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Sophia M. La Roche
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House and Home;

OR,

THE CAROLINA HOUSEWIFE.

BY A LADY OF CHARLESTON.

THIRD EDITION, CORRECTED AND ENLARGED.

CHARLESTON, S. C.:
JOHN RUSSELL.
1855.

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PREFACE.

We call this "House and Home," because a House is not a Home, though inhabited, unless there preside over its daily meals a spirit of order, and a certain knowledge of the manner in which food is to be prepared and served. We can hardly call that House and Home to which a man dares not carry a friend without previous notice to his wife or daughter, for fear of finding an ill-dressed, ill-served dinner; together with looks of dismay at the intrusion.

Among some valuable receipts given us by an experienced housekeeper, we find one for throwing an illusion over an indifferent dinner to which company is suddenly brought home by that notoriously thoughtless person—the husband. It runs thus: "a clean table-cloth, and a smiling countenance." The former may be commanded; but there *are* dinners over which the mistress of the house cannot smile; they are too bad for dissimulation; the dinner is eaten in confusion of face by all parties; and the memory of it does not speedily die. Much of the discomfort of this might be spared were our grandmother's receipt-books so studied as to make it easy to teach the cook to send up the simplest meal properly dressed, and good of its kind. But the manuscript, in which is gathered a whole lifetime's experience, cannot be in the possession of more than one family in ten. It rarely happens that more than one woman in

three generations takes the pains to collect and arrange receipts; and if her descendants are many, the greater part lose the benefit of her instructions.

French or English Cookery Books are to be found in every bookstore; but these are for French or English servants, and almost always require an apparatus either beyond our reach or too complicated for our native cooks.

The "Carolina Housewife" will contain, principally, receipts for dishes that have been made in our own homes, and with a no more elaborate *batterie de cuisine* than that belonging to families of moderate income: even those dishes lately introduced among us have been successfully made by our own cooks.

This volume, though not large, contains more than six hundred receipts.

It was not thought necessary to add to its size by giving particular directions for roasting, boiling, baking, broiling, and frying, as these are found in Miss Leslie's excellent "Directions for Cookery," and in many others of a similar character. The one now offered, is (as it professes to be) a selection from the family receipt-books of friends and acquaintances, who have kindly placed their manuscripts at the disposal of the editor. It is believed that the receipts are original, except a few translated from the French and German, which, as they are very good and little known, it is hoped will add to the value of the book. In this work are to be found about a hundred dishes in which rice or corn forms a part of the ingredients.

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THE

CAROLINA HOUSEWIFE.

BREADS, CAKES, ETC.

An easy and excellent mode of making Domestic Yeast—No. 1.—Take two good-sized Irish potatoes, well washed, and cut up without peeling; add a handful of hops, and boil all together in a quart of water, until the potatoes are perfectly cooked. Then take the potatoes out, mash them up, skins and all; put them again with the hops, stir all together, and pass the mixture through a sieve, straining it well. While the liquor is hot, sweeten it well with the best brown sugar. When it is nearly cold, mix two table-spoonfuls of wheat flour with a little of the liquor, rubbing it smooth, and then add it to the whole. Bottle it, and cork loosely; but when fermentation begins cork it tightly, and tie down the cork. When made in the morning, it will be fit to use at night. A gill of this yeast is sufficient for a quart and a pint of flour.

Yeast—No. 2.—To a quart of hop tea add a spoonful of wheat flour, a spoonful of corn flour, and a spoonful of brown sugar. Stir them well in, and bottle the mixture, which must be closely corked, and the cork tied down. Set in a warm place until it ferments. The hop tea must be cold before the other ingredients are added.

Yeast—No. 3.—Five ounces of wheat flour, five ounces of Irish potatoes, one table-spoonful of brown sugar, one and a half pints of water. Wash the potatoes, and put them into a pot or sauce-pan with the hops and water, and boil them until they are quite soft; then take them out, peel, and mash them smooth; strain the water from the hops, and stir into it the potatoes, flour, and sugar. The water must be boiled down to one pint.

Yeast Biscuits.—Fill a pint mug with hops, and cover them with boiling water. Let it stand until quite strong; mix in two or three yeast biscuits and two table-spoonfuls of honey, also as much wheat flour as will make it tolerably stiff; set it to rise, and when risen pound in a sufficient quantity of fine, dry, rice flour, to cut into biscuits. Put them to dry in the shade, and keep them hung up in a bag. Each biscuit to be a size larger than a dollar.

Carolina Rice and Wheat Bread.—Simmer one pound of rice in two quarts of water until it is quite soft; when it is cool enough, mix it well with four pounds of wheat flour, yeast and salt as for other bread—of yeast four large spoonfuls. Let it rise before the fire. Some of the flour should be reserved to make the loaves. If the rice swells greatly and requires more water, add as much as you think proper.

Weenee Rice Bread.—A table-spoonful of rice boiled to a pap; while hot stir into it a large table-spoonful of butter; then add a gill and a half of milk or cream, and four table-spoonfuls of very light yeast. Stir these ingredients well together, and rub in two quarts of beaten rice flour gradually; salt to the taste. Turn the mixture into a well-greased pan, and set it to rise. When light, bake in a moderate oven until quite brown. About an hour is required for the baking of this bread. If the rice flour manufactured for sale is used, a smaller quantity will be necessary;

the mixture must be just so stiff as that a spoon will stand in it.

Inlet Bread.—Half a pint of soft-boiled hominy, a table-spoonful of butter, a tea-spoonful of salt, one tea-spoonful of sugar, three eggs, one fresh yeast biscuit dissolved in two tea-cups of cold water, or two table-spoonfuls of liquid yeast, four teacups of fine rice flour. While the hominy is warm stir in the butter, then set it away to get cold; and when cold add the eggs, which must be first beaten until quite light, the yeast, sugar and salt, and lastly the flour; rub all these ingredients *well* together; turn the mixture into a thoroughly greased pan, and put it to rise. When very light, bake in rather a quick oven about three-quarters of an hour. If the liquid yeast is used, rather a smaller quantity of water will be necessary. If the bread is wanted for breakfast, it must be mixed the evening before; and if for tea, in the morning.

Ashley Rice Bread.—Stir one table-spoonful of butter into a pint of rice flour, beat light two eggs, two tea-spoons of salt, add them to the flour and butter, one-half of a yeast-powder; dissolve the tartaric acid in water, and the soda in a pint of milk. Stir them quickly together, and bake the mixture immediately.

The lid of the oven should be heated as well as the bottom.

Beaufort Rice Bread.—A pint of boiled rice, half a pint of hominy, three pints of rice flour; mix with water enough to make a thick batter; add a teacup of yeast, and a tea-spoonful of pearlash. Put the mixture into a deep pan, well greased, and let it rise for eight or ten hours. Bake in rather a brisk oven.

Potato and Rice Bread.—One quart of rice flour, one table-spoonful of mashed sweet-potato, one table-spoonful of butter,

mixed with half a pint of yeast, and one pint of milk. Bake in a pan, and in a moderate oven.

Loaf Rice Bread.—A pint of rice flour, three eggs, a spoonful of butter, a salt-spoonful of salt. Beat the eggs quite light; stir in the butter, flour, and salt. Dissolve a yeast powder in a little warm water; mix it well with the other ingredients; pour into the pan, and place it immediately in the oven. This bread requires nearly an hour's baking in a moderate oven.

Rice Oven Bread.—One fourth of a pound of rice boiled very soft, three-fourths of a pound of wheat flour, one gill of yeast, one gill of milk, and a little salt. Bake in a pan in a moderate oven.

Rice Spider Bread.—A cup of rice boiled soft, two cups of flour, three eggs. Let the rice be cold; then beat the flour and rice together; add the eggs; beat the mixture well, and bake in a hot spider.

Rice Muffins.—To half a pint of rice boiled soft, add a tea-cupful of milk, three eggs well beaten, one spoonful of butter, and as much wheat flour as will make it the thickness of pound cake. Drop them about the oven. They do not require turning.

Rice Cookees.—One pint of soft-boiled rice; add as much rice flour as will make a batter stiff enough to be made into cakes. Fry them in nice lard. Salt to the taste.

Rice Drops.—Half a pint of hominy, half a pint of milk, one pint of rice flour, two eggs, a large table-spoonful of butter, and a little salt. Beat all well together, and drop on tin sheets.

Corn flour may be used instead of rice.

Rice Slap Jacks.—Three eggs, one pint of sour milk, three table-spoonfuls of soft-boiled rice, salt to the taste. Beat the eggs light, add the milk and rice, and a sufficient quantity of rice flour to make it the proper consistence. Stir in a tea-spoonful of pearlash dissolved in a little water, and bake on a griddle or in rings.

Rice Crumpets.—One pint and a half of beaten rice flour, one pint of milk, a large dessert-spoonful of butter, four dessert-spoonfuls of yeast, salt to the taste. Stir these ingredients well together, and set the mixture in a covered vessel to rise, in a warm place. Just before baking, stir in half a tea-spoonful of salæratus dissolved in a little water. Bake on a griddle. If the rice flour manufactured for sale is used, a pint will be sufficient. Two eggs may be used, and three are thought an improvement.

Rice Griddles.—Boil soft one gill of rice; while hot, stir into it a dessert-spoonful of butter; beat two eggs very light, and mix them with the rice after it becomes cold; add one gill of rice flour, and half pint of milk. Stir all together just before baking. Bake quickly in a hot griddle, and the cakes will rise much.

Philpy.—One gill of rice; boil it, and when cold rub it smooth with a spoon; moisten with water a gill of rice flour, and mix it into the boiled rice. Beat one egg very light, and stir it well into the mixture. If too stiff, add a spoonful or two of milk. Bake it on a shallow tin plate. Split, and butter it when ready to serve.

Rice Journey or Johnny Cake.—Half a pint of soft-boiled rice, with just flour enough to make the batter stick on the board; salt to the taste: spread it on the board thick or thin, as it is wanted. Baste it with cream, milk, or butter—cream is best. Set it before a hot fire, and let it bake until nicely browned; slip

a thread under it, to disengage it from the board, and bake the other side in the same manner, basting all the time it is baking.

Pan Journey Cake.—Half a pint of rice, a dessert-spoonful of butter, two table-spoonfuls of milk, two table-spoonfuls of fine rice flour; boil the rice quite soft, and stir the butter into it while hot. If the bread is wanted for breakfast, the rice must be boiled the night before; and if wanted for tea, it must be prepared in time for it to become cold before the other ingredients are mixed in. When ready to bake, stir in the milk and rice flour. Spread the mixture about half an inch thick in a shallow pan, which must be well greased; and bake about half an hour in a moderate oven.

Rice Egg Cake.—To half a cup of rice flour, boiled stiff, add a large spoonful of butter. When cold, add three eggs, well beaten, and a cup of rice flour. Drop it on tin sheets, and bake quickly.

Rice Waffles, No. 1.—Boil a small teacup of coarse rice flour (or rice) to a pap, and to it a pint of fine rice flour, a half pint of milk, and a half pint of water—a little salt. Heat your iron, and grease it with a little lard; then pour in the batter, and bake the waffle of a light brown.

Rice Waffles, No. 2.—A teacup of rice flour, two large spoonfuls of beaten rice boiled to a pap, a small teacup of milk, and one egg. This will bake four waffles.

Waffles, No. 3.—A teacup of cold hominy, half a spoonful of lard and the same of butter, two table-spoonfuls of wheat flour, and twelve of rice flour; salt to the taste. Rub the butter and lard in the hominy; add the flour and a sufficient quantity of water to make a paste; rub it until very light, and then add

milk enough to make the batter so thin as that it may be poured into the iron.

Rice and Wheat Flour Waffles.—Waffles are very good when made of a thin batter composed of soft-boiled rice and a small proportion of either wheat or rice flour, with a spoonful of butter.

Alabama Rice Bread.—One pint of rice boiled soft, six eggs beaten light, one pint of milk, half a pint of corn meal, a dessert-spoonful of lard, a dessert-spoonful of butter, and a tea-spoonful of salt. Rub the ingredients well together, and bake in small tins or muffin-rings.

Soft Rice Cakes.—Melt a quarter of a pound of butter or lard in a quart of sweet milk. Beat two eggs light, add as much rice flour as will make it into a batter, mix with it half a tea-cupful of yeast, and a little salt. When light, bake on a griddle like buckwheat cakes.

Rice Cakes, No. 1.—Take one pint of soft-boiled rice, half a pint of milk or water, and twelve spoonfuls of rice flour. Divide into small cakes, and bake in a quick oven.

Rice Cakes, No. 2.—Three eggs, a table-spoonful of butter, and one of cream, half a pint of milk, the same of hominy, and six or seven table-spoonfuls of rice flour. All the ingredients to be well rubbed up in a marble mortar, and baked on tin sheets.

Rice Cakes, No. 3.—One pint of soft-boiled rice, a tea-spoonful of butter, an egg, half a pint of milk, and half a pint of rice flour; salt to the taste. Beat all well together, and bake in patties.

Rice Cakes, No. 4.—Beat three eggs well, and add one quart of milk, a table-spoonful of wheat flour, and a little butter and

salt; then stir in as much rice flour as will make a thin batter. Add a teacup of yeast; set it to rise, and bake on a griddle when light.

A Rice Cake, No. 5.—A pint of rice flour, one egg, (the yolk and white beat separately,) a small teacup of milk, a tea-spoonful of salt. These ingredients must be well mixed together, and just before baking stir in a tea-spoonful of soda dissolved in half a wineglass of milk. Bake in a pan, in a hot oven, for half an hour.

Rice Biscuits.—Boil soft half a pint of rice; when cold add to it half a pint of rice flour, a spoonful of fresh butter, half a pint of milk, and sufficient salt; mix all well together, and drop it in large spoonfuls on tin sheets in the oven; bake till quite brown.

Rice Wafers, No. 1.—One pint of rice flour, one gill of milk and one of water, a dessert-spoonful of butter, and a little salt. Bake of a light brown.

Rice Wafers, No. 2.—To a pint of warm water put a pint of rice flour, and a tea-spoonful of salt. This will make two dozen wafers.

Rice Flour Balls.—A pint of milk to a pint of flour; let the milk boil, stir the flour in with a little salt, add the yolk of an egg, roll into balls, and fry them with butter or lard.

Espetanga Corn Bread.—Boil three sweet potatoes of the common size, (four if not very sweet,) and mash them up with a large spoonful of butter. To this add a tea-spoonful of salt and an egg. When these have been well mixed, put in about three-quarters of a pint of corn flour, and beat the whole together, adding by degrees about three gills of milk. While this is

preparing, the cover of a dutch oven must be heated, and when the mixture is ready, which will be in ten minutes, it must be put into a skillet, which has been previously greased and placed on hot coals to receive it. The cover must then be put over, with hot coals on the top. It will take about a quarter of an hour to bake, which must be done as soon as the mixture is prepared, or it will become hard.

With sugar, wine, and butter as a sauce, it makes a good pudding.

Camp Corn Bread.—To half a pint of hot hominy add a large spoonful of butter, a salt-spoonful of salt, and a large teacup of milk. Mix these ingredients well together, and add as much corn meal as will bring it to a proper consistency for baking. Let it remain for some hours in this state before baking.

Owendaw Corn Bread.—Take about two teacups of hominy, and while hot mix with it a very large spoonful of butter, (good lard will do;) beat four eggs very light, and stir them into the hominy; next add about a pint of milk, gradually stirred in; and, lastly, half a pint of corn meal. The batter should be of the consistency of a rich, boiled custard; if thicker, add a little more milk. Bake with a good deal of heat at the bottom of the oven, and not too much at the top, so as to allow it to rise. The pan in which it is baked ought to be a deep one, to allow space for rising. It has the appearance, when cooked, of a baked batter pudding; and when rich and well mixed it has almost the delicacy of a baked custard.

Chicora Corn Bread.—To one quart of milk add six eggs well beaten, one table-spoonful of wheat flour, one tea-spoonful of salæratus, a large table-spoonful of butter, one table-spoonful of brown sugar, with as much corn meal as will make a thick

batter; add a little salt, and bake as soon as mixed, in tin or earthen pans.

Alexander's Corn Bread.—Take one pint of butter-milk, three eggs, and a tea-spoonful of salæratus. Mix them well together, and add enough corn meal to make a thin batter. Drop it from a spoon on tin sheets, and bake.

Accabee Corn Bread.—One pint of corn meal, one quart of milk, two eggs, and a little salt. Beat the eggs light, and add the other ingredients. Bake in a pan, about an inch thick.

Sampit Bread.—One table-spoonful of lard or butter, five table-spoonfuls of fine corn flour, four of hominy, two eggs, a tea-spoonful of salt. Rub the hominy and butter well together; then add the eggs, flour, and salt, and after rubbing the whole well, put the mixture into a plate or tin pan, and bake in a quick oven.

Bachelor's Pone.—Melt a piece of butter the size of an egg in a pint of new milk. Beat the yolks of five or six eggs very light, stir into the milk some Indian meal, then add the eggs and a little salt. Make it rather stiffer than a flour pudding. Bake it in a quick oven, in a buttered pan or in small patty pans. When you serve it break it, as the knife spoils it.

Grits Bread.—Beat up the yolk only of one egg with a large breakfast-cup of cold hominy, mashed up with a spoonful of butter and a little salt, to which add a pint of fine, washed, raw grits, well drained from the water. Make it into a loaf, and bake about half an hour.

Corn Griddle Cakes.—To a pint of corn flour add a quart of milk, a table-spoonful of butter, two eggs, and a little salt.

Beat these ingredients well together, and lay the batter on your griddle, of what thickness you please.

Indian Cakes.—Two eggs, one pint of milk, two spoonfuls of molasses, and meal enough to make a thick batter; a little salt. Dissolve a small tea-spoonful of pearlash in warm water, and mix it well with the other ingredients. Bake about one hour.

Port Royal Corn Cakes.—One pint of fine corn meal, four table-spoonfuls of wheat flour, one quart of milk, three eggs; salt to the taste. Mix the meal and flour with the milk; beat the eggs very light, and add them. Bake on a griddle, and serve hot with fresh butter.

Corn Muffins.—To three pints of corn meal add a pint of tepid water, a tea-cupful of baker's yeast, a table-spoonful of sugar, and a tea-spoonful of salt; mix all well together, and bake in rings. To be mixed at night, for use the next morning; and in the morning, for evening use.

Corn Dodgers.—One quart of corn meal, a little salt, and water enough to make the batter just stiff enough to make the mixture into cakes with the hands. Bake in a Dutch oven, on tin sheets.

Corn Biscuits.—Six table-spoonfuls of soft hominy, half a pint of corn meal, a large table-spoonful of lard, half a pint of milk; mix the ingredients well together, and make into cakes about the size of a saucer. Put them upon a tin sheet, and bake in a moderate oven. A little sweet potato, mashed and mixed with the other ingredients, is thought by some people to be an improvement to these biscuits.

North Carolina Dabs.—One pint of meal, two eggs, a small dessert-spoonful of lard, a wineglass of milk; scald the meal, and, while hot, rub in the lard; beat the eggs very light, and add them to the meal; stir in the milk, and a little salt. Drop the mixture from a spoon upon a tin sheet, and bake in a moderate oven.

Corn Ring Cakes.—Three eggs, one pint of milk, one pint of corn meal, a little salt, and a dessert-spoonful of butter. Mix these ingredients well together, and bake in rings or small pans.

Breakfast Meal Cakes.—To a pint of corn meal add a pint of butter-milk or clabber, one egg, two ounces of butter, one tea-spoonful of salt and one of soda; mix all well together, observing to add the soda just before the cakes are sent to the oven. Bake quickly in patty pans.

Rice flour may be substituted for the corn meal.

Corn Wafers, No. 1.—One pint of meal, one gill of milk, and one gill of water, a dessert-spoonful of butter, and a little salt. Bake of a light brown.

Corn Wafers, No. 2.—To two table-spoonfuls of cold hominy add one table-spoonful of rice flour and one of wheat flour; a little salt. Thin it with milk to the proper consistence to be baked in a wafer iron.

Corn Crisp.—One pint of meal, a table-spoonful of lard, a little salt, and, if the scalding of the meal should not make the mixture soft enough, add a little water. Make it into a cake about half an inch thick, and lay it upon your board; put it before the fire, and, when sufficiently browned, pass a coarse thread under it, and turn it upon another board. When baked on that

side, take it up, split the cake, scrape out the inside; then put the crusts on the gridiron, and brown and crisp them.

Hoe Cake.—Three spoonfuls of hominy, two of rice flour, a little butter, and milk sufficient to make it soft. Bake on a griddle or on a hoe.

Hominy Bread.—Take a pint of hominy boiled soft, add a table-spoonful of butter, a pint of milk, and four eggs; thicken with flour, and bake in a dish.

Hominy Fritters.—Beat up three eggs with a large spoonful of butter, add to these three spoonfuls of cold hominy, a pint of milk, and a pint of wheat flour. Mix all well together, and let it rise three hours.

Corn Spoon Bread.—One pint of corn flour, boil half to a mush; add, when nearly cold, two eggs, a table-spoonful of butter, and a gill of milk, and then the remaining half of flour. Bake on a griddle, or grease a pan and drop in spoonfuls.

Fritters.—A pint of flour and a pint of milk mixed together, two table-spoonfuls of hominy, and three eggs, with a tea-spoonful of salt. The whole must be well mixed, dropped with a large spoon into boiling lard, and fried brown. Each spoonful makes a fritter.

Mountain Bread.—A pint of sour butter-milk or clabber, a large table-spoonful of butter or lard, a large tea-spoonful of soda; salt to the taste. Stir into the butter-milk about a pint of corn meal, rub in the butter and salt; dissolve the soda in a wine-glass of warm water, and add it. Should this mixture not be stiff enough to be made into a cake with the hands, add more flour. Bake about half an hour in a moderate oven.

Corn Journey or Johnny Cake.—Into two table-spoonfuls of cold hominy rub a table-spoonful of butter or lard, an egg, half a pint of milk, and corn flour enough to make the batter just so stiff as to be spread upon a board, about quarter of an inch thick. Put the board before the fire, brown the cake, then pass a coarse thread under it and turn it upon another board, and brown the other side in the same way. Salt to the taste.

Fried Bread.—Three gills of fine grits, boiled soft; mix with it two table-spoonfuls of rice flour; salt to the taste. Make the mixture into cakes about half an inch thick, and fry them in lard, in a spider or skillet.

Virginia Egg Bread.—A quart of meal, half a pint of wheat flour, a pint and a half of milk, two eggs, and a table-spoonful of butter or lard; mix all well together, and bake either in cups or a tin pan.

Batter Bread.—Six table-spoonfuls of wheat flour, three of corn meal, with a little salt; sift them, and make a thin batter with four eggs and some milk. Bake in moulds in a quick oven.

Breakfast Rolls, No. 1.—Half a pint of boiling milk; stir into it a spoonful of butter or good lard. When nearly cold, add half a cup of good yeast, and a little salt. Stir in a pint of flour, and beat it until it leaves the spoon readily. Set it to rise, and early in the morning knead in one more pint of flour. When the dough is perfectly smooth, make it into rolls, and set them to rise. Bake in a quick oven.

Breakfast Rolls, No, 2.—One and a half pint of wheat flour, two tea-spoonfuls of cream of tartar, one table-spoonful of softened butter, half pint of milk, an even tea-spoonful of super-carbonate of soda. Mix the flour and cream of tartar together; add the

butter; then the milk, in which the soda must be previously dissolved. Knead all together into a smooth dough, form it into rolls, and bake quickly.

French Rolls.—One egg, one cup of milk, three spoonfuls of leaven, one spoonful of butter, a little salt, and as much wheat flour as will make it a thick paste. Make into rolls, and when well risen, bake.

Nuns Puffs.—Two eggs, one spoonful of butter, one teacup of milk, one table-spoonful of baker's yeast, one pint of wheat flour, and one tea-spoonful of salt. Beat the eggs well, and add the other ingredients. The consistency of the mixture ought to be that of very soft bread dough, so that it may be mixed with a spoon. A table-spoonful of sugar, if desired, may be added to the other ingredients. Bake in cups or small pans, in a moderate oven, about three-quarters of an hour.

Muffins.—One pint of milk, one dessert-spoonful of butter, two eggs, half a gill of yeast, a little salt, and as much flour as will make it thick enough for a spoon to stand. To be baked in rings.

Egg Muffins.—One pint of wheat flour, one pint of milk, two eggs, and a little salt. Beat the eggs light, and add the other ingredients, stirring them well together. Put into patties, and bake in rather a quick oven.

