is plenty of game and poultry, and no company to consume it.

15. *Terrine de Faisans aux Truffes.*

Take two pheasants, pluck, clean, and bone them; keep the liver to use with the farce; cut some square pieces of fat bacon of the length and thickness of your little finger; season them with salt, pepper, and pounded spices; then lard the fleshy parts of the birds equally, and season them in the same manner as the bacon; put in the inside of the pheasants some of the farce described below, and also some truffles at intervals; then close the birds so as to give them their natural form, and proceed as follows: To preserve them from breaking, put them first in a saucepan with cold water and bran; put them on the fire

to boil, and let them cool in the same water; then take an oval preserving-pan (one with a cover is preferable), put some slices of fat bacon all round the pan, lay the two pheasants with the breasts downwards, fill all the cavities with the farce, put some truffles in the farce at a distance from each other, and season again; do not quite fill the pan; then make some common paste with a little flour, butter, salt, and water, and cover the pan with it; put it in the oven for two hours, and when done take it out, fill the basin with luke-warm lard, and put it to cool: when quite cold, put on the lid: then make some paste with flour and water, and paste some paper all round, and put it into a cold and dry place. It may be used at any time within a year, as it will keep well for that period.

16. *Farce for the Terrine.*

Take two pounds of light calf's liver, one pound of streaky bacon, half a pound of good ham, fat and lean; cut all this into pieces two inches square; put it in a stewpan with a quarter of a pound of good butter and the livers of the pheasants; fry it lightly on the stove, season with salt, pepper, one or two shalots chopped fine, parsley likewise chopped very fine; and when the whole has been frying on the stove for twenty minutes, put it on a dish till cold; when cold pound it in a mortar, and when very fine, use it as directed above to fill the birds and the pan.

Make for pies and preserved terrines a spice-powder as follows:—Take some branches of thyme, sweet basil, and marjorum, several bay-leaves, an ounce of cloves, an

ounce of allspice, half an ounce of nutmeg, an ounce of mace, a quarter of an ounce of cayenne, and an ounce of whole black pepper; enclose all this in a sheet of paper, and put it within the screen to dry: when quite dry, pound it in a mortar, rub it through a fine hair sieve, and put it in a bottle well corked, to use when wanted. Observe—a good cook is never without this powder, because the secret of good cookery is good seasoning, and this composition forms the best ingredient for seasoning. Mind to use it judiciously; spice must not predominate. Game must be more highly seasoned than poultry.

17. *Terrine of Partridges.*

Proceed as directed for pheasants; clean, bone, and lard the partridges as directed above; use the same farce and the truffles; form the birds as before, and place them in the like position in the pan over the bacon; put in the farce and truffles, and cover with the slices of bacon and the paste as before. The paste is to preserve the flavour of game and truffles and prevent it from becoming dry. For the rest, proceed as before. Keep the preserve in a dry place if you can. It is necessary to observe to the learner that, when rabbits are plentiful, the best fleshy parts should be larded in the same manner as the partridge or pheasant, and the small fillets, the liver, &c. should be added to the other ingredients of the farce. Rabbits give to the pie a pleasant flavour of game, and help to fill the pan.

18. *Terrine of Grouse.*

Grouse are very good game, but not so high flavoured as

partridges or pheasants. You proceed with them as directed above; and as their flesh is darker than that of other game, you may use the best parts of a hare to each terrine. Make a jug of hare with the front of the animal, and use the fleshy parts as directed above for rabbits; and, to prevent repetition, proceed precisely as for other terrines. Be particular, in baking these terrines, always to put some ashes or cinders on the baking-dish, and the pan over. When the terrine is too much done, it is dry; when not done enough, it will not keep.

19. *Potted Hare.* *

Skin the hare, and be particular to preserve the blood; cut the hare as you do for civet of any kind; viz. cut off the head, shoulders, and legs; divide the body into four parts; take out the gall; cut two pounds of good streaky rather fat bacon, and put it in a stewpan with half a pound of butter; fry it lightly: put the hare in this, with the lights and liver and all the blood, and a good bit of garlic, a bunch of parsley and green onions, well seasoned with thyme, bay-leaves, cloves, mace, cayenne, salt, and pepper; moisten it with half a bottle of port wine; add a little powder of spice, and put it on a small fire to steam for two hours. When well done, and you have tasted it, it must be highly seasoned: take all the gravy out, and likewise the bones; put the contents of the stewpan into the mortar; pound it well, and rub it through a hair sieve; reduce the liquor that comes from the hare; mix altogether with the paste; try whether the

* Fowls, woodcocks, and quails are potted in the same manner as game.

flavour be good: then put it into the pan, and cover it with the paste, as you do the other terrines. When hermetically covered, put it into a moderate oven for an hour, then take it out, let it cool, and cover it with melted lard or butter, and, when very cold, cover it hermetically with a bladder.

L. E. UDE.

January 1841.

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