Virginia Cakes.—Three gills of sifted wheat flour, a large table-spoonful of butter, one egg, half a pint of milk, and a little salt. Beat all well together and bake in a pan, about an inch thick.

Flannel Cakes without Yeast.—Thicken a quart of butter-milk, with wheat flour, add a little salt, and two tea-spoonfuls of car-

bonate of soda. Pour on a griddle iron, or in rings. This is beautifully light and spongy.

Wheat Flannel Cakes, No. 1.—Eight table-spoonfuls of wheat flour, a gill of yeast, the same of fresh milk, and a little salt. Set to rise in a covered vessel over night, and bake on a griddle. They require turning. Should the mixture become acid, half a tea-spoonful of soda mixed in a little water and put in, will remedy it.

Wheat Flannel Cakes, No. 2.—Beat light two eggs, a pint of milk, two gills of yeast, two tea-spoonfuls of sugar, a little melted butter, add flour sufficient for a moderately thin batter. Let it rise, and bake on a hot griddle. Butter when hot.

Velvet Cakes.—One quart of milk, one of wheat flour, three eggs, one gill of yeast. Mix all together, and when well risen, stir in a large spoonful of butter. Bake in muffin rings.

Wheat Wafers.—One cup of flour, one of milk, the yolk of an egg, and a little salt. If this does not make the batter thin enough, add a little water. Bake a light brown.

Rye Wafers.—Four spoonfuls of rye flour, one spoonful of butter, made into a very thin batter with water. Bake in the wafer iron. The same mixture, with the batter a little thicker, makes nice waffles.

Rye Cakes.—Five spoonfuls of rye flour, three of wheat flour, two of corn flour, a large spoonful of brown sugar, three eggs beaten very light; mix into these milk enough to form a thin batter. Bake on a gridle, turning each. Butter while hot.

Buckwheat Cakes, No. 1.—Half a pint of corn flour, a pint

and a half of buckwheat flour, a tea-spoonful of salt. Scald the corn flour, and when cold add either water or milk sufficient to mix in gradually to a proper consistence the buckwheat flour, and two table-spoonfuls of yeast. No pearlash to be used unless the mixture should become acid before baking.

Buckwheat Cakes, No. 2.—To six spoonfuls of buckwheat flour add two spoonfuls of wheat flour, a gill of yeast, a gill of water, (in cold weather the water should be warm,) and a little salt. Bake as the flannel cakes.

Arrow-Root Griddle Cakes.—Mix two table-spoonfuls of arrow-root in a little milk; add half a pint of milk, and half a pint of mush or hominy; beat the whites of two eggs, and when the griddle is ready, mix them with the other ingredients; add a little salt, and bake immediately.

Soda Bread.—Rub into a pound of flour, perfectly dry, a tea-spoonful of tartaric acid, *dry;* then make a batter of milk, butter-milk, or water, as you please, and add a little salæratus or soda. You will have an excellent, wholesome, and light bread.

Potato Bread.—Half a pint of warm water, half a pint of yeast, six moderate-sized potatoes, a dessert-spoonful of salt, and three pints of flour stirred in lightly.

If the yeast is good it rises in three hours, and takes one to bake.

Bran Bread.—One quart of bran flour, one pint of wheat flour, one pint of water, two table-spoonfuls of yeast, two or three of brown sugar, one dessert-spoonful of salt. Mix together about a pint of bran flour with the water, yeast, and salt, and set it to rise. When very light stir in the sugar, and knead in the rest of the flour. Let it rise, and then knead it again; put it into

your pan, and bake about an hour in a moderate oven. In summer a smaller quantity of yeast is requisite.

Wheat Crisp.—One pint of wheat flour, a table-spoonful of butter; salt to the taste. Rub these ingredients together, and make them into a stiff batter with a little milk or water. Spread it upon a board, as you would journey cake, put the board before a quick fire, and baste the top of the cake with a little milk or cream. When well-browned pass a coarse thread just beneath the surface of the cake, take it off carefully, and lay it either in a moderately heated oven, or before the fire; baste the surface of the cake again, brown it, and remove it in the same manner again, and so on until the whole is crisped.

Wheat Bread.—Take of liquid yeast two table-spoonfuls, or the quarter of a yeast biscuit, cut with a tumbler. If the biscuit is used it must first be dissolved in a tumbler of warm water; add enough flour to your yeast to form a thick batter; this batter should be made at night, and in the morning add another full tumbler of warm water, a dessert-spoonful of salt, and as much more flour as will make the batter of the same consistency as at first. Set it to rise, and when quite light knead it quickly and lightly, not adding too much flour. Put the dough into a jar or bowl, and let it rise quite high before putting it into the pans. You may add one egg and a dessert-spoonful of butter when making the batter, but they are not essential. A tea-spoonful of salæratus dissolved in a wineglass of warm water and added just before kneading, is thought by some to be an improvement. The same quantity of water must be used in mixing the batter whether the biscuit or liquid yeast is used. The batter should always be set in an earthern vessel, larger at the top than at the bottom, and should be allowed to rise and fall again, which will take place in from three to five hours. The water should be

tempered according to the weather: in winter it should be warm, in spring and fall, milk-warm; and in hot weather, cold.

Rye-Bread, No. 1.—One pint of warm water, half a pint of yeast, six moderate-sized potatoes, a table-spoonful of sugar, a dessert-spoonful of salt, and about three pints of rye-flour. The dough must be kneaded with wheat flour.

Rye Bread, No. 2.—One pint and a half of rye flour, one pint and a half of wheat flour, three gills of warm water, two and a half table-spoonfuls of yeast, two of brown sugar, one tea-spoonful of salt. Mix one pint of the rye flour, the water, yeast, and salt well together at night; set it to rise in a covered earthen vessel. Early the next morning stir in the sugar, and knead in the rest of the rye, and the wheat flour. When very light, bake in a moderate oven about an hour. The lid of the oven should not be put on until the bread has been baking about five minutes; and this should be observed in baking all kinds of loaf bread.

Milk Bread.—Boil a pint of milk, and let it stand until nearly lukewarm; put in salt to the taste, and stir in sifted flour enough to make it a very thick batter. The bowl or can in which it is mixed must be placed over some vessel containing hot water, and the whole carefully covered to keep in the steam. The batter should be stirred briskly every hour, and the water under it renewed till the mixture begins to rise, which will generally be in about six hours. The heat must be kept up, but the leaven not again disturbed until it has risen, which will be very perceptible; then put it into a dish, and stir more flour into it; knead it quickly with a spoon until it is fit to be made into a loaf. Put it into a pan, and set the pan over the steam of hot water; it then rises very quickly, and the Dutch oven must be ready to receive it. The oven must be a slow one, and the cover not put on until

the bread has been baking a few minutes. After it is baked it must be allowed to soak in the oven a short time. This bread must not be kneaded as hard as the common yeast bread. It is very nice made into toast.

Potato Wafers.—Take two or three, according to size, Irish or sweet potatoes, and a table-spoonful of butter; beat them well together in a mortar, then add three eggs, one and a half pints of milk, and stir in as much flour as will make the batter thin enough to be baked in a wafer iron.

Wheat Biscuits, No. 1.—One tumbler of milk, one quart of wheat flour, two tea-spoonfuls of cream of tartar, one tea-spoonful of soda, one tea-spoonful of salt. Mix the soda and salt with the milk, sift the cream of tartar and flour together; stir the milk and flour together, and make the dough either into rolls or biscuits. Bake in a quick oven about twenty minutes.

Wheat Biscuits, No. 2.—Take a quart of milk, make it hot enough to melt the butter, and put into it two large spoonfuls of butter. Pour this into as much flour as will knead it into a very stiff dough. Knead it well for an hour, and when light roll it out, not too thin, and cut the biscuits with a cup.

Cream Biscuits.—Beat four eggs well; mix them with a quart of cream and two table-spoonfuls of yeast, then stir in flour until the dough is stiff enough to bake. Make it into biscuits, and let them rise for five hours. A few minutes will bake them.

Very Light Biscuits, No. 1.—Rub a large spoonful of butter into a quart of risen dough; knead it well, and make it into biscuits, either thick or thin. Bake them quickly.

Very Light Biscuits, No. 2.—Add to a quart of flour a dessert-

spoonful of yeast-powder; mix it in well, and then add half a pint of milk, a dessert-spoonful of butter, and a little salt. Knead them well, and bake in a quick oven. Preserve flour enough from the quart to knead with.

Potato Biscuits.—Boil and peel five or six potatoes; mash them, and roll them out; knead them with a little flour and salt, and bake them on a griddle. Split and butter while hot.

York Biscuits.—One quart of wheat flour, one large table-spoonful of butter, a little salt, half a tea-spoonful of salæratus dissolved in a little water. Make into a thick paste with water; turn it out upon your paste-board; beat it well with the pin; roll it thin; cut with a tumbler; prick with a fork, and bake in a moderate oven.

To make Crust, or Little Cakes.—Half-pound of butter, half-pound of flour, two eggs, two dessert-spoonfuls of yeast; work them well together; roll them out to the thickness of a dollar, and cut them of whatever size you please. Bake on tin sheets.

Butter-milk Biscuits.—One pint of wheat flour, two gills of butter-milk, one table-spoonful of butter, a tea-spoonful of salt, a tea-spoonful of super-carbonate of soda. Rub the butter well into the flour; stir in the butter-milk and salt, and beat the batter for fifteen minutes. Then add the soda, which must be dissolved in a wineglass of water, and as soon as it is well mixed with the batter, turn it out upon your paste-board, and knead in a gill more of flour; roll out the dough about half an inch thick; cut with a wineglass; put the biscuits upon well-greased tin pans or sheets, prick them with a fork, and bake in a moderate oven about three-quarters of an hour.

Bops.—One pint of milk, three eggs, one spoonful of butter,

four spoonfuls of flour. Mix them well together, and bake in plates, and in a quick oven. They ought to be buttered while hot, and put one above another before sent in.

Zephyrines.—Mix a pint of flour with a small spoonful of butter, add sufficient water to make a dough that may be kneaded, and add some salt. When sufficiently kneaded, roll very thin—not thicker if possible than a sheet of paper—cut with a saucer, prick with a fork, and put in an oven moderately warm. They are baked instantaneously.

Wheat Waffles.—Thicken half a pint of milk with four spoonfuls of wheat flour. When cold, add another half pint of milk, a spoonful of butter, the yolks of three eggs; mix these ingredients well together. The whites of the eggs must be beaten to a froth, and stirred in just before baking. Butter them as they are taken from the iron.

SOUPS.

THE foundation of all soups, and of most sauces, is that which the French call "le bouillon," in plain English, broth; and, consequently, it is important to have this well made. The following receipt for broth, and for several French soups, are translated from a Parisian cookery book of some repute: "Beef is the meat which yields the best broth; that from veal is tasteless and colorless. Mutton gives it an unpleasant flavor, but this may be remedied by using it after having been roasted or boiled. Fowls add but little to the flavor of broth, unless when they are

old and moderately fat. For every pound of meat add one pint of water. Press it down with the hand, to get rid of the air which it contains, and which causes it to float. Put the pot upon a moderate fire, so that it may heat slowly. The rising of the scum has the same effect as the whites of eggs in clarifying. The scum will be more abundant, and, consequently, the broth will be more clear, according to the space of time between the placing the pot on the fire, and the moment when the scum forms. This ought to be nearly an hour. Take care that the fire be always equal. Take off the scum when it is well formed. Prevent the bubbling up of the pot, because, when it does so, the scum separates, and it is more difficult to get the broth very clear. If the fire has been well managed, there will never be occasion to cool the pot in order to make the scum arise anew. This is only necessary when the fire has been too hot at the beginning. When the pot is well skimmed and begins to boil, salt it, and put in the vegetables. The addition of the vegetables suspends the boiling of the pot; wait until it begins again, and then draw it away from the fire, as, from this moment until the soup is served, it must only simmer. Cover the pot to prevent evaporation, and never fill it up anew, even if you have occasion to take out some of the broth, unless the meat should be uncovered, and then you must add boiling water, and only enough to cover it. After six hours of slow and equal boiling, the soup is ready. You must regulate the time of putting it on by the time for which it is wanted, so as to keep it boiling only as long as necessary.

Bouillon.—Having well washed whatever you mean to make your bouillon of, whether beef, chicken, or veal, cut it into small pieces, and crack the bones. To about four pounds put six quarts of water; when the scum begins to rise, skim it carefully. After it has boiled two hours, put in an onion, a leek, a parsley-root, a carrot, a piece of celery, a leaf of white cabbage, a parsnip, two laurel-leaves, four grains of whole pepper, four cloves, a piece

of dried ginger, and two spoonfuls of salt. These should boil together for one or two hours, until quite tender. If it should boil away too much, add boiling water. The fat should not be skimmed off until it is about to be thickened; it should boil very slowly, but should never stop boiling: a slow and steady fire is required. The pot or kettle should always be nearly full. When sufficiently boiled, it should be strained. The meat left in the sieve may, if when cold it be washed and chopped fine, answer for croquets.—*German Receipt.*

Turtle Soup.—Take the whole of the turtle out of the shell; cut it in pieces, that it may be the more easily scalded. Throw these pieces, with the fins, into the pot, and when scalded, take off the coarse skin of the fins, and lay them aside to make another dish. The thick skin of the stomach must also be taken off: under it lies the fat, or what is termed the citron. Thus prepared, it is ready for making the soup. Take a leg of beef, and boil it to a gravy; cut up the turtle in small pieces, throw them into the pot with the beef, and add as much water as will cover the whole about two inches. Let it boil slowly for three hours. The seasoning and the citron should be put in when the soup is half done. To two quarts and a half of soup, (which will fill a large tureen,) add half an ounce of mace, a dessert-spoonful of allspice, a tea-spoonful of cloves and salt, and pepper, black and cayenne, to your taste. Tie up a bunch of parsley, thyme, and onions, and throw them into the soup while boiling; when nearly done, thicken with two table-spoonfuls of flour. To give it a good colour, take about a table-spoonful of brown sugar and burn it; when sufficiently burnt, add a wine-glass of water. Of this colouring put about two table-spoonfuls in the soup, and, just before serving, throw in half a pint of Madeira wine.

Tablettes de Bouillon, or Portable Soup.—One set of calves' feet, twelve pounds of beef from the rump, and a leg of mutton.

Keep the above articles in a proper vessel, (say a digester,) with sufficient water to cover them; let it simmer, and skim it as usual. Strain it, and press it hard as you strain it. Put the meat on again, in fresh water. After having again simmered it for some time, strain it again; add this liquor to the first, and let it get perfectly cold; then take off all the grease and fat. Clarify the broth with the whites of five or six eggs. Add a sufficient quantity of salt. Pass the liquor through a clean woollen cloth, and let it evaporate in a water bath until it is of the consistence of a thick paste. Then take and spread it rather thin on an even or flat stone, cut it into squares of the size you like—finish drying them either in a water-bath or on stoves till they are perfectly dry and crisp enough to break short. Then put them into glass vessels, well corked. Fowls, vegetables, and spices may be added at pleasure. If kept dry, they will remain good five or six years. When you want to use them, take any quantity, say half an ounce, put it into about a large glass of boiling water, and place it over hot ashes for fifteen minutes. It forms an excellent broth.

To Dress a Calf's Head in imitation of Turtle.—Take a calf's head with the skin on, scald and clean it. Parboil it, that the bones may come out easily, and set by the water you parboil it in, to make your soup with. When you have taken the bones out, cut the head, ears and all, to pieces, (the ears should be cut in long strips, the rest of the size of pullets' eggs.) Take two or three, stew them tender, and cut them in pieces; put all together into the water you had set by, stew it down very tender, seasoning pretty highly with onions, sweet herbs, mace, nutmeg, cloves: pepper and salt to your taste; add to this a pint and a half of Madeira wine; thicken your soup with the yolk of an egg. Your forcemeat for the balls may be made with a bit of the head, a bit of bacon, and seasoned highly with sweet herbs. Add the yolk of an egg, roll it into balls, fry them, and put them into the soup when you serve it up. It ought to have a squeeze of

lemon or lime-juice when you eat it. You may put in sweet-breads, truffles, &c.; but when the head has the skin on, it is quite rich enough without either.

Egg Soup.—Beat four eggs, add a little nutmeg, chopped parsley, and four ounces of grated bread; mix well together; pour into the pot your bouillon, mixing carefully while pouring; then boil ten minutes. If the bouillon be of chicken, you may put it back into the bouillon. You may also add asparagus and green peas, being already boiled.—*German Receipt.*

Terrapin Soup.—Take a large fresh-water terrapin, clean, and place it in a digester, with two quarts of water, a slice of bacon, two dozen cloves, three dozen allspice, salt, black and red pepper. Boil this for three or four hours; thicken and brown it. Just before serving up, throw in a glass of wine, in which has been grated half a nutmeg.

Oyster Soup, No. 1.—Take one hundred oysters, strain them through a cullender, and set the liquor to boil; when the scum has all risen and been taken off, add two quarts of water, a table-spoonful of butter, a pint of rich milk or of cream; mace, nutmeg, pepper and salt to the taste. Boil these ingredients together, and just before serving up, throw in the oysters. If the soup be too thin, stir in a table-spoonful or two of wheat flour a few minutes before serving up.

Oyster Soup, No. 2.—To two quarts of oysters, with their liquor, put three quarts of water, three slices of the lean of ham, and two onions; boil this down to half the quantity, which will take about an hour with a good fire; then run it through a cullender, and put the liquor alone back into the pot, and let it come just to a boil; while the oysters are boiling, beat up the yolks of six eggs with four table-spoonfuls of wheat flour and a

pint of rich milk; stir this into the oyster liquor after it has been strained and made boiling hot; add a quart of raw oysters, and let the whole thicken a little on the fire, (stirring it all the while,) but do not let it boil, as it is apt to curdle. Add then a tea-spoonful of white pepper, and a half of grated nutmeg.

Okra Soup, No. 1.—Cut up in small pieces a quarter of a peck of okra; skin half a peck of tomatoes, and put them, with a shin or leg of beef, into ten quarts of cold water. Boil it gently for seven hours, skimming it well. Season with cayenne or black pepper and salt.

A ham bone boiled with the other ingredients is thought an improvement by some persons.

Okra Soup, No. 2.—Cut up in fine slices two soup-plates of okra, and put into a digester with five quarts of water and a little salt, at ten o'clock. At eleven o'clock, put your meat into the digester. At twelve, peel a soup-plate and a half of tomatoes, and, after straining them through a cullender, throw them into the digester; then season with pepper and salt. Allow all the ingredients to boil until three o'clock, when it is fit to be served up.

N. B.—If you dine at two, begin an hour earlier with each ingredient.

Vegetable Soup.—Take three pounds of beef, and, after boiling and skimming it, throw in four or five good-sized turnips and three or four carrots, all cut in small pieces. Tie up a bunch of thyme, and, when the soup is nearly done, put that, with two onions, (also cut up small,) into the pot, and thicken with two spoonfuls of flour. This, as all other soups, requires boiling for four or five hours.

Potato Soup.—Stew down three pounds of raw beef, or an ox cheek, in six quarts of water, till half done. Then pare potatoes

enough for the family, and add them, with pepper, salt, onions, turnips, carrots, &c., to the soup. Stir frequently, and, when the potatoes are boiled sufficiently, it will be ready to serve up, and will be found excellent. A few peas will improve it, or a handful of rice.—*English Receipt.*

Rice Soup.—Put six ounces of rice in a two-quart pot of water; boil for one hour; thicken with two, four, or six yolks of eggs, some cream, a little flour, six ounces of butter, with salt and nutmeg. Serve Parmesan cheese, grated, to be eaten with it.—*German Receipt.*

Turnip Soup.—Take a scrag of mutton of three pounds' weight; boil it down to a strong broth, with three large onions, and three or four heads of celery cut small; pepper and salt to the taste. Boil five or six large turnips till tender enough to pulp through a sieve; strain the broth, and add as much of the turnip as will make it thick; then boil all together well before it is served up. A little cream may, if desired, be added.

Red Peas Soup.—One quart of peas, one pound of bacon, (or a ham bone,) two quarts of water, and some celery, chopped; boil the peas, and when half done, put in the bacon; when the peas are thoroughly boiled, take them out, and rub them through a cullender or coarse sieve; then put the pulp back into the pot with the bacon, and season with a little pepper, and salt if necessary. If the soup should not be thick enough, a little wheat flour may be stirred in. Green peas may be used instead of the red peas.

Mushroom Soup.—Put about a pint of mushrooms, well cleaned and washed, and cut into small strips, with three ounces of butter, into a sauce-pan over the fire; let them stew until they fall in. To this put two quarts of bouillon, and let the

whole boil together half an hour; you may thicken with the yolk of an egg, and some parsley; add some nutmeg. Pour the mixture over toasted sippets of bread. Either dried or fresh mushrooms may be used: if the former, they must be boiled first an hour in fair water, that so they may be softened and freed from sand.—*German Receipt.*

Corn Soup.—Take young corn, and cut the ears across; then grate them in water, two ears to a pint. About six quarts will make a good tureen of soup. To this quantity put about a pound of pork, and seasoning to your taste: vegetables, if you like. It must boil three hours.

Groundnut Soup.—To half a pint of shelled groundnuts, well beaten up, add two spoonfuls of flour, and mix well. Put to them a pint of oysters, and a pint and half of water. While boiling, throw in a red pepper, or two, if small.

Benné Soup.—This is made exactly in the same manner, except that instead of half a pint of groundnuts, a pint and a gill of benné is mixed with the flour and oysters.

Clear Gravy Soup.—Wash a piece of fresh beef; put it on the night before it is wanted; boil it several hours until perfectly tender; then take it off, and strain it. In the morning separate every particle of fat from it, and put it over the fire; season it with pepper and salt, and put in a spoonful of soy to colour it. Then prepare the vegetables nicely—carrots, celery, and turnips cut small, and boiled in the soup till tender.

Lamb's Head Soup.—Prepare the head, and put to it two quarts of water; boil it until the head becomes so tender that the bones may be taken out. Then cut it into small pieces, and put them back into the pot; cut up, also, into small pieces, half

of the heart and half of the liver, and add them. Season with pepper, salt, a little onion, chopped, a few herbs, turnip, carrot, and celery, chopped. Boil all together over a slow fire for several hours, skimming well. If the water boils away too much, add more, which must be boiling.

Omelette Soup.—Take half a pint of cream or milk, two ounces of flour, three eggs, and two ounces of melted butter; mix well together with cinnamon and salt, when well beaten; put a little butter or grease in the pan, and when it becomes hot and begins to smoke, put a large spoonful of the above mass into the pan, and turn it quickly, so that it runs all over the pan. When it looks brown on the lower side, and is dry on the outside, take it out, and bake another in the same way, and continue to do so until the mixture is finished. When it is all baked, cut it in strips; lay the strips in the tureen, pour the bouillon over them, and serve with Parmesan cheese.—*German Receipt.*

Pepper-Pot.—Take a half a peck of spinach, pick, and boil it as for dinner; drain off the water, and chop it up fine. Put into a soup-kettle six quarts of water, three pounds of beef or veal, about a pound of pork, which must be first scalded to draw out the salt, a piece of ham with the ham bone is preferable, and boil about an hour. Then add the spinach, a dozen potatoes, or four pounds of yam, three plantains peeled and cut up into pieces about three inches long, and some small dumplings. Let all these ingredients boil together slowly for four or five hours. Just before serving add some pickled peppers, (cut up,) and one or two long red peppers. If you have crabs or lobsters previously boiled, add a small quantity, pickled fine, about half an hour before serving.

New Orleans Gumbo.—Take a turkey or fowl, cut it up with a piece of fresh beef; put them in a pot with a little lard, an

onion, and water sufficient to cook the meat. After they have become soft, add a hundred oysters, with their liquor. Season to your taste, and, just before taking up the soup, stir in, until it becomes mucilaginous, two spoonfuls of pulverized sassafras leaves.

Vermicelli Soup.—Boil and skin six pounds of a rump of beef; then cut up small, and throw into the pot two or three turnips and as many carrots. After all is sufficiently boiled, which will be in about three hours, take out the beef, and lay it aside to dress as bouillon. Half an hour before serving put in two ounces of vermicelli.

Soup with (so-called) Green Frogs.—Mix two ounces of butter, one egg, two ounces of bread, (also green peas,) and a little nutmeg well together. Then take some large leaves of spinach, hold each one or two minutes in boiling water, then again in cold; lay the leaves on a plate, put on each leaf a spoonful of the above mass, wrap it up, and put several leaves around each one. Put one ounce of butter in a stew-pan; lay the frogs, in one above the other; pour in as much broth as will cover the frogs, and let them boil a quarter of an hour; then put the frogs in the tureen, and pour your bouillon over it.—*German Receipt.*

To make Nudeln.—Put a quarter of a pound of flour upon the table or in a dish, with a little salt, one egg, (or the yolks of three;) make of it a hard dough, roll it with a rolling-pin as thin as possible; strew flour often under that it may not stick to the table: the harder the dough is, the thinner you can roll it. Strew on a little more flour, cut it in strips two inches broad, lay one over another; cut the nudels fine or coarse, according to your fancy, and lay them separately, so they may not stick together, (you can make them a few days before you wish to use them; but in this case they must boil much longer, and fresh-

made are the best.) This quantity put into two quarts of boiling broth; let it boil half an hour, that they may be quite soft. You may also boil them in two quarts of milk, and sprinkle with sugar and cinnamon.—*German Receipt.*

Turnip Pottage.—Take a duck half-roasted, and put it into a stew-pan with as much water as will fill your soup tureen. Put in salt, whole peppers, and a small piece of onion. Let it stew a little, and then fry four turnips sliced thin till they be of a light brown; put them with the duck, and stew them all together, till they are very tender. Burn a quarter of a pound of butter in a frying-pan, put your liquor and turnips into it, give them another boil, and pour all over the duck. You may add thin slices of bread.

Potage à la Julienne.—Cut up fine some carrots and turnips, some onions cut in slices, also some leeks, and a few stalks of celery. Chop up coarsely some lettuce, a handful of sorrel, and half the quantity of chervil. Heat the roots in a frying-pan with butter—not fry them exactly. When they are heated through, moisten the whole with good broth; put it on the fire for at least an hour. When the julienne is done, serve it with sippets of bread.—*Madame de Genlis.*

Potage aux Huitres.—Bruise in a mortar two dozen fine oysters, very fresh, and washed. Put them into some broth, and cook on a slow fire for about half an hour. Pass the soup through a sieve or fine cullender, and put in crusts of bread. This soup is more nourishing and more wholesome than any that is made from meat.

Potage au Maccaroni.—A quarter of a pound of maccaroni; break it in pieces, and throw it into some good broth, and when it is sufficiently cooked grate into it a little Parmesan cheese.

Mix it in well, to make the cheese melt. If you have no maccaroni, vermicelli may be used. As cheese is not always liked, it may be served up with the soup, but not put in.

Creme d' Orge.—Three pounds of veal, (the leg is best,) pulled with forks, five pints of water, quarter of a pound of barley. Simmer very gently until reduced to half the quantity, strain through a sieve, and season to your taste. It is very nourishing, and when well made is of the thickness of good cream.

FISH, SHRIMPS, ETC.

To Stew Fish.—Clean your fish well; and the best method is to put it in a dish, and pour vinegar over it: this will take off the slime, and the scales come off easily. Now the cooking: Put some butter into a frying-pan, and make it hot; then put your fish into the pan, and let it remain over the fire for five minutes; turn it, and let it stay five minutes more; then take it out, and put it into the kettle in which it is to be stewed. When the fish is in the pan you must keep it moving, to prevent burning. Dredge some flour into your pan, put it over the fire for three minutes, and pour it over the fish. Then take a quarter pound of good butter, and roll it well in flour, and put it to the fish, adding two blades of mace, ten cloves, a little cinnamon, red pepper and salt, with water sufficient to keep it from burning. Put it over a slow fire to stew; when half done, add a pint of port wine; when done, put in a dish, pour the gravy over it, and garnish with lemon or horse-radish.

To Dress Bass or Sheephead.—Take a bass or sheephead

eighteen or twenty inches long; put it into a pan, place that in a Dutch oven; add half a pint of tomato catsup, a large spoonful of butter, half a pint of water, salt, black and red pepper, to suit your taste. Cook it over a quick fire, and serve it up with the dressing.

Smaller fish may be dressed in the same manner, proportioning the quantity to the size of the fish, and using, instead of a Dutch oven, an à la braise or chafing dish.

To Caveach Mackerel.—Cut your mackerel into round pieces, and wipe them dry; divide one into five or six pieces. To six mackerel you may take one ounce of beaten pepper, three large nutmegs, a little mace, and a handful of salt; mix your salt and spice, and make two or three holes in each piece, and put the seasoning into the holes; rub the pieces over with the spice, and fry them brown in oil, and let them stand till they are cold; then put them into your vinegar cold, and cover them with oil. They will keep, well covered, a great while, and are delicious. The vinegar should be boiled with a little spice, a good deal of horse-radish and mustard-seed, and let it stand to be cold before you put the fish in.

Chowder.—Cut the fish in pieces, and wash them well; fry some chopped onions with rashers of pork; put the fish into a saucepan, with water sufficient to cover it; thicken it with three or four sailors' biscuits, and season it to your taste with cayenne pepper and spices. When nearly done, add catsup and wine, to flavour it,—a pint or more, according to the quantity you make. It takes one hour from the time it is put into the saucepan; but if the quantity is large, it will require more time.

Fish Cake.—Take any kind of fish, and cut off the flesh; put the heads, bones, fins, &c. on the fire, with a little water, an onion, herbs, a little pepper and salt, to stew for gravy; then

mince the flesh of the fish fine, and mix it with a third of bread, a little parsley, onion, pepper, and salt; add the white of an egg, and a small quantity of melted butter. Form it into the shape of a cake, cover it with raspings of bread, and fry it a pale brown.

To bake Shad.—Take a large shad, clean it, cut off the head, and draw it through that part, as it must not be cut open. Then take the crumbs of stale bread, some onions and parsley, (chopped,) pepper and salt. With this seasoning stuff the fish; put it into a baking pan, season with pepper and salt, and sprinkle bread-crumbs over the fish. Put small lumps of butter all over the fish, pour in water to the depth of two inches, sprinkle over it a little flour, put the pan into a well-heated oven, and bake an hour and a half. While baking, it must be occasionally basted with the gravy, that it may not become too dry. Any large fish may be dressed in the same manner.

Baked Black Fish.—After the fish are well cleaned, take off the fins and tail; cut it into four or five parts. Lay in a deep dish some lumps of butter, parsley, and onions, chopped fine, and a little allspice; then a layer of fish, well seasoned with pepper and salt; flour it. Continue to do this until the dish is full. Bake an hour.

Bass Cutlets.—Cut the fish into pieces about three inches square, and one and a half inches thick; put them into a stew-pan with a little water, butter, pepper and salt; a little chopped onion and thyme may also be added; stew over a slow fire till thoroughly cooked. Drum, or any other large fish, may be dressed in the same way.

Drum Steaks.—Cut the fish into slices about an inch thick; butter them, and sprinkle over them a little wheat flour, pepper, and salt; fry of a rich brown, in a pan.

To dress Turtle Steaks.—The steaks are taken from the thick part of the turtle fins; season them with pepper, salt, and mace; then flour them, and fry them quickly in butter and lard mixed together. When fried, pour a little water over them, and let them simmer for a quarter of an hour. Just before serving, squeeze a lemon over the steaks.

To Dress Turtle Fins.—Put the fins of the turtle into a stew-pan, season them with half an ounce of mace, a tea-spoonful of allspice and a few cloves, ground very fine; squeeze the juice of one lemon over it, and add a gill of Madeira wine, a dessert-spoonful of flour, a pint of water, and a bunch of thyme and parsley. Let the fins smother in this until sufficiently done; then add a tea-spoonful of colouring, and when dished up, garnish with balls.

Shrimp Pie.—Have a large plate of picked shrimp; then take two large slices of bread, cut off the crust, and mash the crumb to a paste with two glasses of wine and a large spoonful of butter; add as much pepper, salt, nutmeg, and mace as you like; mix the shrimps with the bread, and bake in a dish or shells. The wine may be omitted, and the bread grated instead. Oysters or crabs may be substituted for the shrimps.

Baked Shrimps and Tomatoes.—Butter well a deep dish, upon which place a thick layer of pounded biscuit; having picked and boiled your shrimps, put them upon the biscuit; a layer of shrimps, with small pieces of butter, a little pepper, mace, or nutmeg. On the top of the shrimps put a layer of stewed tomatoes, with a little butter, pepper, and salt; then add a thinner layer of beat biscuit, and another of shrimps, and so on, till three or four layers of both are put in the dish; the last layer must be of biscuit. Bake and brown the whole.

To Dress Shrimps in Tomato Catsup.—Boil your shrimps, pick, and put them into an à la braise dish; add two table-spoonfuls of tomato catsup, and one of butter, to every half pint of shrimps. Salt, black and red pepper, to your taste.

To dress Shrimps.—Take shrimps or prawns, and keep them until their feet and beards become red, as they are then tender; boil, and pick them. Pound a third part of them in a mortar, and place the whole in an à la braise. To every half pint of shrimps put a table-spoonful of butter, and add salt, and black and red pepper. When the gravy becomes of a pinkish hue, it is sufficiently cooked. If thoroughly dressed, it will keep for a couple of days, and may be heated by placing the dish in boiling water.

Terrapin Pie.—Take one large or four small terrapins, and after they have been opened, &c. have the meat well chopped, and add to it half a pound of butter, six eggs, allspice, mace, pepper, salt, and a small quantity of eschalot; also two or three slices of bread which have been soaked and mashed smooth. Stir these ingredients well together. Have the shells washed, put the mixture into them, and bake a light brown.

Garnish the dish according to fancy.

To stew Crabs.—Take three or four crabs, pick the meat out of the body and claws; take care that no spongy part be left among it, or any of the shell. Put this meat into a stew-pan, with a little white wine, some pepper and salt, and a little grated nutmeg. Heat all this together, and then put in some crumbs of bread, the yolks of two eggs, (beat up,) and one spoonful of vinegar. Stir all well together, make some toasted sippets, lay them on a plate, and pour in the crabs. Serve it up hot.

Stewed Oysters.—Drain the water from a quart of oysters, and season them with pepper, salt, and a little mace; beat up a table-

spoonful of flour with two or three of cream, until very light, and mix with the oysters while the latter are stewing.

Cream Oysters.—Five hundred of the largest and finest oysters. Lift them out of the liquor, one at a time; lay them in a deep pan; strain the liquor, and boil half of it. Have ready three-quarters of a pound of the best butter, divided into lumps, and each slightly rolled in a little flour, which add to the boiling liquor; and when they are melted, stir the whole well, and put in the oysters; as soon as they boil, take them out. Then add three pints of cream very gradually to the liquor, stirring all the time, and give it another boil, seasoning it with nutmeg or pepper. When it has boiled again, return the oysters to it, and simmer them a few minutes—just long enough to heat them.

To dress Oysters in Cream.—To a quart of oysters, after draining the water from them, add half a pint of cream, a table-spoonful of butter, salt, black pepper, and red. Place the whole in an à la braise dish; when nearly done, thicken it with wheat flour, and serve it up hot.

Fried Oysters.—Take one hundred oysters; dry them in a coarse towel. Beat very light the yolk of four eggs; add some bread-crumbs or powdered biscuit, pepper, salt, and a little mace; stir these well together, and dip your oysters into the mixture; fry them in boiling butter till they become a light brown. Corn meal may be substituted for the bread or biscuit.

To batter Oysters.—Make a light batter of three eggs, a dessert-spoonful of butter, a little wheat flour, pepper and salt to the taste. Drain your oysters from the liquor, and stir them into the batter; then drop the mixture from a ladle into boiling lard, and let the fritters cook until they are of a rich brown. This batter is sufficient for a quart of oysters.

Oyster Pie.—Drain the oysters from their liquor, and rinse them; sprinkle them well with corn and wheat flour, (mixed;) season with black pepper and salt; fry them a little, with an onion sliced very thin; strain, and boil the liquor till clear, and, if necessary, add salt; when ready to put the oysters to bake, make a crust, and line your dish with it; stir the liquor in with the oysters, and put them on your crust; cover the top with butter and some spice; and lastly, sprinkle with powdered biscuit or bread-crumbs; a crust may be put over the top.

Scalloped Oysters.—Take a quart of large oysters, and drain them from the liquor. Get some scallop shells, (either real ones, or of tin;) butter them, put in a layer of grated bread or biscuit, then one of oysters, which must be first seasoned with pepper, salt, and a little mace or nutmeg. Put over the oysters small pieces of butter, then another layer of bread or biscuit, and so on until the shell is full, taking care that the bread is always the last layer. Then pour into the shell as much of the liquor as it will hold. Bake of a light brown.

Oyster Loaves.—Stew the oysters in their own liquor; if large, cut them; roll some butter in flour; add a little mace, thyme, parsley, and anchovies. Then scoop out the crumb of as many French rolls as you wish to fill, and fry them in butter. Toss up the oysters with a little cream and the yolk of an egg beat up, and add a little lemon-juice. Close up the hole with the piece of roll you have taken out. Veal, duck, or chicken may be dressed in the same manner.

To prepare Mullet Roes for Table.—Make a strong pickle of salt and water; put your roes into a stone jar, and pour the pickle over them; let them remain in it till they become quite soft to the touch, (about ten days.) Before being dressed, the roes must be taken out of the pickle, and soaked in cold, soft

water several hours. Then parboil and broil them on a grid-iron. Pour a little melted butter over them as soon as they are taken up.

Care should be taken to pickle at one time no more than are expected to be consumed in ten days or a fortnight, as they are liable to fall to pieces if kept longer.

To make a Cavear of Mullet Roes.—One pound and a quarter of the largest roes to be had, picked clear of the strings and skins. Parboil them in strong salt and water; powder, and sift them very fine; of black pepper and allspice each one-fourth of an ounce, of mace and cloves one-fourth of an ounce each, and one nutmeg. Take one-third part of the roe and pound it in a mortar till it becomes smooth, adding the spice by degrees, till they are properly mixed. Take it out and put it into a large dish, with the unbeat roe and one pound of butter; incorporate the whole well together, adding salt to your taste. When thus prepared, put it into small pots and bake it. When cold pour melted butter over it, and tie it up close. It may be eaten with oil and vinegar.

The roes are in perfection in November.

To cure Drum Roes.—Have the roes carefully washed in cold water; put them into a tray, and sprinkle some powdered salt over them. The next day, pour off the pickle which has been formed, and again sprinkle salt over them. Repeat this the third day, after which the roes must be put on a board in the sun to dry; no pressing is needed. To each roe allow two ounces of salt, at every salting. When perfectly dry, wrap them in paper, and hang them up in a dry room.

Mullet roes are cured in the same way.

To pickle Shrimps, No. 1.—Pick your shrimps, and rinse them well in salt and water; take *two* parts of strong vinegar, and *one* of water; add a few allspice, and boil this pickle; pour it hot

over the shrimps. If the shrimps are to be sent to a distance, the pickle should be boiled again, adding a little more vinegar, and pouring it on the shrimps hot, again. They must be entirely covered by the pickle; a paper, wet with brandy, should be placed over the top. They will thus keep a long time.

To pickle Shrimps, No. 2.—Ten plates of shrimps to be boiled and peeled; for which quantity prepare an ounce of mace, an ounce of cinnamon, half an ounce of white pepper; of alum and saltpetre, each about the size of a nutmeg. The above to be boiled in a gallon of vinegar, and when perfectly cold to be poured over the shrimps.

To pot Shrimps.—Pick the shrimps after they are boiled from the shells; beat them well in a mortar, and put as much melted butter to them as will make them of the proper consistence to be pressed compactly together; add pepper, salt, mace, and nutmeg to the taste; put the mixture into small pans, and pour melted butter over them about quarter of an inch thick. If wanted for immediate use, grated bread may be added.

To pickle Oysters.—Be careful to save the liquor when opening your oysters, and scald them in it; take them out of the liquor, and to one and a half pints of it add two pints of vinegar, one pint of Madeira wine, and some mace; boil these ingredients together for half an hour, skimming carefully, and pour hot over the oysters.

MEATS, ETC.

Bouilli.—After boiling the bouilli in the soup, take it out, and make a sauce of flour and butter, and add either capers or parsley, as you prefer.

Beef à la Mode.—Take a piece of fleshy beef, (the round or thick flank;) take off the fat, skin, and coarse parts; beat it well, and flatten it with a rolling-pin or cleaver; lard it with fat bacon; season highly with pepper, salt, cloves, mace, and powdered nutmeg; then put it into a pot where nothing but beef has been boiled, in good gravy; put in a handful of sweet herbs, a bay-leaf, and a few shallots, and let it boil till the meat is tender; then add a pint of claret and a few anchovies, and stew until the liquor thickens. If there is more liquor than enough, take out the surplus before you add the wine, &c. When sufficiently cooked, take out the bay-leaves and shallots, and serve them either hot or cold.

A Rump of Beef à la Daube.—Bone it, and lard it with bacon; season with sweet herbs, shallots, pepper, and salt; put it into your pot, with just water enough to cover it with carrots, turnips, onions, whole pepper, cloves, and mace, and let it stew over a slow fire for three hours, till tender. Then make a good sauce with rich gravy, truffles, and mushrooms, and pour over it.

To Dress Beef.—Take some of the round of beef, the veiny piece; cut it five or six inches thick; cut pieces of fat bacon into long bits; take equal quantities of beaten mace, pepper, and nutmeg, with double the quantity of salt; mix them together, dip the bacon into vinegar, then into the spice; lard the beef with a

larding-pin, very thick and even; put the meat into a pot just large enough to hold it, and let it brown; then add a gill of vinegar, two large onions, a bunch of sweet herbs, half a pint of port wine, and some lemon-peel; cover it down very close, and put a wet cloth round the edge of the pot, to prevent the steam from evaporating; when it is half done, turn it, and cover it up again. Cook it over a stove or very slow fire.

To pot Beef like Venison.—Cut eight pounds of lean beef, from the buttock or any other lean part, into pound pieces; take six ounces of saltpetre and one pint of common salt, rub the meat well with it, and let it lie three or four days; put it into a stone jar, and cover it with some of its own brine and pump water, and bake it. Then pick all the fat and skim from it, and pound it very fine in a mortar; as you pound it, pour in melted butter enough to make it as moist as pap. Add pepper and salt to your taste, and season it highly with spices. Then press it down in your pot, and cover it up with clarified butter.

Stewed Beef.—Stew, in five quarts of water, the middle part of a brisket of beef, weighing about ten pounds; add two onions stuck with two cloves, one head of celery, one large carrot, two turnips cut small, half an ounce of black pepper, and some salt; stew it gently for six hours; make a strong gravy, with carrots and turnips—the turnips to be scraped and fried of a brown colour; add some pepper, salt, and a little cayenne; thicken it with flour and butter, and pour it over the beef, vegetables, and all.

Bœuf à la Gardette.—A middle-sized round of beef, larded, and put in a large, deep pudding-dish, or any thing which will contain that; a bottle of claret and a pint of vinegar, both of which must be poured over it, (the claret, however, may be omitted;) onions, sliced, allspice, and pepper, to your taste. Let

the beef remain twenty-four hours in this mixture, turning it at the expiration of twelve hours; then put the whole into a stew-pan, and boil it slowly for six or seven hours.

Beef Balls.—Mince very fine a piece of tender beef, fat and lean; mince also an onion, with some boiled parsley; add grated crumbs of bread, and season with pepper, salt, and nutmeg; mix the whole together; moisten with a beaten egg; roll it into balls, flour, and fry them. Serve them with fried bread-crumbs, or with gravy.

Minced Collops.—Cut two pounds of lean, tender beef into slices, (it is best taken from the rump or round,) and mince it very fine; brown two ounces of butter in a frying-pan; dredge it with a little flour, then add the minced meat, and beat it well with a beater till of a light brown colour. Have prepared some highly-seasoned beef gravy, which may be made of the parings and stringy part of the beef, and which, with the minced collops, put into a saucepan, and let it stew half an hour. The collops are as often fried in beef suet as with butter. Minced collops may be kept some weeks, packed closely, and covered with clarified butter.

Scotch Collops.—Take thin slices of a fillet of veal; season them with pepper, salt, sweet herbs, a little shallot, and grated bread. Put them in a frying-pan with butter, and fry them brown; then add forcemeat balls, mushrooms, bacon cut small, and sweet-bread. Boil it with brown butter, and serve it up. Beef may be dressed in the same manner.

To corn Beef to be used the next day.—Sprinkle the beef with saltpetre; a few minutes afterward rub it well with salt; repeat the rubbing four or five times in the course of the day, turn-

ing it every time it is rubbed. It must be well rubbed the next morning.

To corn Beef to be used the same day.—Take a tub of water, with sticks laid across it; lay the beef on one of them, covering it thick with salt; rub it, from time to time, frequently, until the pickle begins to run; then the beef is to be well rubbed with salt on both sides. The first side of the beef that was salted is now to be turned down, and then the other in its turn to be also covered with salt to a considerable thickness, and allowed to remain until the pickle again begins to run. It is then to be placed on a dish until it is time to cook it, the salt and pickle to be put into the pot with it.

Collared Beef.—Take a piece of beef, (the flat rib is the best;) remove the bone, and the skin in which the bone is encased; lay the meat upon a dish, and rub it with saltpetre and brown sugar; let it stand a quarter of an hour; rub it over well with salt, and let it remain three days in the salt; then wash the salt from the meat, and sprinkle over one side a little allspice, mace, cloves, black pepper, thyme, and sage, all finely-pounded together, and sifted; roll it as tight as possible, and tie it up; then wrap it in a coarse cloth, and boil four or five hours; take it out of the pot, and put it immediately to press under a very heavy weight. Do not slice it until perfectly cold.

Beef and Oyster Sausages.—Scald three-quarters of a pint of oysters in their own liquor, take them out and chop them fine; mince one pound of beef and mutton, and three-quarters of a pound of beef suet; add the oysters, and season with salt, pepper, mace, and two cloves pounded; beat up the yolks of two eggs, and mix the whole well together, and pack it closely in a jar. When to be used, roll it into the form of thin sausages; dip these into the yolk of an egg beaten up, strew grated bread-

crumbs over them, or dust them with flour, and fry them. Serve them on hot fried bread.

Hunter's Round.—For a round of beef of eighteen or twenty pounds, a half pound of salt, one ounce of cloves, one of allspice, one of pepper, one of saltpetre, ground together, and well mixed. Rub the whole on the meat; and what falls off in the dish, rub on daily, for ten days. Then put it into a pie-pan, with two or three quarts of water and its own juice, and bake three hours and a half.

Bœuf de Chasse.—To a large round of beef take three ounces of saltpetre, finely powdered; rub it well, and let it stand five or six hours; then season it highly with common salt, two ounces of pepper, and two ounces of allspice coarsely pounded, and a quarter of a pound of coarse brown sugar; let it stand in pickle ten or twelve days, turning it now and then; wash the salt and spice from it, and put it into an earthen pan to bake, with some beef suet; at the top and bottom cover it with a thick paste. Let it bake six or seven hours, if very large. When taken out of the oven, pour the gravy from it, and let it stand until cold. It will keep, in winter, several weeks.

To pot Veal or Lamb.—Take a leg, loin, or shoulder of veal or lamb. Make small incisions around it, and insert small bits of fresh bacon; place it in a pot or Dutch oven, with a spoonful of lard; leave it uncovered, and keep turning the meat in the pot; when done, make a gravy of water and butter; thicken it with flour, and brown it with sugar.

A Hash.—Take a leg of mutton half-roasted, cut it in thin slices, and put in a stew-pan with a ladleful of strong broth, half a pint of claret, a bunch of sweet herbs, three anchovies, an onion, spice, and salt. Set on the fire, and let it stew two hours;

put in half a pint of oyster liquor a little before it is served up, and garnish with sausages and sliced lemon.

Minced Meat.—Take a piece of cold meat or fowl; chop it fine; season it to the taste with black pepper and salt. Then peel some ripe tomatoes, and put them, with a large spoonful of melted butter, into a pan; then put in the chopped meat, and fry it.

Meat and Potato Balls.—Take pieces of cold meat, chopped fine, and mix with it well-boiled Irish potatoes, which have been mashed smooth, with a large spoonful of good cream; season with pepper, salt, and a spoonful of tomato-catsup. Make into balls, and serve with sauce made of flour, butter, and water, with a little vinegar and salt.

Miss Mary's Dish.—Boil some Irish potatoes, peel, and mash them; chop some ham very fine; mix them together; pound them in a mortar; make into little cakes, and fry them.

Forcemeat Balls.—Take a pound of tender beef or veal, chop it up very fine; add a small bunch of parsley, and an onion also, finely chopped. Season to your taste with black, or cayenne pepper, salt, and a little mace. Flour your hands, and roll the mixture into balls of the size of a pigeon's egg; then fry them in butter and lard, mixed together.

Forcemeat.—Mince very fine three ounces of the best beef suet, one ounce of fat bacon, three of veal, either raw or dressed, two of grated bread, a little grated lemon-peel, white pepper and salt, and parsley finely minced. Mix all well together, and bind with the yolk of eggs beaten. Make into balls the size of a nutmeg, and fry in clarified beef drippings, or use the mixture for stuffing.

Croquets of Cold Meat.—You may take any kind of boiled or roasted meat, and mix them together, so that it is cleared of bones; make a hash of it, and mix it with a piquant sauce. The mixture must be very thick—if it be too thin put a little bread with it; add capers, mushrooms, salt, spice, and *fines herbes* boiled together. Let it get cold on a chopping-board or dish; make balls of it, and press them flat; roll them in egg and grated bread, and fry them in butter—brown on both sides.

To dress a Calf's Head.—Boil the head until the tongue will peel; then cut half the head into small pieces about the size of an oyster; then stew it in strong gravy, with a large ladleful of claret, a handful of sweet herbs, a little lemon-peel, a piece of onion and nutmeg; let all these stew till they are tender. Take the other half of the head and boil it, scratch it with a fork, strew over it grated bread and sweet herbs, with a little lemon-peel. Lard it with bacon, and wash it over with the yolks of eggs, and strew over it a little grated bread. Place it in the middle of your dish. Put a pint of strong gravy into your stew-pan, with three anchovies, a few capers, a good many mushrooms, a quantity of good butter, and a quart of large oysters; stew the oysters in their own liquor, with a blade of mace and a little white wine. Keep the largest to fry, and shred a few of the smallest; then make a batter of yolks of eggs and flour, dip them in, and fry them in lard; make little cakes of the brains, dip them in, and fry them; then pour the stewed meat into the dish, round the other half of the head. Lay the fried oysters, brains, and tongue, with little bits of crisp bacon and forcemeat balls, on the top and all about the meat; garnish with horse-radish. Serve it up hot.

Knuckle of Veal with Parsley Sauce.—Boil a knuckle of veal, and serve it up with a sauce made with the usual proportion of butter, flour, water, salt, and parsley, which, in order to extract its flavour, must be chopped *very fine*.

Knuckle of Veal with Tomatoes.—To a knuckle of veal put a soup-plate of tomatoes, which must be first peeled, a table-spoonful of butter, pepper, and salt to the taste; cover the knuckle with water, and stew over a slow fire for several hours. Should the water stew away too much before the meat is thoroughly done, more water may be added to prevent its burning, and care should be taken to have the water hot.

A shin of beef, dressed in the same way, makes an excellent dish.

To ragout a Breast of Veal.—Put your breast of veal into a large stew-pan, and with it a bunch of sweet herbs, an onion, some black and white pepper, a blade or two of mace, two or three cloves, a small piece of lemon-peel; just cover the whole with water, and boil it until the veal is tender; take up the veal, bone it, and put the bones into the pan; boil them until the gravy is good; then strain, and if you have a little rich beef gravy, add a quarter of a pint of it to the other gravy, also a chopped carrot, an Irish potato or two, two table-spoonfuls of catsup, two of white wine; let the whole boil together. In the mean time flour the veal, and fry it in butter till of a rich brown; then drain off all the butter, and pour the gravy on the veal, adding a few mushrooms. Boil all together until the sauce is rich and thick. Cut the sweet-bread into four; lay the veal in the dish, put the pieces of sweet-bread around it, also some forcemeat balls, pour the sauce all over them, and garnish with lemon.

To Hash Veal.—Cut your veal in thin, round slices, the size of a half dollar. Put them into a sauce-pan with a little gravy, and lemon-peel cut very fine, and a tea-spoonful of lemon pickle. Put it over the fire, and thicken it with flour and butter. When it boils, put in your veal, and just before dishing it up put in a table-spoonful of cream. Lay sippets around the dish, and serve it up.

To make Sweet-breads.—Take a pound of raw veal, and shred it very fine; add half a pound of marrow or beef suet, and season it with pepper and salt. Beat it very fine in a marble mortar, and make it the shape of sweet-breads. Beat well the yolk of an egg, and dip these into it; fry them in a good deal of butter, and lay crumbs of bread between them; pour a little melted butter on them. Some put in the white of an egg also, which makes them lighter. They must not be fried of a dark brown.

Fried Lamb.—Cut a loin of lamb into thin slices; beat them, and lay them in water to take out the blood; then fry them in butter. Make the sauce with butter, anchovies, and lemon.

To stew a Breast of Veal.—Stuff the veal with forcemeat, strew a little salt over it, and flour it well; put it into a pot with a gill of water, a blade of mace, and a bunch of sweet herbs; let the whole stew over a very slow fire about one hour; if the breast be unusually large, more time must of course be allowed in the stewing. Before you take it up, beat up the yolks of two eggs with a table-spoonful of vinegar and quarter of a pound of butter rolled in a little flour; pour this sauce over the veal, and serve it up in a few minutes. Garnish the dish with lemon.

Fricandeau of Veal.—Take a piece of a fillet of veal about the thickness of two fingers; pass through it, with a larding needle, thin slices of the fat of bacon; let it whiten for a moment in boiling water; then put it on the fire in a stew-pan, with a little gravy and some sprigs of thyme and parsley. When done, take it from the stew-pan, and skim the gravy, which must then be strained through a sieve, and again set on the fire till it is almost boiled away; then replace the veal in it to become glazed. When the larded side is glazed, put it on the dish in which it is to be served, and add to what is left in the stew-pan a little gravy or

broth, taking care that this has a good flavour. Pour it under your fricandeau, and serve.—*Madame de Genlis. Maison Rustique.*

Veal Cake.—Take uncooked veal and ham, cut in thin slices; the yolks of hard-boiled eggs, some powdered mace, and white pepper; also a few pickled gherkins, cut in slices, as well as the eggs. Lay these ingredients in a mould, in layers; fill it quite full, and bake in an oven, but it must not brown. Let the shape or mould stand until cold, turn out the cake, and serve with pickles and parsley to garnish the dish.

Veal à la Mode.—Take a fillet of veal; cut some long slices of bacon, half an inch thick; roll them in beaten cloves, salt, red and black pepper; stuff them in different places about the veal, rubbing the seasoning over the veal also; then take a pot which may be closely covered; put a dessert-spoonful of butter into it, brown it, and put in the veal; let it stew five or six hours very slowly, turning it once; then take out the veal, skim the sauce, and put into a sauce-pan; mix with it a little cream and shred parsley; let it boil up once, and pour it over the veal; serve up in a deep dish.

Veal Olives.—Slice pieces of the fillet, about half an inch thick, and eight or ten inches wide and long; lay them flat in a dish; sprinkle over them, on one side, a little pepper, salt, and mace, all finely pounded; roll tight, and tie them up separately. Put them into a stew-pan with a little water and butter, and simmer down to a brown gravy. When they are to be served, have ready some pounded biscuit, or bread-crumbs, which sprinkle over them after they are put into the dish. It takes one hour to stew them properly. Beef may be prepared in the same way.

Dulmas.—Veal, or chicken, or mutton, chopped fine, and well-seasoned with pepper and salt; add as much rice as will make it

into balls. Put it into cabbage-leaves, tying them loosely, and let them stew in a rich gravy.

Smothered Veal.—Cover your veal (generally the knuckle) with three or four thin slices of the fat of bacon, and cover that with roasted chestnuts, potatoes, carrots, turnips, onions, roots of celery, a sprig of thyme, one of parsley; these must cover the veal entirely; moisten well with broth or clear gravy; cook by a slow fire, and in a Dutch oven.—*Madame de Genlis.*

To stew Mutton Chops.—Cut into chops a loin or breast of mutton, and put them into a pot with some pepper, salt, and onions, chopped, herbs, if liked, and a little water, just enough to prevent burning. Stew over a slow fire for several hours.

Mutton Cutlets.—Cut, of the same thickness, steaks of the loin or neck of mutton; dip them in melted butter, and then in crumbs of bread, which must cover them pretty thickly. Season with a little pepper, salt, parsley, marjorum, finely shred, and mixed with bread. Lay the steaks on a hot gridiron, but not very near the fire, for that will dry them before they are thoroughly done; turn them often. Make a sauce of gravy, shallot, anchovy, and squeeze a lemon over it. Put the sauce first into the dish, and lay the steaks upon it; then serve.

Beef-Steak Pie.—Butter a deep dish; spread a thin paste over the bottom, sides, and edges. Cut away from the beef all the bone, fat, and gristle; cut the beef in thin pieces, the size of the palm of your hand; beat it well with a rolling-pin. Put a layer of the beef, seasoned with pepper, salt, nutmeg, allspice, a little catsup, and onion. Slice boiled Irish potatoes, and put a layer on the meat, and this alternately until the dish is filled.

Pour in a little water, and put in a few small lumps of butter. Cover the pie with a crust, and let it bake for an hour.

A nice cold dish for Breakfast, or for a Journey.—Cut a hard-boiled egg in thin slices, and place it in the middle of a bowl. Put then a layer of raw veal, cut in thin slices, and sprinkled with a mixture of pepper, salt, and herbs, (such as thyme, parsley, and sage,) a little mace, &c. Place next very thin slices of bacon, and continue to put alternate layers of veal, seasoned, and of bacon, until the bowl is full. Mash it down, and tie a floured towel tight over it; turn it down in a pot of hot water, and let it boil two hours. It is eaten cold.

Ham Toast.—Grate some lean ham; mix with it the yolk of an egg, pepper it, and fry it in butter. Put on square bits of toast, and brown it with a salamander.

Fines Herbes.—Take a cupful of chopped shallots or onions, a little parsley, one laurel-leaf, estragon, thyme, sweet-marjorum, and lemon-peel; chop them fine, and put them, with three ounces of butter, in a stew-pan over the fire; stir the mixture a short time until the butter becomes clear; then put it into an earthen pot, where it will keep eight days, sound.

To prepare Beef for grating.—Take a round of beef; rub it well with salt and saltpetre; put it into the pickling-tub, and let it remain for ten or twelve days, turning it every other day; then hang it up to dry. When well dried, take the lean part, and grate it with a large bread-grater. Be sure not to boil it, as boiling spoils the flavour, and it will not grate well.

To pickle Beef or Pork.—Take one hundred pounds of beef or pork; wash it well in cold water, and let it drip; take five quarts of salt, four pounds of brown sugar, four ounces of saltpetre;

rub these ingredients together, and then well into the meat; pack it close in a barrel, and place a heavy weight on it. In three weeks it will be fit for use.

A Curry Powder.—Take of mustard-seed scorched and finely-powdered one and a half ounces, four ounces of coriander-seed in powder, four and a half ounces of turmeric-seed in powder, three ounces of black pepper, one and a quarter ounces of cayenne pepper, one ounce of lesser cardamums, half an ounce of ginger, one ounce of cinnamon, half an ounce of cloves, and half an ounce of mace. Mix these powders well, and put them into a wide-mouthed bottle for use.

To cure Hams and Bacon.—To five hogs allow one pound of powdered saltpetre, three quarts of molasses, and enough powdered common salt to rub the meat thoroughly. Let the pieces lie together, if the weather is warm, three days; if cold, they may remain a day or two longer. Then rub them again with salt only. At the end of eight days pour from them the brine, and rub them again with the salt that remains about them; and if there is not enough of this, use a little more, with powdered red pepper. Unless the weather makes one apprehensive, there will be no occasion to touch them again. Let them be in the brine for three weeks; then smoke till they are well dried.

An excellent receipt for pickling Tongues, Beef, Pork, &c.—To one ounce of saltpetre add four quarts of salt, and half a pound of brown sugar; mix all well together, and rub on the meat, every other day for a week; turning, and letting it remain in its own pickle, kept close from the air. The tongues must be soaked in cold water for twelve hours, to draw out the blood. This mixture will be enough for twelve pieces.

For Sausages.—To fifteen pounds of meat, (nine pounds lean to six pounds fat,) picked, and chopped fine, half a pint of salt, a table-spoonful of saltpetre, finely powdered, two spoonfuls of dried sage, two spoonfuls of powdered thyme, half a pound of pepper, half a pound of allspice, one nutmeg, and a blade of mace; pound all fine, then season the meat, and let it lie all night, and stuff it in the skins in the morning. The skins should be scraped very thin, and every little film taken off.

Hog's Head Cheese, No. 1.—Take the faces of the hogs, and boil them until the bones be quite loose, and can be taken out without trouble; pick them all well out. Take the skins, and lay them on a coarse cloth in a deep dish, the outside of the skin next the cloth, in the same manner as you would put paste to make an apple-dumpling. This done, season the faces well, as you would do sausages; put it (the meat) upon the skins, of which you must have some to lay over the top; then tie it up as for a dumpling—not too tight; put it into a press, or under a heavy weight, for two days, when it will be fit for use.

Hog's Head Cheese, No. 2.—Boil the head till quite tender; then loosen, and take off the skin carefully, breaking it as little as possible. Put it by the fire to keep warm till wanted. Separate the meat from the bones, (leaving out some of the fat, if there is a great deal of it;) add the tongue and brains. Chop it all very fine, and season with two tea-spoonfuls of salt, three of black pepper, and four of allspice. These are the quantities for a moderate-sized head. Lay the skin on a coarse towel, put the mince-meat on the half of the skin, and cover it with the other half. Tie it up, and put it to press under a very heavy weight for three or four days, according to the coldness of the weather. The meat must be chopped quickly, and put to press *before* it is *cold.*

POULTRY, ETC.

The French mode of making Poultry tender.—Kill whatever you wish to dress the evening before, and throw it immediately into cold water. In that let it remain all night, and the next morning pick and prepare your turkey, fowl, or any other poultry, in the usual manner.

To hash a Turkey.—Mix some flour with a piece of butter; stir it into some cream and a little veal gravy till it boils up; cut the turkey in pieces, not very small, and take off all the skin; put them into the sauce with grated lemon-peel, white pepper, and pounded mace, a little mushroom catsup or powder, and simmer it up. Oysters may be added.

To pot Fowl or Turkey with Ham.—Pound in a marble mortar the white meat of a cold fowl or turkey; season it with mace, pepper, and a little salt. Pound a piece of ham, fat and lean, salt beef, or tongue, and season it with pepper. Then put a layer alternately of each kind of meat into a deep pan, and press it closely. Bake it an hour and a half, and when cold cover it with melted butter.

Cold veal or venison may be done in the same manner; or the turkey or fowl may be potted without the ham.

To hash Wild Duck.—Roast the duck, and cut it up. Put it into a tossing-pan, with a spoonful of good gravy and the same quantity of red wine, and an onion sliced very thin. When it has boiled two or three minutes, put it in a dish and pour the gravy over; it must not be thickened. A tea-spoonful of capers-liquor may be added.

To stew Ducks.—Take a duck, either wild or tame, split it down the back; make some stuffing with stale bread, the liver of the duck, spice, sweet herbs, onions, butter, pepper, and salt—all chopped up together; fill the duck with it, and sew up the back; put it into a pot with water enough to cover it; stew it till the water is almost stewed away, then add a little wine and a lump of butter to what remains, which makes the gravy; and brown the duck.

Ragout of Pigeons.—Truss your pigeons as if for baking; fry them in bacon liquor; then put them into a stew-pan with a large quantity of strong gravy, a little vinegar, pepper, salt, and chopped onions to the taste; stew them for an hour or more, taking off the grease as it rises. Serve them up with rashers of bacon.

To stew Pigeons.—Take the pigeons and draw them at the neck, wash and wipe them dry; take a piece of veal and chop it with suet, sweet herbs, pepper and salt, nutmeg, and crumbs of bread; mix them well together with an egg, and put it into the crops and bodies; tie them up very close, dredge them, and fry them brown in hot butter. Drain them and put them into a pan with gravy, truffles, pepper, salt, and mace, and stew them till they are tender. Then thicken them with butter and flour, a little grated lemon, and some lemon-juice squeezed in. You may serve up with, if you please, the liver and gizzards.

White Fricassee.—Parboil your chickens, then skin and cut them in pieces; put them in a stew-pan with gravy, a blade of mace, nutmeg, two anchovies, two eschalots, a little salt, whole pepper, and white wine. When they are all stewed enough, take out the eschalots, and put in half a pint of good cream, a piece of butter rolled in flour, and thicken it with the yolk of an egg. Squeeze in the juice of a lemon, but be very careful that

it does not curdle. Mushrooms, a few capers, and oysters shred in a little of their own liquor, if you have it. Serve up on sippets.

Brown Fricassee.—Season your rabbits or chickens with salt, pepper, and a little mace. Put half a pound of butter in your pan, brown it, and dredge it with flour; cut up the chickens, put them in, and fry them brown. Have ready a quart of strong gravy, oysters, mushrooms, three anchovies, a chalot or two, a bunch of sweet herbs, and a glass of claret. Season it highly, and when boiled enough take out the herbs, chalots, anchovies, and bones. Shred a lemon fine and put it in, and when the chickens are almost brown enough, put them in and let them stew all together,—shaking them all the time they are on the fire; and when it is as thick as cream take it up, and have ready some bits of crisped bacon. Fry oysters in lard to make them look brown, dip them in the yolk of egg and flour, a little grated nutmeg, and forcemeat balls. Garnish with lemon, etc.

Buttered Chicken.—Parboil a pair of chickens; then lay them on a dish, and put that on coals; they must be cut up, and the wings and breast at the top. For the sauce take half a pint of cream, and boil it with a bunch of parsley, an onion, a little mace, and salt, till very thick; then put in a table-spoonful of butter, and toss them up together. Squeeze a lemon into it, and pour it over the chicken. The parsley must be chopped fine.

To fricassee Chicken with White Sauce.—Cut up the chicken, parboil it with the liver and gizzard, and take off the skin. Thicken a little of the liquor with a bit of butter mixed with flour; heat it, adding a little white pepper, grated lemon-peel and nutmeg, a blade of mace, and some salt. Boil it for about twenty minutes; take it off the fire, pick out the mace and lemon-peel, and stir in gradually half a pint of cream or milk with the yolk of two

well-beaten eggs. Make it hot, but after adding the cream do not let it boil.

A cold chicken or fowl may be dressed in this way.

. *Mulacolong.*—Cut a fowl in pieces, and fry it brown; cut a large onion, and also fry that brown; add three pints of good veal sauce, a little lemon-juice, a little turmeric, and season to your taste.

. *Chickens à la Tartare.*—Singe and draw the chickens; let them swell a little before the fire; cut in half, and break the bones slightly; soak them in fresh butter, melted, into which put a seasoning of parsley, skellion, mushrooms, and the smallest shred of garlic, well chopped together, with pepper and salt. Let the chickens steep in the butter for a little while, then grate bread-crumbs over them, and boil over a slow fire. Serve them dry, or with a clear gravy.—*Madame de Genlis.*

Chicken à la Daube.—Take the white meat of a cold, boiled fowl, and slices of ham; put them in a form—first the fowl, then the ham, some pickled gherkins, and hard-boiled eggs cut in slices; put them in alternately. Then take the bones of the fowl, and put them in a stew-pan with some thyme, mace, pepper, and salt, with a little isinglass, and enough water to cover them; stew them, and strain them through a jelly-bag; pour the gravy over the fowl, and let it stand till cold; turn it out of the mould, and serve with pickles. Turkey may be used instead of the fowl.

Chicken Paoli.—Truss two chickens as if for boiling; put them into a stew-pan with melted butter, chopped parsley, shallots, and mushrooms; let the whole stew for a quarter of an hour; then take another stew-pan, slice some veal and ham, and season with pepper; put the chickens into the pan with the veal, cover them with slices of lard sprinkled with white pepper, pour in the

sauce from the first pan, and add a little white wine and a little lemon-juice. Let the whole stew over a slow fire, skimming off the grease carefully as it rises.

Cold Chicken Fried.—Cut the chicken into quarters, and take off the skin; rub it with an egg beaten up, and cover it with grated bread, seasoned with pepper, salt, and chopped parsley; fry it in butter; thicken a little brown gravy with flour and butter, and add a little cayenne, pickle, and mushroom catsup.

Fried Chicken.—Having cut up a pair of young chickens, lay them in a pan of cold water to extract the blood; wipe them dry, season them with pepper and salt, dredge them with flour, and fry them in lard: both sides should be of a rich brown. Take them out of the pan, and keep them near the fire. Skim carefully the gravy in which the chickens have been fried, mix it with half a pint of cream, season with a little mace, pepper and salt, adding some parsley.

Battered Chicken.—Make a light batter with three eggs, a small table-spoonful of butter, a little wheat flour, and salt to the taste. Joint your chickens, and put them into the batter; grease your frying-pan, throw the mixture of chicken and batter into it, and fry a good brown. This quantity of batter will suffice for one pair of chickens.

Steamed Fowl.—When the fowl is prepared, place it in a covered vessel, which put in another filled with water; put some salt in it, and after it has remained until quite tender, pour over it a rich sauce of butter, flour, and parsley.

To make a French Pilau.—Boil a pair of fowls; when done, take them out and put your rice in the same water, first taking out some of the liquor. When the rice is done, butter it well,

cover the bottom of your dish with half of it; then put the fowls on it, and add the remainder of the liquor; cover the fowls with the other half of the rice, make it smooth, and spread over it the yolks of two eggs, well beaten. Bake in a moderate oven.

Carolina Pilau.—Boil one and a half pounds of bacon; when nearly done, throw into the pot a quart of rice, which must be first washed and gravelled; then put in the fowls (one or two, according to size,) and season with pepper and salt. In serving up, which should be done as soon as possible after the fowls are cooked enough, put the rice first in the dish, and the bacon and fowls upon it.

Hopping John.—One pound of bacon, one pint of red peas, one pint of rice. First put on the peas, and when half boiled add the bacon; when the peas are well boiled, throw in the rice, which must be first washed and gravelled. When the rice has been boiling half an hour, take the pot off the fire, and put it on coals to steam, as in boiling rice alone. Put a quart of water on the peas at first, and if it boils away too much, add a little more hot water. Season with salt and pepper, and, if liked, a sprig of green mint. In serving up, put the rice and peas first on the dish, and the bacon on the top.

Corn Pie.—Grate several ears of green corn on a potato-grater, so as to make about a pint and a half of mush. (The corn may be a little older and less tender than for roasting.) Add the yolks of two eggs, a large spoonful of butter, pepper and salt, and the juice of six or eight tomatoes scalded and pressed through a cullender. Mix all well. Have ready young chickens stewed, as for chicken-pie, or slices of cold veal and ham, or shrimps, or whatever you choose to make your pie of. Line a baking-dish with nearly half the batter, put the meat in the centre, cover it with the rest of the batter, and bake about half an hour.

A nice vegetable dish may be made by keeping back several spoonfuls of the above batter, adding one egg and a little more salt, and the grains of four or five ears of parboiled young corn, cut from the cob. Mix all together, and fry as fritters.

Also the above, grated corn and tomato juice, leaving out both meat and eggs, and baked a quarter of an hour, makes a nice vegetable dish.

Rice Pie, No. 1.—Boil a pint of rice; mix into it well a large spoonful of butter; line a deep dish with this; have ready a nicely-seasoned stew, made of beef or any cold meat; add hard-boiled eggs, if approved; put them into the dish, and cover over the whole with the buttered rice. Brown it in the oven. Some persons mix a raw egg with the rice and butter, which is an improvement.

Rice Pie, No. 2.—Boil a quart of rice rather soft; stir into it a spoonful of butter, little less than a pint of milk, and two eggs. Lay in the dish nearly half of this mixture; then put in two chickens, cut up and seasoned with pepper and salt; cover it over with the remainder of the mixture, and bake it. A nice brown crust will form on the top. The rice must be salted when boiling. Any other meat may be substituted for the chicken. When chicken or turkey is used, ham or bacon, cut into small pieces, may be strewed through the pie.

A Christmas Pie.—Make the walls of a thick, standing crust, to any size you like, and ornamented as fancy directs. Lay at the bottom of the pie a beef-steak. Bone a turkey, goose, fowl, duck, partridge, and place one within the other, so that when cut the white and brown meat may appear alternately. Put a large tongue by its side, and fill the vacancies with forcemeat balls and hard eggs; then add savoury jelly,—this last is better for being kept in a mould, and only taken out as required. Bacon chop-

ped or beat up with the forcemeat is preferable to suet, as it is nicer when cold, and keeps better.

An excellent Stuffing for Boiled Turkey.—Take the yolks of four hard-boiled eggs, the marrow of a large bone, and a dozen oysters; add grated lemon-peel, nutmeg, salt, and cayenne, to the taste; mix these ingredients well together with crumbs of bread, and a raw egg creamed to the proper consistency.—*English Receipt.*

SAUCES.

Gravy.—Take lean beaf, according to the quantity of gravy that is wanted, cut it into pieces, put it into a stew-pan with an onion or two sliced, and a little carrot, sliced; cover the pan closely, set it over a gentle fire, and as the gravy forms, pour it off; then let the meat brown, turning it occasionally, that it may not burn; pour over it boiling water, add a few cloves, peppercorns, a bit of lemon-peel, and a bunch of sweet herbs; let this simmer gently; then strain it, and add the gravy drawn from the meat, a table-spoonful of catsup, and a little salt.

To make Gravy from Bones.—Break into small pieces a pound of beef, or mutton, or veal bones: if mixed together, so much the better. Boil them in two quarts of water, (in a digester, if you have one,) and after it boils, let it simmer for nearly three hours; boil with it a couple of onions, a bunch of sweet herbs, and salt and pepper. Strain, and keep it for making gravy and sauces. The bone of boiled or roasted meat, being scraped, washed clean, and boiled in less water, serves equally well for this purpose.

To make a pint of rich Gravy.—Brown a quarter of a pound of butter, dredging in two table-spoonfuls of flour, and stirring it constantly; add a pound of beef, cut into small pieces, and two or three onions, chopped. When it becomes brown, add some whole black pepper, one carrot, a bunch of sweet herbs, and three pints of water; let it boil gently, till reduced to one; then strain it. This gravy may be served with fowl or turkey.

White Sauce for Fowls.—Melt, in a tea-cupful of milk, a large spoonful of butter kneaded in flour; beat up the yolk of an egg with a tea-spoonful of cream, stir it into the butter, and heat it over the fire, stirring it constantly. Chopped parsley improves the sauce.

Oyster Sauce for boiled Fowl or Turkey.—Put into a stew-pan, with their liquor, two dozen large oysters, and a little water; when it boils, take out the oysters with a silver spoon, and drain them upon a hair sieve; let the liquor settle, and pour it off from the sediment. Put it into a stew-pan, with one or two spoonfuls of flour, and two ounces of fresh butter; let it stand until the flour is a little fried, and then add the liquor of the oysters, which must be made quite hot.

Egg Sauce for Chickens or Turkey, No. 1.—Melt three table-spoonfuls of butter, and stir into it the yolks of four or five hard-boiled eggs, mashed very smooth; also a little cayenne pepper and salt.

Egg Sauce, No. 2.—Just before serving the chickens, take from the pot half a pint of the gravy; stir into it a dessert-spoonful of butter, a table-spoonful of flour, and a little salt. Set it on the fire, and let it thicken—stirring all the time. Then add two or three hard-boiled eggs, chopped fine.

Parsley sauce is made in the same way, using parsley instead of eggs.

Bread Sauce.—Boil, in a pint of water, the crumb of a French roll, or of a slice of bread, a *small* minced onion, and some whole white pepper. When the onion is tender, draw off the water, pick out the pepper, and rub the bread through a sieve; then put it into a sauce-pan, with a gill of cream or milk, a bit of butter the size of a walnut, and a little salt. Stir it until it boils, and serve it in a sauce-tureen.

Oyster Sauce.—Put the oysters in a sauce-pan, with their liquor, strained, and a good bit of butter, a few black peppers, a little salt, cayenne, and a blade of mace. Simmer this gently for fifteen or twenty minutes, but do not let it boil. Knead a small quantity of flour in a bit of butter, and melt it, adding a little milk; then pick out the pepper and mace from the oysters, and pour upon them the melted butter.

White Sauce for cold Veal, Lamb, or Chicken.—Take half a pint of milk, thicken it with a little flour, a little bit of butter, a blade of mace, and grated nutmeg.

Fish Sauce.—Take one pound of anchovies, one pint of port wine, half a pint of strong vinegar, one onion, a few cloves, a little allspice and whole pepper, a few blades of mace, a handful of thyme, green or dried, and a large lemon, sliced, with the skin. Put all these ingredients into a sauce-pan, cover close, and stew gently, until the anchovies are dissolved; then strain, and bottle for use.

Sauce Piquante.—Mix in a stew-pan a quarter of a pint of vinegar, a very little pepper, and some thyme; boil away to half the quantity; add five table-spoonfuls of broth or clear gravy; let

that again boil away to half, and add a little salt.—*Madame de Genlis.*

Tomato Sauce.—Scald the tomatoes, and rub them through a sieve; to one pint of the juice add a spoonful of butter, a little salt and pepper, two eggs, well beaten, a small handful of bread-crumbs soaked in a teacup of milk, and one onion, thinly sliced. Stew over a very slow fire for an hour or two.

Mayonnaise, a sauce to be eaten with cold meat or lettuce.—The yolk of a raw egg, a tea-spoonful of made mustard, (it is better if mixed the day before,) and half a tea-spoonful of salt. The mustard and salt to be well rubbed together; then add the egg. Pour on very slowly the sweet-oil, rubbing hard all the time, till as much is made as is wanted. Then add a table-spoonful of vinegar. When these ingredient are mixed, they should look perfectly smooth. If it curdles, add a little more mustard or a little vinegar. With shrimps or oysters, a little red pepper rubbed in is an improvement.

To melt Butter.—Mix with four ounces of the best butter a tea-spoonful of wheat flour; put it into a small sauce-pan, with three table-spoonfuls of hot milk; boil quick a minute, shaking it one way all the time.

VEGETABLES.

To prepare and boil Rice.—Wash and gravel one pint of rice; add to it a quart and a pint of water, and a table-spoonful of common salt; boil over a quick fire for ten minutes, stirring occasionally. Then pour off all or nearly all the water;* cover the vessel, and put it on a *very slow fire*, and allow it to steam for fifteen minutes at least, stirring occasionally. The proper washing and gravelling are very important.

To wash the Rice.—Pour upon it water enough to cover; stir it round briskly with the hand for several seconds; pour off the water, and add fresh; stir as before, and repeat this several times. The whiteness of the rice depends, in a great degree, upon the washing being thorough.

To gravel the Rice.—After it has been washed, pour upon it water enough to cover it; shake the vessel (a common piggin is best) containing the rice, causing the gravel to settle; then pour carefully all the water, with a portion only of the rice, into another vessel, (the vessels being held, one in each hand;) pour back the water into the first vessel, shake it again, and pour the water, with another portion of the rice, into the second vessel. Repeat this until all the rice has thus been transferred from the first to the second vessel. The last of the rice being very carefully poured off with the water, the gravel will remain.

. * The rice will be soft or grainy, according to the quantity of water left on it when put to steam, and the length of time allowed in the steaming. The larger the quantity of water, and the shorter the steaming, the softer will be the rice.

Hominy.—Sift the flour from the grits; scour it *well*, to get rid of the husk, &c. Put two quarts of water to one quart of grits, and boil until the water is entirely absorbed; cover the pot, and set it on hot ashes to soak, which will take about fifteen or twenty minutes; after which the hominy is fit for use. Salt must not be forgotten.

Another way of preparing Rice or Hominy.—Boil your rice or hominy in the ordinary way, in a pot lined with china. After being well soaked, dip the pot into cold water, and it will come out in a cake.

Potatoes in Cream.—Put into a stew-pan a good-sized bit of butter, a dessert-spoonful of flour, some salt, pepper, parsley, and onion well chopped up; to which add half a pint of cream; put this sauce on the fire, and stir till it boils; cut your potatoes into slices, and throw into the sauce. Serve them hot.—*Madame de Genlis.*

Potatoes à la Lyonaise.—As above, only the slices of potato are placed in a frying-pan, with a bit of butter, and a small quantity of onion cut into strips.—*Madame de Genlis.*

Potatoes à la Maitre d'Hotel.—Boil your potatoes with a little salt; cut them in slices, and lay them in a stew-pan with a good-sized bit of butter, some parsley and skellion, chopped fine, with pepper and salt; place on the fire, and turn frequently, so that all be covered with the sauce. When served, a little lemon-juice is added.—*Madame de Genlis.*

Baked Irish Potatoes.—Boil soft eight good-sized Irish potatoes; mash them, and add two table-spoonfuls of butter while hot; mix with it a pint of milk; add salt. Put it in a dish, and bake half an hour.

Pomme de terre à la Maitre d'Hotel.—When your potatoes are boiled, cut them in slices, and pour over them this sauce:—A dessert-spoonful of good butter, a sprig of parsley, chopped fine. Sprinkle in a little wheat flour; add two table-spoonfuls of boiled milk, quite hot. This must remain near the fire for two or three minutes; then pour on the potatoes. Take care that your potatoes are on a hot plate.

Fried Potatoes, (Irish.)—Boil your potatoes, peel and mash them fine; make them into small cakes, and fry them in lard, of a rich brown on both sides.

Mashed Irish Potatoes.—Boil the potatoes, and mash them in a mortar with butter, in the proportion of a table-spoonful of butter to eight or ten common-sized potatoes, and salt to the taste.

Potatoes (White) with thick Butter.—Three ounces of butter, half an ounce of flour, and half a pint of water, stirred over the fire until it is melted into a sauce; put the boiled potatoes into the sauce, dish it very hot, and give it a taste of salt, nutmeg, and pepper. (You may also mix fine-chopped parsley with it.)—*German Receipt.*

To dress Sweet Potatoes.—Among the various ways of dressing sweet potatoes, that which appears the most generally preferred, is to bake them twice. You may put two or three plateфuls at once into the oven, bake them till quite soft, peel, and put them on a tin sheet, and bake them again for half an hour. Serve them up hot. This way of baking twice makes them more candied. If you prefer eating them the same day they are cooked, bake them first at an early hour, so that they may be quite cold, which must be the case before a second baking; and when cold the skin comes off easily.

Another mode of dressing Sweet Potatoes.—Boil the potatoes till they are quite soft; then peel, and rub them smooth with a spoonful of butter and a little salt. Bake in a pan, and turn out in a vegetable dish, or drop in spoonfuls about the size of a dollar, all over a tin sheet, and bake them in that manner.

Fried Sweet Potatoes.—Sweet potatoes may be dressed, either cut in long slices and fried in lard, or half boiled, peeled, cut round, and fried quickly. In the latter case they must be drained, and served up as dry as possible.

Green Peas à la Bourgeoise.—Wash a pint and a half of green peas; put them into a stew-pan with a bit of fresh butter, a sprig of parsley, a cabbage lettuce cut in four, and a little sugar. Let these boil in their own juice over a slow fire. When all the liquid is boiled away, add a thickening made of the yolks of two eggs and a little cream. Let the whole remain a few minutes on the fire, and then serve.—*Madame de Genlis.*

To dress Green Peas.—Put the peas in a covered vessel with a little salt; place this in another vessel filled with water, which must be boiled until the peas are tender.

Artichokes in Cream.—Boil two dozen artichokes; take off all the leaves, leaving only the bottoms. Make a sauce of a pint of milk, a spoonful of butter, salt, and a little flour; put in the artichoke bottoms, and let it boil up once; then serve.

Celery with Cream.—Wash a bunch of celery; boil it soft in water; cut the sticks into pieces two inches long; make a sauce with a pint of milk, a spoonful of butter; flour and salt to the taste. Put the celery in, let it boil up once, and serve.

Carrots stewed in Cream.—Scrape and wash a bunch of carrots; boil them soft in water, and slice them across. Make a rich sauce of a pint of milk, a spoonful of butter, salt, a little flour, and a little pepper. Put the carrots in, and give it a boil up once.

To cook Salsify.—Boil salsify or vegetable oysters till the skin comes off easily; when taken off, cut the roots in pieces about the size of an oyster; put into a deep-vegetable dish a layer of crumbs of bread or crackers, a little salt, pepper, and nutmeg, and a covering of butter as thin as you can cut it; then a layer of salsify. These layers must be put alternately, until the dish is filled, having crumbs of bread on the top. Pour in them as much water as the dish will hold, and bake brown. They can remain two hours in the oven without injury, but may be eaten in half an hour.

To dress Salsify in imitation of Fried Oysters.—Scrape and boil the salsify, then beat them fine in a mortar; season with salt and pepper; mix them in a batter of eggs, and a very little flour. Drop the size of an oyster, and fry of a light brown.

To dress Palmetto Cabbage.—Trim off carefully the hard folds of the palmetto cabbage, then boil the inner part for two hours, during which period the water must be changed three times, that the bitter quality of the cabbage may be entirely extracted. When the cabbage is quite soft, pour off the water, and mash the vegetable up with a wooden or silver spoon; then add a large spoonful of fresh butter, and a little pepper and salt, and replace the saucepan on the fire for a few moments, that the vegetable may be thoroughly heated. To the above a gill of cream is an improvement.

To boil a Cauliflower.—Let it lie a short time in salt and water; then put it into boiling water, with a handful of salt.

Keep the pot uncovered, and skim the water well. A small cauliflower will require about fifteen minutes—a large one about twenty.

To stew Sorrel.—Boil the sorrel, with a little salt, until tender; then squeeze it dry, chop it fine, and put it into a stew-pan, with a little gravy, a little butter, a little pepper and salt; stew for ten minutes. Put it into a dish, and garnish with fried sippets.

Stewed Cucumbers.—Cut your cucumbers into thick slices; add some chopped onions, if liked, and some salt; let them simmer over a slow fire till done enough; then pour off a large portion of the liquor, and add a little vinegar, pepper, butter, and flour; let them stew a few minutes longer, and serve them up with the sauce.

Stewed Spinach.—When your spinach is nicely picked and boiled, press it well in a cullender; then add some pepper and salt, a spoonful of fresh butter, and put it back in the skillet, and let it stew gently a little longer, adding a small teacup of sweet cream, or, in its stead, a little beef or veal gravy.

White Fricassee of Mushrooms.—Peel and wash your mushrooms; boil them in a small quantity of water, with a blade of mace and an eschalot, in a covered vessel. When quite tender, put to them a little cream, and a bit of butter rolled in flour. When ready to serve up, put in a little wine and lemon-juice.

To bake Guinea Squash or Egg-Plant.—Parboil the squashes until they are tender, changing the water two or three times, to extract the bitterness. Then cut them lengthwise in two, and scoop out the inside, being careful not to break the skin. Season the pulp of the squashes with pepper, salt, crumbs of bread, butter, and a slice of onion chopped fine: this last ingredient, if not liked, may be omitted. Mix all well together, and fill the

skins of the squashes with the mixture; lay them on a plate, and bake in a Dutch oven. They do not take long to boil, but require two or three hours to be baked brown.

To Fry Guinea Squash or Egg-Plant.—Slice them, and lay them in salt and water from eleven till two o'clock; about one o'clock change the water, which must be again salt. Before frying them, take them out, and let them drain. Fry in fat.

Corn Oysters.—Grate the corn, while green and tender, with a coarse grater, in a deep dish. To two ears of corn allow one egg; beat the whites and yolks separately, and add them to the corn, with one table-spoonful of wheat flour, and one of butter; salt and pepper to the taste. Lay them in hot butter with a spoon, and fry them on both sides.

Okra à la Daube.—Twelve tomatoes, (from which take out the seeds and express the juice,) two slices of lean ham, two onions, sliced, two table-spoonfuls of lard; fry in a pot until the onions are brown; then add the juice expressed from the tomatoes, half a tumbler of warm water, one table-spoonful of wheat flour, one quart of young okra, (just cutting off the stalk end,) and a little pepper and salt. Let the whole simmer on a very slow fire for three hours, observing that the okra does not get too dry. If it does, wet it sparingly with warm water, to prevent its burning.

A good addition to the daube is a beef or veal olive, put in at the same time as the okra.

To boil Jerusalem Artichokes.—Wash and scrape the artichokes; parboil them in water, then boil them in milk; salt to the taste. The artichokes must be boiled about fifteen minutes in water, and in the milk until they are so soft that a straw may be passed through them.

On cooking Tomatoes.—The art of cooking tomatoes lies mostly in cooking them enough. In whatever way prepared, they should be put on some hours before dinner. This vegetable is good in all soups and stews where such a decided flavouring is wanted.

To stew Tomatoes.—Take ripe tomatoes, slice, and put them in a pot over a pot, without water; stew them slowly, and, when done, put in a small piece of butter. You may add crumbs of bread.

To bake Jerusalem Artichokes.—Boil a pint of the artichokes, mash them smooth, and mix in a dessert-spoonful of butter, and half a pint of bread-crumbs; pepper and salt to the taste. Bake in shells, on a small dish.

To bake Tomatoes.—Scald and peel about a dozen or more fine, ripe tomatoes; butter a shallow baking-dish, and put in the finest without breaking them, and not quite touching; fill up the little space between with small pieces of stale bread, buttered. The rest of the tomatoes mash, and strain out all the hard parts; then mix with a spoonful of butter, pepper, and salt. Pour it over the dish, and strew bread-crumbs on the top. Bake about half an hour.

To fry Tomatoes.—Peel a dozen ripe tomatoes, and fry them in a little fresh butter, together with two or three sliced green peppers; sprinkle on them a little salt, then add an onion or two sliced, and let the whole cook thoroughly. This is the Spanish method of preparing them.

Tomato Omelette.—Parboil two onions; while this is doing, peel a sufficient quantity of tomatoes to make three pints when cooked, (this is easily done when hot water has been poured over them;) cut them up, and add the onions; also a tea-cupful and a

half of fine crumbs of bread, a table-spoonful of salt, a heaping tea-spoonful of black pepper, and about four table-spoonfuls of butter. Beat these thoroughly together, and set them over a slow fire, gradually to stew. They should cook never less than three hours, but the longer the better. About fifteen minutes before they are to be served, beat up six eggs, and stir them in; put them on fresh hot coals, and give them one good boil, stirring them all the time.

To keep Tomatoes the whole Year.—Take the tomatoes when perfectly ripe, and scald them in hot water, in order to take off the skin easily. When skinned, boil them well in a little sugar or salt, but no water. Then spread them in cakes about an inch thick, and place the cakes in the sun. They will in three or four days be sufficiently dried to pack away in bags, which should be hung in a dry place.

Italian Tomato Paste.—Take a peck of tomatoes, break them, and put them to boil with celery, four carrots, two onions, three table-spoonfuls of salt, six whole peppers, six cloves, and a stick of cinammon; let them boil together stirring all the time until well done, and in a fit state to pass through a sieve; then boil the pulp until it becomes thick, skimming all the time. Then spread the jelly upon large plates or dishes, about half an inch thick; let it dry in the sun or oven; when quite dry, detach it from the dishes or plates, place it upon sheets of paper, and roll them up. In using the paste, dissolve it first in a little water or broth. Three inches square of the paste is enough to flavour two quarts of soup. Care should be taken to keep the rolls of paste where they will be preserved as much as possible from moisture.

To bottle Tomatoes.—Let your tomatoes be perfectly dry and ripe; peel them and squeeze out the seeds, and put the pulp in bottles; cork tight, and wire the bottles; stand them in a pot of

cold water, with straw at the bottom. Let them boil for four or five hours, and when taken out cover the corks with rosin, so as entirely to exclude the air. The tomatoes will keep a long time, and are just as good as when fresh.

Potato Salad.—Boil the potatoes, and let them cool thoroughly; slice them very thin; rub the dish with garlic slightly, and make a dressing of oil, vinegar, pepper, salt, and parsley cut very fine.

PICKLES, ETC.

To make Atzjar, No. 1.—Eight ounces of ginger; let it lie in salt and water one night; scrape and cut it in thin slices. One pound of garlic, peeled and cut into small pieces; salt it for three days, then wash and dry it in the sun upon a sieve. Put the ginger and garlic into a jar with an ounce of turmeric, finely powdered, a quarter of a pound of white mustard-seed washed and bruised, and a gallon of white wine vinegar. The pickle ought to stand a fortnight or longer before the vegetables are put into it. Pare the cucumbers, and take out all the seeds; if large, cut them in pieces; salt them for three days, and dry them in the sun upon a sieve. Cabbages are to be cut into quarters, and salted as the cucumbers; the water must be squeezed out before they are dried. In the same manner do cauliflowers, celery, radishes, (scraping the latter,) French beans, leaving the young tops on. Asparagus must be salted but two days; give them a boil up in salt and water; then dry them as the others.

You need never empty your jar, but as the season comes in, dry the vegetables, and put them in all together, and fill up with

vinegar. Be careful that no rain or damp comes to them, for that will make them rot.

Atzjar, No. 2.—Gather your vegetables, and lay them in a brine strong enough to bear an egg; let them stand three days; then take them out, wash them in cold water, and wipe them dry; examine them carefully, and remove all decay; put them into a jar, and pour upon them the following mixture: three gallons of strong vinegar, one pound of white mustard-seed, one pound of powdered ginger or one pound of green ginger, sliced, one ounce of red pepper, one ounce of black pepper, two ounces of pounded allspice, two ounces of cloves, three ounces of turmeric, three bottles of London mustard. Sift the turmeric, and make it into a paste together with the mustard and ginger with a little of the vinegar. Mix all these ingredients together in a sauce-pan, boil them, and while boiling hot pour them over the vegetables. Cover the jar closely. A dozen or two of limes improve the flavour and make a very good pickle. In a few weeks you may add an ounce of the essence of lemon or of cloves. It assists the ripening of the pickles to boil the vinegar again.

Spiced Peaches.—Seven pounds of peaches, pared and cut in half, three pounds of good brown sugar, one quart of vinegar, one tea-spoonful of powdered cloves, one tea-spoonful of powdered cinnamon. Boil the spice, sugar, and vinegar together for fifteen minutes; then add the fruit, and boil until soft.

To pickle Peaches.—Gather your peaches when they are at their full growth, and just before they begin to ripen. Be sure they are not bruised; then take soft water, (as much as you think will cover them,) make it salt enough to bear an egg, with equal quantities of bay and common salt; put in your peaches, and put a weight upon them to keep them under water; let them stand three days, take them out, wipe them carefully with a soft

cloth, and lay them in your jar. Then take as much white wine vinegar as will fill your jar, and to every gallon put one pint of the best well-mixed mustard, two or three heads of garlic, a good deal of green ginger, sliced, half an ounce of cloves, half an ounce of mace, half an ounce of nutmeg. Mix your pickle well together, and pour it over your peaches. Put them into jars, and cover them with bladder or leather, carefully tied. They will be fit for use in two months.

The peaches may be cut across, the stones taken out, and their places filled with mustard-seed, garlic, horse-radish, and ginger; the pieces are then tied together.

Apricots and nectarines may be pickled in the same way.

To pickle Damsons.—Seven pounds of plums, three pounds of sugar, one ounce of cloves, one ounce of cinnamon, one quart of vinegar. Put a layer of plums and a layer of spice (not powdered) alternately; boil the sugar and vinegar together, and pour over the fruit; the next day boil up all together, and put away for use.

To pickle Mangoes.—One pound of horse-radish finely shred put into a strong salt pickle for twenty-four hours; one pound of garlic and one pound of ginger in a like pickle for three or four weeks; pound to a paste; with this paste stuff the mangoes. A bottle of mustard to be made, and mixed with a sufficiency of white wine vinegar to cover the mangoes.

The proportions in this receipt will pickle one hundred mangoes.

To pickle Bell Peppers.—Cut holes in the peppers, and if you do not wish them hot, take out the seeds. Pour boiling water upon them, and let them remain until the water is cold; then take them out, pack them for twenty-four hours in salt; dry them well, and put them into vinegar. Mustard-seed, spices, &c. can be added to your taste.

To pickle Radish Pods.—Salt and dry them in the sun; when quite dry, throw them into vinegar which has been boiled, but is quite cold.

To pickle Onions.—Peel them, lay them in strong salt and water, which change every day for a week; then take them out and wipe them carefully; lay at the bottom of the jar a small quantity of ginger, mace, cloves, allspice, red pepper, and a very small quantity of alum; put your onions in, and pour on cold vinegar.

To pickle Tomatoes.—Tomatoes must be pickled when ripe; put them in a jar with garlic, mustard-seed, horse-radish, and spices, filling up the jar. Occasionally add a little fine salt, which, being intended to preserve the tomatoes, must be in proportion to the quantity pickled. When the jar is full, pour in as much vinegar as will cover the whole. Cork it up tight, and it will keep a long time.

To pickle Artichokes.—Scrape the artichokes, and throw them into water until all are scraped. Take them out, and pack them in a jar or other vessel in fine salt, and let them stand twenty-four or thirty-six hours. Then take them out, expose them to the sun for one or two days, wash them in vinegar, and put them into fresh vinegar to remain.

Mangoes or melons are to be cut in half, and pickled in the same manner.

To pickle Walnuts.—Take one hundred walnuts, and run a needle through them; put them into as much beer, vinegar, and salt as will cover them. Let them remain in that three weeks; then take them out, drain, and wipe them well; take as much white wine vinegar as will cover the walnuts, and make the pickle with a quarter of an ounce of mace, the same quantity of

cloves, three pieces of root-ginger, a nutmeg broken into pieces, and a few peppers; boil all together, and pour it hot upon the walnuts; put two cloves of garlic with your nuts, but do not boil them. Keep them dry, and closely covered. Mustard-seed, if liked, may be added.

Universal Pickle.—Six quarts of vinegar, one pound of salt, a quarter of a pound of ginger, one ounce of mace, half a pound of shallots, one table-spoonful of cayenne pepper, two ounces of white pepper, two ounces of mustard-seed. Boil these with the vinegar, and, when cold, put it in a jar.

You may put in whatever green fruit or vegetables you please, fresh-gathered, from time to time, only wiping off the dust. If you put in carrots, they should be half-boiled.

To pickle Mushrooms.—Peel the mushroom buttons, and gently scrape the tops, which are rather yellow; wash them in cold water, put them into a stew-pan, sprinkle over them a little salt, cover close, and put them over a very slow fire; in a few minutes there will exude a liquor; then take it from the fire, and shake it well; take the mushrooms from this liquor, and throw it away; let them cool, then squeeze them quite dry through a thin cloth, and put them in bottles, and pour over them vinegar; as they imbibe the vinegar, fill up the bottles. The pickle is made in the following manner:—Boil three quarts of vinegar with a handful of pimento, half an ounce of root-ginger, cut small, and a little mace; cover close, and let it boil fifteen minutes; pour it over the mushrooms when quite cold; put the ginger and mace in the bottles also.

To pickle Corn, Gherkins, Beans, &c.—Wash and wipe the vegetables dry; put them into a jar; then make a brine of salt and water, (to every quart of water put a pint of salt and a heaped tea-spoonful of alum;) put the brine on the fire, and, while it is boil-

ing, pour it over the vegetables in the jar, which must be covered by the brine; pour it off every morning for three days, and, as soon as it boils, pour it on again; then take out the vegetables, wash, and wipe them dry; in the bottom of the jar sprinkle a few allspice, cloves, a little mace and powdered ginger, also some red pepper, powdered; then put a layer of vegetables, then another of spices, and so on alternately until the jar is filled. To one quart of vinegar add one pint of water, a small bottle of mustard, and two large table-spoonfuls of tumeric,—all to be well mixed together, and poured over the vegetables and spices. Tie the jar down closely. The stuffing of the mangoes is made with scraped horse-radish, mustard-seed, pepper, spices, and shallots.

Walnut Catsup.—One hundred green walnuts, picked when about the size of an olive; pound them, and press out the liquor; boil it with an ounce of cloves, an ounce of black pepper, and one of allspice, half an ounce of nutmegs, and half an ounce of mace, until it becomes of a fine claret colour. Then add one gallon of vinegar, two dozen shallots, and a table-spoonful of salt. Strain through a coarse cloth, and put into bottles, well-sealed, as it improves with age.

Mushroom Catsup.—Gather your mushrooms early in the morning, wipe them very clean, break them in pieces, and lay them in a dry stone or earthen vessel, with a good deal of fine salt, for twelve or fifteen hours; then squeeze them very dry in a cloth, and give the liquor one or two good boils, with a few cloves, a little mace, and allspice. Let it cool, and bottle it.

Take the mushrooms that have been squeezed, and dry them with a little spice; then powder them for any made dishes.

Tomato Catsup, No. 1.—Let your tomatoes be perfectly ripe; put them in a shallow *tin* pan; add salt, a few slices of onions,

and some pods of red pepper, seasoning to your taste. Stew on a slow fire until the juice is almost a jelly; then rub the mixture through a hair sieve. Let it remain until the next day; then bottle it, adding a wine-glass of the best port to each quart of the mixture. The bottles must be sealed carefully. The tomatoes should be stewed without being peeled.

Tomato Catsup, No. 2.—Select the ripest tomatoes, scald, and peel them; to one gallon of tomatoes add one quart of sharp vinegar, also the following ingredients ground fine, viz.: two table-spoonfuls of salt, one of black pepper, one of allspice, three of mustard, eight or ten pods of red peppers, one or two cloves of garlic, sliced. The whole is then put into a tin or copper kettle; simmer it over the fire three or four hours, stirring occasionally. It should then be rubbed through a sieve, fine enough to catch the seeds. Bottle it. If the simmering has not been sufficient, it will be known in a few days by the appearance of a white scum in the neck of the bottles, which can be corrected by simmering it an hour or two more, adding as much vinegar as will supply the previous loss by evaporation. The bottles should be sealed.

Soy.—Take a common-sized pot of anchovies, bruise, and strain them; add a quart of mushroom catsup, a quart of walnut pickle, a gallon of Madeira wine, and a little black mustard-seed; boil half an hour, bottle, and cork tight. Seal with wax, and in ten days the soy will be fit for use.

EGGS, CHEESE, ETC.

Common French Omelette.—Break as many eggs as you please into a sauce-pan; add salt, and mix in some parsley, minced very small, and some onions, if liked. Beat up the eggs well, then melt some very good butter in a frying-pan till it no longer hisses; this is the precise moment when it begins to turn brown, and the moment for throwing in the egg. Place the frying-pan on a clear, quick fire, that the omelette may be of a good brown, and yet not too much done, which is a great fault; and serve it up hot.

Cream Omelette.—Break six eggs into a sauce-pan, add to them four spoonfuls of thick, sweet cream, and a little salt; beat the whole well together. Have some good butter melted in a stew-pan, as in the above receipt; pour the eggs into it, and take care that it is not too much done.

N. B.—This is very good without the cream, though better with it.

Fricasseed Eggs, No. 1.—Boil six or eight eggs hard, slice them, and put them in a dish; boil with a pint of milk, a table-spoonful of butter, a little salt, two eggs; thicken with a little flour. Make it into a sauce, and pour over the eggs.

Fricasseed Eggs, No. 2.—Boil six eggs for five minutes; lay them in cold water; peel them carefully, and dredge lightly with flour. Beat one egg light, dip the hard eggs in it, roll them in bread-crumbs, and season with pepper, salt, and grated nutmeg. Cover them well with this, and let them stand some time to dry. Fry

them in boiling lard; serve them up with any kind of well seasoned gravy, and garnish with crisped parsley.

Cheese Pudding.—Add to seven ounces of grated cheese two ounces of flour, the yolks of three eggs beat up, and a little pepper and salt, all which mix together in a pan; stir this well, and add half a pint of milk. Place this mixture on the fire, taking care not to let it burn, and when it has been cooking for a short time, add a little more milk and a large table-spoonful of butter. Take it from the fire, and allow it to cool. Beat up the whites of six eggs very stiff, and add it gradually to the rest. When the whole is well mixed together, put it in a dish or deep plate, and place it in a cooking-stove moderately heated. As soon as the mixture has risen well, and of a good colour, serve it.

Eggs à l'Aurore.—Boil five or seven eggs, divide the yolks from the whites, chop the latter rather fine, mix them with a little good white Hock, flavoured with mace or cayenne, and salt; make the mixture hot, and pour it on a second-course dish. Pass the yolks through a hair seive, shake them lightly over the white, and brown the whole a nice light brown, with a salamander.—*English Receipt.*

Boiled Cheese.—Grate a quarter of a pound of cheese; put it into a sauce-pan with a bit of butter the size of a nutmeg, and half a tea-cupful of milk; stir it over the fire till it boils, and then add a well-beaten egg. Mix it all together; put it into a small dish, and brown it before the fire, or serve it without being browned.

To pot Cheese.—Scrape two and a half pounds of Cheshire cheese, or indeed any nice cheese, into a quarter of a pound of fresh butter; pound it to a paste in a marble mortar, adding a small wine-glassful of sherry wine, and about the eighth of an ounce of

pounded and sifted mace. When beaten to a paste, press it into a deep pot, and cover it with butter.

To stew Cheese.—Melt three-quarters of an ounce of butter in a tea-cupful of cream; mix with it a quarter of a pound of cheese, finely grated; beat it all well together, put a slice of toasted bread into a dish, and brown it with a salamander.

To toast Cheese.—Mix with three ounces of cheese, finely grated, four ounces of grated bread-crumbs, two and a half ounces of fresh butter, the well-beaten yolks of two eggs, a table-spoonful of cream, a tea-spoonful of mustard, and a little salt and pepper. Put it into a sauce-pan, and stir it over the fire till heated; then lay it thick upon toasted bread, and brown it; or put it, covered with a dish, into a Dutch oven, till thoroughly heated. Let the cheese be just brown.

Cream Cheese.—Put a napkin, folded in four, on a plate; pour on it a pint of cream; let it stand half an hour; then cover with another napkin folded in the same way. Put on this another plate, and press all very tight together; put a weight upon the plate, and let it stand half an hour, when it will be fit for use.

Simple method of making nice Cream Cheese.—Take half a pint of thick cream; stir in a tea-spoonful of salt; wet a linen cloth, and tie the cream in it; hang it up for twelve hours, lay a dry cloth on a plate or saucer, and turn out the cheese; fold it up carefully, and let it stand for twelve hours longer, when it is fit for use.

Baked Cheese.—Cut half a pound of cheese into small pieces, and pound it in a mortar; add, by degrees, the well-beaten yolks of two eggs, and the white of one, and half a pint of cream. Mix the whole together, and bake it for ten or fifteen minutes.

To dress Maccaroni à la Sauce Blanche.—Take a quarter of a pound of maccaroni, and boil it in water in which there must be a little salt. When the maccaroni is done, the water must be drained from it, and the sauce-pan kept covered. Roll two table-spoonfuls of butter in a little flour; a pint of milk, and half a pint of cream; add the butter and flour to the milk, and set it on the fire until it becomes thick. This sauce ought to be stirred the whole time it is boiling, and always in the same direction. Grate a quarter of a pound of Parmesan cheese; butter the pan in which the maccaroni is to be baked, and put in first a layer of maccaroni, then one of grated cheese, and then some sauce, and so on until the dish is filled; the last layer must be of cheese and sauce, with which the maccaroni is to be well covered. Ten minutes will bake it in a quick oven.—*Italian Receipt.*

A delicate way of dressing Maccaroni.—Put the maccaroni into boiling milk and water, (boiling water alone will do,) with a little salt, and about an ounce of fresh butter; let it simmer till tender, which takes about three-quarters of an hour; stir it frequently; then drain off the water, or the milk and water, which must at first be rather a large quantity. Mix with the maccaroni a tea-cupful of fresh cream, make it quite hot, and add grated bread. This last may be omitted, if you prefer it without.

Maccaroni à la Napolitaine.—Take four pounds of beef; put two table-spoonfuls of butter in a stew-pan; when it is brown, put in the beef, with one table-spoonful of salt, and cover the pan. The meat must be stirred from time to time. When it is quite brown, put in four onions, and when they have stewed half an hour, add four carrots and a bunch of herbs; let these stew an hour, and then add one dozen large ripe tomatoes, or a pint of tomato sauce; the meat ought to stew three hours. Take a quarter of a pound of maccaroni, boil it soft, and drain the water from it; the cover must be kept on until the sauce is mixed with

it. When the meat has stewed three hours, pass the sauce from it, through a cullender, into another pan, and let it boil once. Have grated a quarter of a pound of Parmesan cheese. This maccaroni does not require baking; it must be mixed a few minutes only before it is sent to table, or it will become hard. The whole must be mixed thus in the dish in which it is to be served:—first a layer of maccaroni, then one of cheese, then some sauce, and on the top a great deal of cheese must be put.—*Italian Receipt.*

To keep Butter.—Beat up well together, in a marble mortar, half a pound of alum-salt with four ounces of powdered loaf-sugar. To every pound of fresh, well-washed butter, put an ounce of the mixed powder; mix it thoroughly, and put it into pots for keeping. In about a month, not before, it will be fit for use, and will keep for ten years as good as butter newly salted.

PASTRY, ETC.

Very rich Puff Paste.—Weigh an equal quantity of butter with as much of the finest flour as you may think necessary; wet part of it with as little water as possible, to make a stiff paste; roll it out, and put all the butter over it in slices; turn in the ends, and roll it thin. Do this twice, and never touch it more than can be avoided. A quicker oven is necessary than for short crust. If preferred, the butter may be divided, and added at two different times.

Puff Paste, No. 1.—One pound of flour, three-quarters of a pound of butter, well worked, divided into four parts—one quarter

cut up into the flour with a knife, and mixed into a stiff dough with cold water; then roll it three times, each time putting in an additional quarter of butter. Bake in a quick oven. A very good test of the oven is to throw over the bottom a small quantity of wheat flour—if it browns, the heat is brisk; if it burns, the oven is too hot.

Puff Paste, No. 2.—One and a half pints of flour and half a pound of good lard, mixed well together; add half a pint of lukewarm water, and a little salt; roll it out three times, buttering it and dredging it each time with flour. The oftener it is rolled and buttered, the lighter it becomes.

Apple Pie.—To half a pound of apples, well-boiled and pounded, add, while warm, half a pound of butter beaten to a cream. To this add six eggs, the white well beaten, half a pound of powdered sugar, and the peel of two lemons, well-boiled and pounded. Put a thin crust at the bottom and round the sides of your dish, and bake half an hour.

Mince Meat.—One fresh beef-tongue, boiled and chopped very fine; two pounds of suet, picked and chopped fine; two pounds of raisins, stoned and chopped; three pounds of currants, washed and dried; one dozen of apples, chopped very fine; half a pound of citron, chopped; two pounds of white sugar, one pint of brandy, one bottle of wine, half a tumbler of sour orange or lime-juice, some cinnamon, nutmeg, and mace. The ingredients must be well mixed together, and kept in a closely-covered jar.

Minced Pies, without Meat.—Six pounds of the best apples, cored and minced; three pounds of raisins, stoned and minced; three pounds of hard-boiled eggs, chopped fine; three pounds of powdered sugar, three-quarters of an ounce of salt, half an ounce of cinnamon, half an ounce of nutmeg, half an ounce of mace,

eight finely-powdered cloves, the grated peel of four lemons and the juice of two, half a pint of wine, half a pint of brandy. Mix all well together, and put it into a deep pan. Have ready, washed and dried, four pounds of currants, and as you make the pies add them, with candied fruit.

Cranberry Pie.—Wash, and pick one pound of ripe cranberries, add to them one pound of loaf sugar, and beat them fine in a mortar. Have ready a puff paste, with which line your dish or soup-plate; pour in the mixture, cover it with paste, ornament it with icing, and bake in rather a quick oven.

Orange Pie.—Chip half a dozen of sour oranges very fine; take half a dozen more, and cut small holes in the top of each; scoop out all the pulp. Boil the skins till they are tender, changing the water several times, to extract the bitterness. Then take six or eight apples, pare and slice them; put to them part of the pulp of your oranges, from which the strings and seeds must be first picked; add half a pound of fine sugar, and boil till quite soft, over a slow fire. Then fill your oranges with it, and put them into a deep dish without paste, having first placed in the dish three-quarters of a pound of sugar, and as much water as will wet it. Be careful to place the oranges with the holes uppermost; lay over them a light paste, and bake an hour and a half in a slow oven.

Almond Florendine.—Beat half a pound of blanched sweet almonds with rose-water; beat the yolks of eight eggs, and add them, with a gill of cream, and sugar to the taste. Lay a sheet of puff paste in a plate or dish, put the mixture on it, cover it with another sheet of paste, and bake in a quick oven.

Cheese Cakes.—Put a quart of fresh milk on the fire; when it boils, put into it ten eggs well beaten; stir it gently on the fire, till the whey is clear; drain the whey from the curd, and beat the

latter fine with three-quarters of a pound of butter, and sugar, cinnamon, nutmeg, wine, and rose-water to the taste; add some picked and dried currants. Lay some puff paste in your patties, fill them with this mixture, and bake in a moderate oven.

Almond Cheese Cakes.—Blanch four ounces of sweet almonds, and throw them into cold water for a few minutes; then beat them, with rose-water, in a marble mortar, and add to them four ounces of sugar, and four eggs well beaten. Rub the whole together in a mortar till it becomes frothy and white. Make a puff paste, and lay it in your tins; fill them with this mixture; grate sugar over them, and bake in a slow oven.

Groundnut Cheese Cakes.—Blanch one pound of groundnuts; beat them very fine in a marble mortar, adding a little brandy while pounding, to prevent oiling. Then add ten eggs, one pound of sugar, and one pound of butter. Beat the whole well together; make a puff paste, lay it on your tins, and fill them with this mixture; grate sugar over them, and bake in a slow oven.

Rice Cheese Cakes.—Boil a quarter of a pound of rice till tender; drain it, and add four eggs well beaten, half a pound of butter, one pint of cream, six ounces of sugar, a grated nutmeg, and a glass of ratafia or brandy. Beat all well together. Lay a light paste in your patties, fill with the mixture, and bake in a moderate oven.

Raspberry Charlotte.—Slice half a pound of sponge cake, and cover each slice with raspberry jam; lay the slices at the bottom and around the sides of a deep dish or bowl; pour over them two glasses of sweet wine or ratafia; beat the whites of eight eggs to a thick froth, add six table-spoonfuls of raspberry jelly, and after it is completely mixed and well beaten, pile it on your cake.

Apple Charlotte, No. 1.—Pare and slice one dozen of apples; have two slices of bread grated; butter your dish well, and sprinkle some of the grated bread over it. Put a layer of apples, sugar over that, then bread-crumbs, then small lumps of butter,—covering the surface. Begin again with apples, putting alternately layers of apples, sugar, crumbs, and butter, until the dish is full; then sweeten a cup of water, and pour over the whole. Bake slowly. When *cold*, turn the dish upside down into another.

Apple Charlotte, No. 2.—Cover the bottom of a baking-dish with a layer of grated bread; strew over it bits of butter about the size of a hickory-nut; then put a layer of sliced apple, then one of brown sugar, and a little powdered spice and grated lemon-peel; then another layer of bread and butter, and so on until the dish is full, taking care that the bread and butter are the last layer. Bake for several hours in a very slow oven. The apples must be pared, and sliced very thin.

Peaches or any other fruit may be made in the same way.

Charlotte of Brown Bread and Apples.—One plate of peeled and finely cut-up apples, mixed with a plate of grated brown bread, each mixed separately with one and a half ounces of sugar, a little cinnamon, and one ounce of raisins. Grease a deep dish thickly with butter; cover the bottom with slices of bread, then one layer of the apples, one layer of the brown bread, and seven ounces of butter on the top; again apples, brown bread, and butter, and so on until the dish is well filled and pressed in; cover with slices of bread, and bake for half an hour.—*German Receipt.*

Apple Fritters.—The yolks of three eggs beat up with wheat flour to a batter, the white beaten separately and added to them. Pare your apples, core and cut them into slices, lay them in a bowl in brandy and sugar about three hours before dressing

them; dip each piece in the batter, and fry in lard. Sprinkle white sugar over them.

Peach fritters are made in the same way.

Pan Cakes.—A pint of cream, three table-spoonfuls of wine, half a pound of flour, six eggs, (leaving out half the whites,) a quarter of a pound of butter; mix all well together, and fry them thin. To be eaten with sugar, and wine or lemon-juice.

German Cups.—A pint of milk, six eggs, well beaten, leaving out three of the whites, four table-spoonfuls of wheat flour, one of melted butter, and a nutmeg, grated; mix well together, and bake in cups. With the three whites make an icing with sugar, rose-water, and lime-juice, and pour it over the cups just before sending them to table.

Rice Cups.—Sweeten to your taste a pint of milk with loaf-sugar, and boil it with a stick of cinnamon; stir in rice flour till thick; take it off the fire, and add the beaten whites of three eggs; stir it again over the fire for a few minutes; then put it into teacups previously dipped in cold water. When cold, turn them out, and pour round them a rich custard, made with the yolks of eggs alone. Place upon the rice a little raspberry jam, or any other sweetmeat.

Rice Flour Puffs.—One pint of rice flour, one pint and one gill of milk, and four eggs; boil the milk, and, while hot, stir into it gradually the flour; then add the eggs, which must be first beaten very light; drop the batter from a spoon into *boiling* lard; let the puffs boil until quite brown. To be eaten with sugar and wine, or with lemon-juice.

Pudding Sauce.—Six heaped table-spoonfuls of loaf-sugar, half a pound of butter, worked to a cream; then add one egg,

one wine-glass of white wine, and one nutmeg. When it is all well mixed, set it on the fire until it comes to a boil; it is then fit for use.

Boiled Plum Pudding, No. 1.—Two table-spoonfuls of wheat flour, five of grated bread, one pound of beef suet, picked and chopped, one pound of white sugar, one pound of currants, washed and dried, half a pound of raisins, stoned, twelve eggs, a little citron, and one gill of brandy. Beat the eggs, and add the other ingredients to them. Wet and flour a linen cloth; pour the pudding into it, tie it up lightly, put it into boiling water, and keep it constantly boiling till sufficiently done. To be eaten with sauce. Spice, to the taste, may be added.

Boiled Plum Pudding, No. 2.—Slice a fourpence loaf of bread, and put it into a bowl; boil a bottle of porter, and pour it over the bread, which, when completely saturated, mash into a mass, and let it stand until cold; then beat up twelve eggs, and stir them into the bread; also a saucer of flour, a grated nutmeg, a little salt, one pound of suet, chopped fine, one pound of stoned raisins, one pound of currants, some citron, and two or three spoonfuls of sugar. Mix all these ingredients well together; dip a towel into boiling water; flour it, pour the pudding in, and tie it up lightly. Boil it two hours.

Baked Plum Pudding.—One pound of wheat flour, three-quarters of a pound of butter, half a pound of sugar, half a pound of raisins, ten eggs, and one nutmeg; beat the eggs very light; rub the butter and sugar to a cream, and mix them with the eggs; then add the flour and nutmeg, and the raisins, which must be first stoned and cut in two. Bake half an hour in a quick oven. To be eaten with sauce.

Light Pudding.—Boil a quart of milk with a little cinnamon, and pour it upon twelve eggs, beaten very light; stir in four spoonfuls of wheat flour. Dip a linen cloth into boiling water, and flour it well on one side; pour the pudding into it, and tie it up carefully; then put it into a pot of boiling water, observing to keep a plate under the pudding while it is boiling. This pudding is to be eaten with sauce.

Bakewell Pudding.—Line a tart-dish with puff paste; put in the bottom of the dish a layer of preserves of any kind, with a few slices of candied lemon; then add the following mixture—clarified butter and sugar, one pound each, and the yolks of eight eggs. These must all be beaten together, put into a dish, and baked in a moderate oven. Blanched almonds and thin slices of candied lemon-peel may be placed on the top, and the pudding eaten cold.

Rye Bread Pudding.—One-quarter of a pound of rye bread, dried and pounded fine, three-quarters of a pound of almonds, blanched and pounded, one-quarter of a pound of sugar, and fourteen eggs; stir these together for half an hour; then put the mixture into a form, covered closely, and boil it three-quarters of an hour. The form must be only three parts covered with water, so it may not boil over the form. Serve it with wine sauce.

Boiled Bread Pudding.—Take a pound of the crumb of French rolls, and pour upon it a pint of new milk, boiled; with this mix the yolks of seven eggs and the whites of three, well beaten; grate in a little nutmeg; butter your cloth, pour in the pudding, tie it up lightly, and boil it an hour. To be eaten with sauce, or with butter only.

Fancy Pudding.—A loaf of French bread sliced, half a pint of milk poured over it; the other half pint mix with four well-

beaten eggs; add sugar and cinnamon to your taste. Dip each slice of bread in the mixture, and fry it in lard or butter. It is to be eaten with a sauce of sugar, wine, and nutmeg.

Slight Pudding.—One pint of milk, one quarter of a pound of sugar, four eggs, a dessert-spoonful of butter, three dessert-spoonfuls of flour, two table-spoonfuls of rose-water, and a tea-spoonful of powdered cinnamon and mace. Boil the milk, and while boiling stir into it the flour, which must be first mixed in a little milk or water; then turn the pap into your dish, and add the butter; beat the yolks and sugar together, and the whites separately, and stir them into the mixture; add the rose-water and spice, and bake about twenty minutes in a moderate oven.

Rice flour may be used instead of wheat.

Curd Pudding.—Take two quarts of new milk, and set them for cheese; when it has come, run off the whey, and put the curd in a dish; add twelve new-laid eggs, and six whites, beaten with orange-flower or rose-water, the crumb of a twopenny loaf grated, a pound of beef suet cut very small, and a pint of rich cream. Season with cinnamon, nutmeg, and sugar; mix all well together, and boil it. To be eaten with a sauce made of wine, butter, and sugar.

A Pudding without Eggs.—Take a fourpence loaf, cut the crust off, and slice it; pour a quart of boiling milk upon it, and let it stand all night. The next morning mash it very smooth, and put to it half a pound of melted butter, and sugar to your taste; add a little orange-flower water, salt, and nutmeg. It will be improved by a small quantity of marrow. Bake it in a crust.

Sponge Cake Pudding.—Beat up three eggs, leaving out the whites of two; add to them, gradually, one pint and a half of milk. Then mix very carefully in the milk and eggs, three table-

spoonfuls of wheat flour and two spoonfuls of sugar. Boil it over a slow fire; stir it while mixing in the flour, to prevent its burning. Pour it over sponge cake, soaked in wine. It is eaten cold, and sprinkled with powdered cinnamon.

Transparent Pudding.—Half a pound of sugar, half a pound of fresh butter, the yolks of eight eggs; lay in a deep dish any kind of dried sweetmeats; rub the butter and sugar together; beat the eggs well, and add them; then pour this mixture upon the sweetmeats, and bake in a slow oven for half an hour. Turn it out of the dish into a plate, then turn it over again into a dish, so that the preserves be at the bottom of the pudding. When quite cold, ice it; and it may be garnished to suit the fancy.

Boiled Arrow-root Pudding.—To one quart of milk add nine eggs, and one and a half table-spoonful of arrow-root; flour a cloth well; throw this mixture into it; tie it up tight, and boil it half an hour.

N. B.—All boiled puddings should be tied tight, but sufficient room left in the towel to allow for the expansion of the ingredients in boiling.

Baked Arrow-root Pudding.—One quart of milk, two large table-spoonfuls of arrow-root, two large table-spoonfuls of butter, two large table-spoonfuls of rose-water, or a tea-spoonful of essence of lemon, the yolks of eight eggs, half a pound of sugar, and a stick of cinnamon. Boil the milk and cinnamon together; then take the sauce-pan from the fire, and stir in quickly the arrow-root, which must be previously rubbed smooth in a little water or cold milk. Pour it into the dish in which it is to be baked, and while warm stir in the butter. Beat the eggs and sugar together until very light, and add them, with the essence, to the other ingredients. Bake for fifteen or twenty minutes in rather a

quick oven. The stick of cinnamon must be taken out of the pap as soon as it is turned into the dish, before the butter is mixed with it.

Baked Bread Pudding.—Take the crumb of a fourpence loaf; slice, and lay it in a bowl; pour a quart of boiling milk upon it, and, when soft, mash it well. Beat the yolks of eight eggs and the whites of four, and add them to the bread; also six ounces of butter, and sugar to the taste. Bake, in rather a quick oven, about three-quarters of an hour.

A few raisins are thought by some to be an improvement.

Baked Batter Pudding.—One quart of milk, one tea-spoonful of salt, six eggs, beaten separately, and very light, nine table-spoonfuls of flour, stirred in gradually while the milk is boiling hot. Bake half an hour in a quick oven. Serve with wine sauce. This pudding must be sent to table as soon as taken from the oven.

Nudel Pudding.—Boil a pint of cream or milk, two ounces of butter, the same of sugar, and some lemon-peel; then add five ounces of vermicelli crushed to it, and soak it over the fire a quarter of an hour; mix in five eggs, put in a pan or dish, bake, and serve it with a sweet sauce.—*German Receipt.*

Potato and Raisin Pudding.—Mix two ounces of butter, four eggs, and half an ounce of sugar and lemon-peel well together; then put with it six ounces of grated potatoes, the eighth of a pound of raisins, and bake it in a form or mould by two degrees of heat for half an hour; serve it with or without snow, (the white of eggs beaten to froth is what is meant by snow.) Instead of the raisins, you may mix in it two ounces of almonds, among which are four bitter ones.—*German Receipt.*

German Pudding.—To one pint of milk add six eggs, well beaten, six spoonfuls of flour, half a spoonful of butter, half a nutmeg, and one tea-spoonful of salt. Pour it into a well-greased pan, and bake for half an hour. To be eaten with wine-sauce.

Fig Pudding. — Fill a soup-plate with ripe figs, peeled and mashed very fine; to this add three table-spoonfuls of sugar, half a table-spoonful of wheat flour, and a tea-spoonful of butter. Bake in a moderate oven.

Sham Cocoanut Pudding.—Two cups of corn meal, two tea-cups of white sugar, four eggs, and a good table-spoonful of butter; nutmeg, brandy, and rose-water to the taste. Let all these be well rubbed together. Divide this into two portions; and having previously prepared two plates, by lining them with pie-crust, put a part into each, and bake, as any other tart.

Baked Custard Pudding.—Beat light six eggs, stir in one quart of milk, and half a glass of rose-water; sweeten to your taste Strain it into a deep dish. Bake it in a Dutch oven, with boiling water as deep as the dish.

Rice Pudding. — Four table-spoonfuls of soft-boiled rice, a quarter of a pound of butter, one quart of milk, eight eggs; scald the milk, add a few sticks of cinnamon, and, while warm, stir into it the rice, butter, and eggs, which must be first beaten. Sweeten to the taste, and bake in a dish.

Rice Flour Pudding, No. 1.—Mix three table-spoonfuls of rice flour into a pint of milk, and boil to a pap; then stir in half a pound of fresh butter. When almost cold, add three well-beaten eggs, sugar, to your taste, and a glass of wine, a grated nutmeg, and a little salt. Lay crust on shallow plates, and bake. Dust some sugar over them.

Rice Flour Pudding, No. 2.—One quart of milk, half a pound of rice flour, ten ounces of butter, and the yolks of ten eggs. Scald the milk, and pour it, boiling, on the flour; then add the butter; beat the eggs, and stir them into the mixture, with sugar to the taste. Bake in a dish, in a Dutch oven, which must be hotter at the bottom than at the top. Spices may be added if desired.

Rice Flour Pudding, No. 3.—One pint of milk, a quarter of a pound of butter, five tea-spoonfuls of rice flour, a glass of wine, a tea-spoonful of grated nutmeg, four eggs, a quarter of a pound of stoned raisins; sugar to the taste. Mix the flour with a little cold milk, into a thin paste; boil the milk; add the flour to it, and stir constantly until it becomes of the consistence of pap. While warm, stir in the batter, eggs, which must be first beaten until quite light, the nutmeg, wine, and sugar, and lastly the raisins. Bake in rather a quick oven for fifteen or twenty minutes.

German Rice Pudding.—Boil three pints of milk, and, as soon as it boils, throw into it half a pint of rice, nicely picked and washed, and boil the milk half away; then mix, in a bowl, half a pint of cream, one egg, half a tea-spoonful of salt, a table-spoonful of brown sugar, and pour the mixture into the rice and milk on the fire; boil it for five minutes, stirring all the time. Pour into your dish, and sprinkle sugar over it.

Orange Marmalade Pudding.—Two spoonfuls of orange marmalade, beaten fine, six eggs, four ounces of melted butter, sugar to the taste. Beat the eggs and sugar together; add the other ingredients. Put the mixture into a puff paste, and bake in a moderate oven.

Orange Pudding.—One pound of orange-skins, one pound of fresh butter, one pound of white powdered sugar, eight eggs,

one gill of juice,* a tea-spoonful of finely-powdered mace or nutmeg; cut the oranges in half, and squeeze them. Boil the skins changing the water several times until the bitter is nearly extracted; pound them, while hot, very soft and fine; then add the butter, and stir it in well; then the sugar and yolks; whip up the whites to a stiff froth, and rub them into the other ingredients; then the juice and spice; the whole to be well beaten. Put the mixture into puff paste, either in a dish or plates, and bake in a moderate oven.

Sweet Potato Pone, No. 1.—A quart of grated potato, three-quarters of a pound of sugar, ten ounces of butter, half a pint of milk, three table-spoonfuls of powdered ginger, the grated peel of a sweet orange. Rub the ingredients well together, and bake in a shallow plate, in a slow oven.

N. B.—A little molasses may be added.

Sweet Potato Pone, No. 2.—Peel and grate two moderate-sized sweet potatoes; pour on them nearly a pint of cold water; add four large spoonfuls of brown sugar, one large spoonful of butter; season with ginger to the taste. Bake in a moderate oven about three hours.

Sweet Potato Pudding.—Boil two pounds of sweet potatoes very soft; while warm, add three-quarters of a pound of butter, and beat them together till they become perfectly white. Have eight eggs well beaten with half a pound of sugar; pour it over the potatoes, and beat them together; then add a grated nutmeg, two glasses of wine, four glasses of milk, one glass of rose-water, and the grated peel of two sweet oranges. Bake in a quick oven.

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* The juice may be used or not, according to taste.

Baked Irish Potato Pudding.—Three large Irish potatoes boiled mealy, and mashed in a mortar; break five eggs into it; also add half a pound of butter, quarter of a pound of sugar, the grated peel of two lemons and the juice of one, a grated nutmeg, half a glass of wine, and half a glass of brandy. All to be well rubbed together in the mortar. Put the mixture into a buttered dish or soup-plates, and bake in a moderate oven.

Boiled Irish Potato Pudding.—Take one pound of potatoes, boiled the day before, and grated just as you are about to use them; half a pound of sugar, two lemons grated, the juice of one, ten eggs, (the yolks and whites beaten separately;) mix all well together, put into a form immediately, and boil two hours. You may serve wine or any other sauce with this pudding.

Tapioca Pudding.—A tea-cupful of tapioca soaked in warm water, four eggs beat up with about three spoonfuls of sugar, a large spoonful of butter melted in half a pint of milk. Stir all together, flavour to the taste, and bake in a quick oven.

Almond Pudding.—Half a pound of blanched almonds, finely pounded with orange or rose-water to prevent their oiling, one pint of thick cream, or half a pound of fresh butter, half a pound of white sugar, two large Naples biscuits, grated, and the yolk of five eggs. Stir the butter or cream with the sugar; add the eggs, which must be beaten light, alternately with the grated biscuit; then stir in the almonds. Put the mixture into puff-paste, and bake in a slow oven.

This pudding may be made without the biscuits, but with the whites of the eggs.

Ratafia Pudding.—Beat half a pint of peach-kernels with a little rose-water or ratafia; sweeten them to your taste; rub in quarter of a pound of butter, a little cream, the yolks of two eggs,

and a little mace. Lay in the bottom of your dish or plate a light paste, and fill with the mixture. Bake in a quick oven.

Cocoanut Pudding.—Peel and grate a large cocoanut; dissolve one pound of loaf sugar in a little water, in which boil the cocoanut a quarter of an hour over a slow fire. Then add three eggs beaten and a little rose-water. Bake in a puff-paste, in a moderate oven.

Cocoanut Puffs.—To a cocoanut, dried and grated, add the yolks of six and the whites of three eggs, a table-spoonful of butter; sugar and rose (or orange-flower) water to the taste. Beat all these ingredients well together; then lay a light paste in your patties, fill with the mixture, and bake in a moderate oven.

Pine-apple Pudding.—One grated pine-apple, half a pound of butter, half a pound of sugar, six eggs, and three ounces of grated bread; rub the butter and sugar to a cream; beat the eggs, whites and yolks separately, and add them; then the fruit and bread, and bake them either with or without a crust.

Sunderland Pudding.—One pint of cream, nine spoonfuls of flour, six eggs, and salt and nutmeg to your taste. Bake in cups. To be eaten with sauce, or sugar and wine.

Baked Apple Pudding.—One dozen apples cored and stewed, eight ounces of butter, eight eggs, the juice of two lemons, and the peel, (or in place of the peel one tea-spoonful of essence,) and sugar to the taste. Beat the eggs separately, then add the other ingredients; mix the whole well together, and bake an hour.

Apple Pudding à la Rhum.—A pound of sugar, three-quarters of a pound of butter, twelve eggs, leaving out five of the whites; beat them together as a cake. Boil the apples and strain them

through a sieve, and add as many to the mixture as may suit the taste. Just before baking, put in two table-spoonfuls of Jamaica rum and a little nutmeg.

Custard and Apple Pudding.—Peel and cut in slices three or four apples; put a paste at the bottom of the dish; then lay a covering of apples and sugar. Throw a custard over the top, and bake it.

Citron Pudding.—Line a plate with paste; line that with a layer of citron; take a quarter of a pound of butter and a quarter of a pound of sugar, and rub them to a cream; add the whites of two, and the yolks of three eggs, beaten separately; flavour with nutmeg, rose-water, and lemon-juice. Pour this mixture upon the citron, and bake.

Lemon Pudding.—Six lemons, one pound of sugar, half a pound of butter, one nutmeg, grated, a wine-glass of rose-water, and a gill of lemon-juice; cut the lemons in half, and squeeze the juice; then boil the skins until they become tender and the bitterness is sufficiently extracted. Take them out and drain them; pound them in a marble mortar until quite fine; then rub them through a coarse sieve, and add the yolks of eight eggs and the whites of four, the sugar and melted butter, the spice, juice, and essence. Rub all well together, and bake in a puff-paste.

Bread and Butter Pudding.—Slice your bread very thin, and butter it; cover the bottom of a baking-dish with the slices, lay over them strips of citron and some currants, if desired; have ready a rich custard, and pour half of it over the bread and fruit; then another layer of bread and fruit, then the rest of the custard, and over the top put a layer of bread and butter, and dust some sugar over it. Bake it as you would custard.

Charlotte Russe, No. 1.—Dissolve half an ounce of isinglass in a cup of sweet milk; have ready a pint of rich cream, into which stir powdered loaf sugar until it is very sweet, as the freezing destroys the sweet taste. Flavour with vanilla, rose, or any other essence. Beat up the whites of seven eggs very light; stir the dissolved isinglass into the bowl of cream after it is sweetened and flavoured; then set your bowl into a tub of ice, and stir until it thickens; then add last the whites of eggs. Put the mixture into a mould lined with sponge cake, and place the mould on ice. The cake can be joined with a little isinglass to make it stick, but this has not been found necessary. The charlotte may be made in the morning for a late dinner, or in winter over night. Turn the mould after cutting it round, and the charlotte will come out.

Charlotte Russe, No. 2.—Make a custard of two eggs to half a pint of milk; let it cool; take a pint of cream, beat it, and as the froth rises, take it off until the whole is reduced to froth; melt an ounce of Russian isinglass in as little water as possible; boil half of a vanilla-bean in a large tea-cup of milk till reduced to one half; strain it; add the custard, cream, isinglass, and vanilla, together with a pint of calves' feet jelly, or jelly made from the gelatine. Sweeten the mixture to the taste. Line a mould with strips of thin sponge cake, and when the charlotte thickens, pour it into the mould and cover it with the cake. When stiff, loosen the sides with a knife, and turn it out.

Omelette Soufflé, No. 1.—Break six eggs; keep the whites and yolks apart; add to them four dessert-spoonfuls of powdered sugar; cut up very fine the rind of half a lemon, which add to the yolks, and rub up these with lemon-juice and sugar; then beat up the whites as if for cakes; put half a pound of fresh butter into a frying-pan, and place over a hot fire. When the butter is melted, throw in the eggs, and keep stirring it till the bottom of the mixture comes to the top; pour it then on a buttered plate,

which take care to place on red-hot ashes. Sprinkle the omelette well with powdered sugar; put it in a Dutch oven very hot. When done of a light brown, serve up.—*Madame de Genlis.*

Omelette Soufflee, No. 2.—Take nine eggs, a fresh lemon, sifted loaf-sugar; beat the yolks and whites of the eggs separately, the whites first, making them as light as you would for icing of cake; put them in a cool place; beat the yolks, and while beating, have the rind of the lemon grated in; then have the lemon squeezed, and the juice strained and poured in while still beating; put in, gradually, enough sugar to make it sweet, beating all the time. When very light, pour into a pan greased and warmed, first the yolks, then the whites, and beat them well together. Bake in a moderate oven about twenty minutes. Sift a little loaf sugar over it, and send it in immediately.

Rice Custard.—Mix a pint of milk, half a pint of cream, one ounce of rice flour, half a dozen bitter almonds, blanched and pounded, with two table-spoonfuls of rose-water; sweeten with loaf-sugar, and stir it over the fire till it nearly boils; then add the well-beaten yolks of three eggs; let it simmer for about one minute, stirring all the time. Pour it into a dish or cups, with sugar and nutmeg over it.

Solid Custard.—One pint of cream, one pint of milk, about two dozen bitter almonds, pounded; boil together about a quarter of an hour, or until the flavour of the almonds is sufficiently extracted; then set it away to cool. Beat twelve eggs light, leaving out eight whites; when the milk is lukewarm, stir in the eggs, sweeten to your taste, and strain it; then pour it into a pitcher, and place it in a vessel of boiling water, and put that on the fire, stirring constantly until it thickens; then pour it into a dish or cups, and grate nutmeg over it. If you wish to have the

custard baked, do not pour into a pitcher, but put it at once into a dish or cups, and bake in a moderate oven.

Almond Custards.—One pint of cream, a quarter of a pound of almonds, blanched and pounded fine, with two table-spoonfuls of rose-water; sweeten to your taste. Beat up the yolks of four eggs; stir all these ingredients together over the fire until the mixture is thick; then pour it into cups.

Arrow-root Blancmange.—Mix a heaped table-spoonful of arrow-root in a little water; boil a pint of milk, sweetened and flavoured with a tea-spoonful of rose-water, and half a tea-spoonful of peach-water. Pour it, boiling, on the arrow-root. Boil it again, stirring all the time.

Gelatine Blancmange.—A quart of milk, four pieces of gelatine; soak the gelatine in water, add it to the milk, and let it boil for five minutes; strain it through a towel, and sweeten and flavour to your taste. Coffee blancmange is made by flavouring it with strong coffee. The shapes should have cold water put in them, and shaken all round to prevent the milk from sticking to the sides.

Isinglass Blancmange.—One quart of milk, one ounce of isinglass, one dozen of bitter almonds, a stick of cinnamon, and a blade or two of mace. Dissolve the isinglass in half a pint of water, and mix it with the milk; sweeten to the taste; add the spice and almonds, which must be blanched and broken in a mortar first; then put the sauce-pan on the fire, let the milk boil five minutes, take it off, and strain it through a towel; stir it until almost cold, add a tea-cup of Madeira wine, and, if the flavour of the almond is not strong enough, add a little peach-water. When it begins to thicken, pour it into moulds, which must be first dipped in cold water, and set it away in a cold place to stiffen.

Rice Blancmange, No. 1.—Boil the rice very tender, and press it through a sieve; sweeten with loaf-sugar; blanch some almonds, and pound them very fine, adding, gradually, a little rose or peach-water; mix all together, and put it into moulds while hot. Make a thin custard, and pour over the blancmange.

Rice Blancmange, No. 2.—Boil half a pint of whole rice in as little water as possible, till all the grains lose their form, and become a solid mass. Next put it in a sieve, and drain and pass out all the water. Then turn it into the sauce-pan, and mix it with half a pint of rich milk and a quarter of a pound of powdered sugar. Boil it again till the whole is reduced to a pulp. Remove it from the fire, and stir in while hot a wine-glass of rose-water.

Dip your moulds into cold water, and fill them up with the rice; set them on ice, and, when quite firm and cold, turn out the blancmange; serve it up on a dish, with a sauce tureen of sweetened cream, flavoured with nutmeg.

Rice Flummery.—Boil six ounces of rice flour, slowly, in a quart of milk; add a little lemon-peel, twenty bitter almonds, chopped very fine, and about a quarter of a pound of loaf-sugar; stir it all the time it is on the fire, and, when almost boiled to a consistency, pour it into a mould, and let it stand all night, or until it becomes stiff enough to turn out. Serve up with cream and preserves.

Calves' Feet Jelly.—To a set of feet allow a gallon and a half of water; boil slowly until it jellies, skimming the fat off well; pour it out, and let it cool. When quite stiff, scrape the top carefully, to remove all grease, and put the jelly into a preserving-kettle, with sugar enough to sweeten it, the juice of a sour orange or lemon, a pint of Teneriffe wine, a gill of brandy, a little

cinnamon and lemon, or sweet orange-peel, and the whites and shells of four eggs to clarify it. Let these ingredients boil together until the egg curdles, then strain through a woollen bag until clear.

Isinglass Jelly.—Soak for two hours, in cold water, two ounces of the isinglass; drain off that water, and add two quarts of fresh, a pound and a half of loaf-sugar, the beaten white of three eggs, the juice of three lemons, the peel of one, and spice to your taste. Stir the whole together, and boil it five minutes. Strain through a jelly-bag as often as may be necessary to render it perfectly clear. Pour into moulds, previously moistened with white of egg and water, and set it aside to cool.

For wine jelly, add one pint of wine to the above.

Gelatine Jelly.—A quart of wine, three pints of water, a pound of sugar, two table-spoonfuls of lemon-juice, a wine-glass of brandy, a stick of cinnamon, eight pieces of gelatine, which should be well soaked in water first, the whites of eight eggs, slightly beaten; stir all these together, and put them on the fire; stir until very hot, then leave off stirring, and when it boils, let it continue on for five minutes. Take it from the fire, and, after it has cooled two minutes, strain it through folded linen or woollen. Keep pouring back until it is quite clear.

Russian Jelly.—Melt slowly by the fire some seasoned and clarified calves' feet jelly. When melted, put it into a pan, over ice, and beat it with a wisk as you would floating island; while beating, squeeze into it, gradually, the juice of a lemon, which will make it perfectly white and light, like floating island. When in this state put it into a mould on ice, until wanted. Turn it out as you would blancmange or jelly.

Broken bits of jelly, not fit to be brought again to table, will, in this manner, make a beautiful dish. A good-sized tea-cup and

a half will fill a large mould, so much does its lightness increase its bulk.

Pomona Jelly.—Peel, core, and cut into quarters six large green apples; throw them into cold water for a few minutes; then take them out, and add about five ounces of powdered loaf-sugar; stew them till quite soft; rub them through a sieve, and add three-quarters of an ounce of isinglass, which must be first dissolved in about half a pint of water. Rub some sugar upon the peel of a lemon, to extract the flavour; add it to the jelly, and, if not sweet enough, add more sugar; stir it over the fire till quite hot; then put it into a mould, and turn out the next day.

Orange Jelly.—The juice of eight oranges and six lemons; grate the peel of half the fruit, and steep it in a pint of cold water; when the flavour is extracted, mix the water with the juice; add three-quarters of a pound of loaf sugar, one and a quarter ounces of isinglass, and the beaten whites of seven eggs. Put all into a sauce-pan, and stir till it boils. Let it boil a few minutes; strain it, till clear, through a jelly-bag; put it into a mould, or glasses.

Bavarian Cream.—Two ounces of best Russian isinglass, boiled in two quarts of water till reduced to one; strain it while warm, and add to it one and a half pounds of powdered sugar; put it into a deep vessel to cool; whip up two quarts of thick cream to a stiff froth, which, as it forms, take off with a spoon, and lay upon a sieve to drain, so that none but the solid part is retained. When the cream is all frothed, add to it the melted isinglass and sugar, into which the flavouring substance must be previously put. When it is all mixed together, put it into moulds, and set it on ice. In about an hour it will be stiff enough to turn out. When to be flavoured with vanilla, break up two fresh beans in a pint of water, and simmer down to half

the quantity in a covered vessel; strain it, and mix it with the isinglass and sugar before they are added to the cream.

A similar dish, more simple and economical.—Half a pint of milk, six eggs, six ounces of sugar; flavour with vanilla, or any other essence. Beat till very light, and let it simmer on the fire without boiling for fifteen minutes. When it becomes tepid, mix in half a pint of whipped cream; pour it into a mould, and surround it with ice. Whip up some cream, and pour it into the dish after the form is turned out.

Coffee Cream, No. 1.—Boil calf's foot in water till it wastes to a pint of jelly; clear it of all sediment and fat. Make a tea-cupful of *very* strong coffee; clear it with a bit of isinglass, to be perfectly bright. Pour it on the jelly, and add a pint of rich cream, and as much loaf-sugar as is agreeable to the taste. Let it boil up once or twice, and pour it into a dish. It should congeal, but not be very stiff.

Coffee Cream, No. 2.—Put a quart of water into a coffee-pot; when it boils, put in two ounces of coffee; stir well, and let it boil up two or three times. Let it stand till you can draw it off clear, then pour into a stew-pan with one pint of milk, well sweetened; let it boil away till there is only enough left to fill your dessert-dish. Rub into it the yolks of five eggs, a tea-spoonful of flour, and half a pint of cream. Let the dish be then placed in a stew-pan of water, just ready to boil; place it on the fire, and let it boil only till the cream becomes smooth.—*Madame de Genlis.*

Ratafia Cream.—Break five eggs, and beat up the yolks with some cream and a large spoonful of finely-powdered sugar; put into a sauce-pan a quart of thick cream and six laurel-leaves, or a few bitter almonds, and set it on the fine. When it has once boiled up, throw away the leaves, and put in the beaten

eggs; stir all together, and keep it hot for some time without allowing it to boil, observing to stir always the same way. When thick enough, pour it into cups for the table.

Strawberry Cream.—Boil a pint of milk, well sweetened, and moisten a dessert-spoonful of flour with a little of the hot milk; throw it into the milk on the fire, and stir with a wooden spoon; pour in the juice of crushed strawberries till the cream becomes of the colour you want, and strain the whole through a sieve.

Orange Cream.—The juice of four sour oranges, and the peel of one chipped fine; put them into a stew-pan with half a pint of water and half a pound of loaf-sugar; beat the whites of five eggs, and add them; set the pan over a slow fire; stir one way until it grows thick and white; then strain through a bit of muslin, and stir till cold. Beat the yolks of five eggs very light, and put them into your pan with the cream; stir over a slow fire till ready to boil; pour it into a bowl, and stir till cold; then put it into your glasses.

Almond Cream.—Boil a quart of cream with a grated nutmeg, a blade or two of mace, a bit of lemon-peel, and sugar to the taste. Blanch a quarter of a pound of almonds, and beat them very fine with a dessert-spoonful of rose (or orange-flower) water; beat well the whites of nine eggs, strain and add them to the almonds; beat them together, rub them through a coarse hair-sieve, and mix all together with the cream; set it on the fire, stir it one way until it almost boils; then pour it into a bowl, and stir till cold; then put it into cups or glasses.

Lemon Cream.—Take five large lemons, pare them as thin as possible, and steep the parings with the juice of the lemons in twenty spoonfuls of spring-water; then strain into a silver sauce-

pan through a jelly-bag, and add the whites well beaten of six eggs, and ten ounces of loaf-sugar; set the sauce pan over a very slow fire, stirring all the time one way; skim it, and when scalding hot pour it into glasses.

Snow Cream. Put some thin slices of sponge cake in the bottom of a dish; pour in wine enough to soak it; beat up the whites of three eggs very hard; add to it two table-spoonfuls of finely-powdered sugar, a glass of sweet wine, and a pint of rich cream. Beat these in well, and pour over the cake.

Fromage à la Creme.—Mix a wine-glass of sweet cream with a pint of fresh milk; turn it into a curd-press, and let it drain for some hours. Then turn the cheese out into a deep dish two-thirds full of rich cream. Or it may be prepared in the following manner:—pass the curd through a sieve; rub it up with a little cream and milk; sweeten and flavour to the taste with powdered sugar, grated lemon-peel, and juice; grate nutmeg over it. It should be of the consistence of very thick cream, or soft butter.

Slip.—Put into a dish a quart of cream, and one of milk, and stir into it a table-spoonful and a half of "Artichoke Extract." The length of time required to turn the milk depends upon the weather. In a warm climate it will congeal in three-quarters of an hour, and in a cool one it should be mixed very soon after breakfast, if wanted for dinner. Grate nutmeg and cinnamon over the top, and serve with sugar and cream.

N. B.—The "Extract" is made by filling a bottle with the dried flowers of the artichoke, and pouring as much wine upon them as the bottle will hold. Or in the following manner:—a few hours before it is wanted, put into a table-spoonful and a half of water a dessert-spoonful of the dried flowers. Let them steep, and strain the water into the milk.

Solid Syllabubs.—One pint of cream, half a pint of wine, the juice and grated peel of one lemon, sweetened to your taste. Put it in a wide-mouthed bottle, shake it for ten minutes, then pour it into your glasses. It must be made the evening before it is to be used.

Syllabub.—To one quart of cream, put half a pint of sweet wine and half a pint of Madeira, the juice of two lemons, a little finely-powdered spice, and sugar to the taste. The peel of the lemons must be steeped in the wine until the flavour is extracted. Whisk all these ingredients together, and as the froth rises, take it off with a spoon, lay it upon a fine sieve; what drains from it put into your pan again, and whisk it. Put the froth into glasses.

Trifle.—Lay in the bottom of a glass dish, or bowl, half a pound of maccaroons, and a few slices of sponge cake; wet them thoroughly with ratafia or sweet wine. Whisk together the following ingredients:—one quart of cream, half a pint of milk, one pint of Teneriffe wine, the grated peel of two lemons and the juice of one, a little finely-powdered spice, and sugar to the taste; as the froth rises, take it off, and lay it upon the cake until the dish is full.

A custard may be put first upon the cake, and the froth laid lightly upon that.

Apple Float.—One dozen of large, green apples boiled in as little water as possible, and passed through a fine hair-sieve; when cold, sweeten to the taste; add the whites of two eggs well beaten, and then beat the whole with a spoon until it is quite stiff. When ready for the table, grate nutmeg over it. It must be eaten with cream.

Carolina Cream.—One pint of thick cream, half a pint of milk, half an ounce of Russian isinglass, the whites of ten eggs,

four wine-glasses of rum; sugar to the taste. Dissolve the isinglass in the milk, and boil it a few minutes; then strain it into a bowl, and put it away to cool. Mix the cream, rum, and sugar together, and whip them to a froth, which must be taken off as it rises, and mixed with the isinglass. Whip the whites of the eggs to a stiff froth, and stir them with the cream into the isinglass, which must first begin to congeal. After the cream and eggs have been added, continue to stir the mixture until it thickens so much that the froth will not separate from the isinglass. In warm weather, the bowl containing the isinglass should be placed in ice while the other ingredients are stirred into it.

Wine Cream.—Set a quart of cream on the fire, and, when it boils, stir in, very slowly, six table-spoonfuls of white wine, taking care that the cream does not curdle; then season with nutmeg and orange-flower water, and sweeten to the taste. Let it stand until it is cold.

Charlotte Polonaise.—Boil in half a pint of milk, until perfectly dissolved, two ounces of grated chocolate, two ounces of white sugar, and a quarter of a pound of maccaroons, which must be first broken into small pieces. In another half pint of milk mix four ounces of blanched and finely-pounded sweet, and one dozen of bitter almonds or peach-kernels, four ounces of pounded citron, and four ounces of white sugar. Let this mixture also boil a few minutes; then set them both away to cool. Cut a sponge cake into slices about half an inch thick; wet them well with ratafia or wine, and spread them alternately with the chocolate and almond mixtures; put them one upon the other, until the dish is filled. Then pour a rich custard over them, and, when they are well soaked, cover the whole with a floating island made with white of egg whipped to a froth, and sweetened and flavoured with finely-powdered loaf-sugar, and raspberry, or any other jelly; or, instead of the custard and float-

ing island, you may cover the cake *thickly* with icing, such as is used for pound-cake; ornament it with dried or frosted fruit. The polonaise must not be put into the oven, that the icing may be dried, but should be prepared an hour or two before it is wanted, that the icing may become glossy.

Mock Ice.—Take about three table-spoonfuls of some good preserve; rub it through a sieve with as much cream (say a quart) as will fill a mould. Dissolve three-quarters of an ounce of isinglass in half a pint of water; when almost cold, mix it well with the cream; put it into a mould; set it in a cool place, and turn out the next day.

Boiled Icing.—One and a half pounds of loaf sugar, boiled in half a pint of water until it ropes; beat the whites of seven eggs to a stiff froth; put the syrup into a boil, and stir it until it is milk-warm; then put in the eggs, and beat the whole one hour.

ICES.

Almond Ice.—Two pints of milk, eight ounces of cream, two ounces of orange-flower water, eight ounces of sweet almonds, four ounces of bitter almonds, twelve ounces of sugar; blanch the almonds, and pound in a marble mortar, pouring in, from time to time, a few drops of water; when thoroughly pounded, add the orange-flower water and half the milk; pass this, tightly squeezed, through a cloth. Boil the rest of the milk with the cream, and keep stirring it with a wooden spoon. As soon as it is thick enough, pour in the almond milk; give it one boiling, take

it off, and let it cool in a bowl or pitcher before pouring it into the mould for freezing.—*Madame de Genlis.*

Vanilla Ice.—Two pints of milk, eight ounces of cream, four grains of vanilla, twelve ounces of sugar; split the vanilla, and cut into small pieces; beat it with a little sugar in a marble mortar till it becomes powdered; put it into a stew-pan or skillet with the milk, cream, and sugar. Let them boil until the whole is sufficiently thick; then strain through a cloth, and pour it into a bowl to cool.—*Madame de Genlis.*

Chocolate Ice.—Have six yolks of eggs and three-quarters of a pound of sugar, well stirred together, as if for cake; roll out a quarter of a pound of chocolate, pour a tea-cupful of boiling water on it, a little at a time, until it is well mixed; boil a quart of cream and one of milk together; when it boils, mix it with the chocolate, a little at a time; then put it on the fire, and, when it boils, pour it on the eggs, mixing it all the time; put it again on the fire, and stir it until it becomes thick; it must not boil. When cold, freeze it.

Milk Ice.—Take the quantity of milk you want frozen; sweeten and flavour with rose-water or peach-water, or any thing you please; freeze it. This is much better than cream in summer. Boiling the milk makes some difference in the flavour, and is preferred by some people.

Custard Ice.—Make your custard, allowing three eggs to a quart of milk, and much more sugar than for ordinary custard; flavour with whatever essence may be preferred, and freeze.

Matrimony.—Pare and cut in small pieces two dozen common-sized peaches, cover them thickly with sugar, and let them stand

three or four hours. Beat them into a quart of cream or a very rich custard, (if cream, sweeten.) Freeze.

Roman Punch.—Make a rich lemonade, (of limes, if they can be had,) and to two quarts of the lemonade allow half a pint of old rum, and half a pint of peach brandy; stir well together, and freeze.

Strawberry Sherbet.—Three pounds of strawberries, eight ounces of red currants, one pint of water; crush the strawberries and currants in a sieve, and let the juice run into a deep dish or bowl; pour the water over the strawberries remaining in the sieve, melt the sugar in a little water over the fire, and add to the juice, and pour it into the mould. The taste must be the guide.

Lemon Sherbet.—Make any quantity you please of rich lemonade, (it is better made of limes;) make it very sweet, and freeze it.

Pine-apple Sherbet, No. 1.—Take two or three very ripe pine-apples, pare, and grate them into a bowl; put the grated pine-apple on a sieve and let it drain well, pressing it down to get out every drop of juice. Weaken it as much as you please with water, and make it very sweet, as all things, when frozen, have less sweetness.

Pine-apple Sherbet, No. 2.—Extract the juice from two ripe pine-apples and one lemon; add one and a half pounds of white sugar; then pour on three quarts of boiling water, stir well, and strain through a sieve or coarse towel; then freeze it.

Peach Sherbet.—Get two or three dozen of ripe, soft freestone peaches; peel them, and pass them through a cullender; add water sufficient to weaken it, and sweeten to the taste. Freeze.

Blackberry Sherbet.—The juice extracted from six quarts of blackberries, strained and sweetened, will make two quarts of sherbet. A pint of milk added, is thought by some persons an improvement.

Colouring for Ice Cream, &c., No. 1.—Boil very slowly in a gill of water, till reduced to one half, twenty grains of cochineal, the same of alum and of cream of tartar, powdered finely; strain, and keep in a phial tightly corked. For *yellow* colouring, use an infusion of saffron; for *green*, spinach-leaves boiled, and the juice expressed.

Colouring for Ice Cream, &c., No. 2.—Express the juice from the pokeberry, and to every pint allow a pound of sugar, and boil fifteen minutes. A tea-spoonful of this jelly will colour two quarts of milk or jelly.

PRESERVES, ETC.

White Compote of Pears.—Blanch as many pears as you intend to use, whole, with the skin on, in boiling water; take them out when soft; peel, and put into cold water. Have your syrup ready in the stew-pan. When it is boiling hot put in the pears, with a slice of lemon, to keep them white; when thoroughly stewed, take them out and serve in the syrup. They may be served hot or cold.

Red compote of pears is made as above—only leave out the lemon, and cover the stew-pan with a pewter plate; but this red

colour is only given by the pewter to fruit preserved in a bell-metal vessel.

Compote of Strawberries.—Boil half a pound of sugar with half a pint of water, till it becomes a very thick syrup. Take care to skim it well. Have ready your strawberries, well picked, washed, and drained, and not over-ripe; put them into the syrup; take them off, after being a minute or two on the fire, to let them settle; put them back, let them boil once, and take off quickly.

Raspberry compote is made in the same manner; but the raspberries must not be washed.

Compote of Peaches.—Blanch your peaches in boiling water; when quite soft, take them out with a strainer, and put them into cold water. Have ready in your stew-pan a syrup made of a quarter of a pound of sugar and half a pint of water; put in your peaches; let them boil two or three times; skim them well; place in a dessert-dish, and pour the syrup over them.

Apricots are stewed in the same manner.

White compote of Apples.—Cut six large apples in half; peel, and take out the seeds; stew them in a pint of water, the juice of half a lemon, and sugar. When the apples are sufficiently tender, take them out and arrange them in the dessert-dish. Let the syrup keep on boiling till it is clear and rich; then pour it over the apples.—*Madame de Genlis.*

Peach Marmalade.—Take very ripe peaches; peel them, take out the stones, and cover them with all the sugar you mean to use for them. A pound of sugar to a pound of fruit is enough to make very nice marmalade; but if you wish the flavour of the fruit to be very well preserved, take a pound and a half of sugar to the pound. After the peaches have been in the sugar three or four hours, turn them into your preserving kettle; boil them

very rapidly half an hour, if you use a pound, and eight or ten minutes, if you have a pound and a half. Rub it with a spoon through a hair-sieve, and fill your jars immediately. Made thus, this marmalade has the transparency of jelly.

Peach Leather.—Take a peck or two of soft freestone peaches; pound them; pass the pulp through a coarse sieve; and to four quarts of pulp add one quart of good brown sugar; mix them well together, and boil for about two minutes. Spread the paste on plates, and put them in the sun every day until the cakes look dry, and will leave the plates readily by passing a knife round the edges of the cakes. Dust some white sugar over the rough side, and roll them up like sweet wafers. If kept in a dry place, they will continue sound for some months. If the weather is fine, three days will be enough to dry them.

To dry Peaches, No. 1.—Take nearly ripe peaches, and separate them from the stone in as large pieces as possible; then take their weight of sugar; to every pound of sugar add half a pint of water; boil it into a syrup, taking off the scum as it rises. When the syrup is cold, pour it over the peaches, and set them to boil in an open skillet. Let them boil slowly until they are very tender; then take them from the syrup with a fish-knife, and lay them in flat dishes to dry in the sun. Put them out every day, and now and then turn them; if the weather be damp or rainy, put them in a warm oven. When nearly dry, throw the syrup over them, first boiling it almost to a candy, and then renew the above-directed process for drying.

N. B.—To make peach-cakes, boil the peaches to a jelly, and dry it in earthen dishes.

To dry Peaches, No. 2.—Gather your peaches before they are perfectly ripe; pare and split them, (freestone peaches are the best,) and to every pound of fruit allow three-quarters of a pound

of white sugar. Put the fruit and sugar in a bowl, and let them stand until the sugar is well saturated with the juice of the peaches; then throw them into your kettle, and boil until the pieces are tolerably clear. Take them out of the syrup, and lay them on a sieve to drain; put them on a dish or board, and dry them in an oven or the sun; turn them every day.

To preserve Peaches.—Gather your peaches full grown, but not ripe enough for eating; allow three-quarters of a pound of sugar to every pound of fruit; pare, and put them in a bowl, sprinkling sugar between each layer; let them lie twelve hours, in which time the juice will be drawn. Then put them into the preserving kettle, and boil until transparent. Before putting the peaches into the kettle, pour in a glass of brandy

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To preserve Peaches for Tarts.—Gather your peaches in any state not under half-ripe; pare, and put them into a jar, with an equal weight of sugar sprinkled among them; put them into the oven, and bake them.

Peach Marmalade.—Peel and cut up small six pounds of peaches or apricots; crack the stones, blanch the kernels, and mince them up extremely fine; add six pounds of sugar, and put all together into your preserving kettle. Set it on a slow fire, keep stirring it, and mash the pieces smooth; when sufficiently boiled and thick, take it off and put it away for winter tarts. If preserved for immediate use, take four and a half pounds of sugar.

To preserve Shaddocks.—Prepare the fruit by carving or grating off the outer rind; keep them in salt and water till all are ready; then boil them well in soft water, changing the water as soon as it becomes bitter; for this purpose keep a kettle of warm water ready, as cold water poured over them would make them hard. When sufficiently tender and sweet, put the shad-

docks into a good syrup, and boil them until they become transparent. For the syrup allow one and a half pounds of loaf-sugar to every pound of fruit.

N. B.—After the shaddocks are boiled, a small piece should be cut from the stem-end, and the tough strings in the centre extracted with a pen-knife, before they are put into the syrup.

Sour Orange Marmalade.—Weigh your fruit, and allow one and three-quarters of a pound of loaf-sugar to one pound of oranges; cut them in half; squeeze the juice through a sieve upon the sugar, pick out the pulp from the skins and seeds, and add it to the juice; put the seeds into a bowl, and cover them with cold cistern water; when the jelly has formed around them, put them upon a sieve, and press the jelly through it; add it to the juice and pulp. Boil the skins until they become quite tender, changing the water until the bitter is sufficiently extracted; take them out of the kettle, and drain the water from them; scoop out the pith, and pound the skins in a marble mortar until quite fine. Mix it with the juice, &c., and boil for an hour, stirring frequently. Some persons reserve one-third of the skins to cut into strips, which are boiled with the juice, &c.

To preserve Oranges.—Grate your oranges lightly, so as just to break the skin, that the oil may be extracted in boiling; then cut them in quarters, or any shape you please, squeeze them, and take out the pulp; boil the skins till they are tender, observing to change the water two or three times while boiling, and taking care to use *boiling* water only in making these changes. When done, spread them in a dish to drain; then weigh them, and to one pound of skins put two pounds of sugar. The syrup must be made thin—a quart of water to one pound of sugar—to allow the skins to boil until they are perfectly clear.

To preserve whole Citrons or Oranges.—Scrape the citrons with a knife, and cut a small hole in the stem-end. Weigh the citrons, and allow two pounds of powdered sugar to one of citrons. Put them into a brass kettle, with cold water, and boil them till tender, changing the water freqently, and always using hot water. When sufficiently boiled, draw the citrons quickly from the water; set the jar in hot water, and put into it, alternately, citron and sugar. Cover the jar closely, and leave it in the hot water till it becomes cold; then remove the jar from it. Two days after, take the citrons from the melted sugar, and boil that almost to candy height. When the syrup is *quite cold*, pour it over the citrons or oranges.

To preserve Yellow Oranges.—Grate or peel off the glazed skin of the oranges; then cut them in half, and squeeze the juice; pour a little boiling water on the seeds, which, when cold, will form a jelly. Boil the peels, changing the water five or six times (always hot) until the bitterness is sufficiently extracted, and they are tender; then throw them into cold water, and let them remain until the next day. After removing the pulp, weigh the peels, cover them with cold water, and let them remain in it until the syrup is boiled. Make the syrup with the jelly strained from the seeds, the juice, and an equal quantity of sugar to the weight of the oranges; boil until clear, then drain the peels from the water, and throw them into the boiling syrup; continue the boiling until the peels are transparent.

To candy Orange-peel.—Leave your oranges on the tree until the rind is thick—any time in January will do. Weigh the fruit, and allow an equal weight of sugar; cut the oranges in half, and take out the pulp; boil the peels until quite tender, changing the water which should be hot frequently; cover the kettle close while the peels are boiling. Moisten your sugar, put on the peels, and boil them till thoroughly impregnated with the

syrup; then take out the peels, lay them on tin sheets, and put them in a cool oven. When quite dry, lay them again in the syrup until they become saturated; return them to the oven, and continue the process until the syrup is exhausted.

Orange Wafers.—Take the best oranges, cut them in half, and take out the seeds and juice; boil them in three or four waters (always hot) until they are tender; then beat them to pulp in a marble mortar, and rub them through a hair-sieve; to one pound of this pulp, allow a pound and a half of loaf-sugar; take half of your sugar, and boil it with the oranges until it becomes ropy; then take it from the fire, and, when cold, make it up in paste with the other half of your sugar. Make but a little at a time, for it will dry fast; then with a rolling-pin roll them out as thin as tiffany, upon paper. Cut them round with a wine-glass, let them dry, and they will look clear.

To preserve Figs.—Pick your figs when a little more than half ripe; peel them very thin, and to a pound of fruit put three-quarters of a pound of sugar; make a syrup, and put the figs into it, with a good deal of stick cinnamon; let them boil till clear, stirring frequently.

Tomato Figs.—Allow three pounds of clarified sugar to every five pounds of tomatoes; they must first be scalded, to remove the skin. Then place in a jar tomatoes and sugar, alternately, to extract the juice. They must remain twenty-four hours. Boil them in their juice until the sugar penetrates, and they look clear, but not so much as to mash them; very little boiling is necessary. Return them to the jar, to remain two days, when you must pour off the syrup, boil it, and throw over them; after remaining two days longer, shake them from the syrup, and dry on dishes, turning them every day for a week, of good drying weather, in the sun Should the weather be damp, after

the boiling is finished, let them remain in the syrup until good weather; damp causes them to mould before dry. When perfectly dry, pack them in wooden boxes, treating each layer to sifted loaf-sugar.

To make Tomato Preserves.—Take the tomatoes while small and green, put them in cold, clarified syrup, with one orange, cut in slices, to every two pounds of tomatoes; but if very superior preserves are wanted, add, instead of the oranges, two fresh lemons to three pounds of tomatoes. Simmer them over a slow fire for two or three hours.

To preserve Cherries.—Wash your cherries, and prick each one with a large needle; to each pound of cherries allow one pound of loaf-sugar; break your sugar into large lumps, and dip them into water; put them into your kettle, and when the syrup begins to boil, throw in the cherries. Let them remain until you can see the stone; then take them out, and spread them upon a dish; let the syrup continue to boil until perfectly clear. The next day put the cherries into the syrup. The juice which has drained from the fruit must not be added to the syrup.

This makes a very pretty sweatmeat when preserved with the stones.

Pumpkin Chips.—Cut slices from a high-coloured pumpkin, and cut the slices into chips about the thickness of a dollar; wash them, dry them thoroughly, and weigh them against an equal weight of sugar; add to each pound of sugar half a pint of lime or lemon-juice; boil, and skim it, then add the pumpkin; when half boiled, take the slices out of the syrup, and let them cool; then return them, and boil until the pumpkin becomes clear. The peel of the lemons or limes, pared very thin, boiled until tender, and added to the chips when nearly done, is an improvement.

Tomato Jelly.—Fill a large jar with slices of the ripest and best tomatoes; lay a cloth over the jar, and over that put a piece of dough to keep in the heat; place the jar in a large pot of water, and boil four or five hours constantly; then strain the juice through a coarse hair-sieve, and to every pint of juice put a pound of brown sugar if you wish the jelly very sweet, or half that quantity if to eat with meat. Add the whites of eight eggs to every gallon of juice, skim it, and boil till nearly half evaporated; then put it in glasses, and keep them in the sun till sufficiently thick.

A very good jelly to eat with meat may be made by putting salt, pepper, and a little mace and nutmeg, instead of sugar.

Cherokee Plum Jelly.—Put the plums into a stone jar; cover it close; put it into a pot of water, and let it boil. When the plums are quite soft, take them out, and drain the juice from them; run it through a jelly-bag, and to every pint of juice allow a pound and two ounces of the best loaf-sugar. Mix the white of an egg with the juice and sugar; set it over the fire, and, as soon as it boils, skim it carefully, and then let it boil rapidly for twenty minutes.

Sago Jelly.—One pint of the juice of any fruit mixed with a pint of water, half a pint of sago, some cinnamon, one lemon, (juice and peel,) and four small cups of sugar. The jelly made in the usual way.

Alpisteras.—To one pound of fine flour add half a pound of powdered loaf-sugar, the yolks and whites of four very fresh eggs, well beaten together; work the mixture up into a paste, roll it out very thin, divide it into squares of about four inches, cut it into strips, so that the paste should look like a hand with fingers, then dislocate the strips, and dip them into hot lard until of a delicate brown; the more the strips are curled up and twisted,

the better. The alpisteras should look like bunches of ribbons; powder them over with fine white sugar.—*Spanish Receipt.*

Ekbaladoolas.—Blanch half a pound of almonds, and fry them in a small table-spoonful of fresh butter, until they are of a light brown; then wipe them with a towel, and put them into a bowl or pan. Make a syrup with a pound of loaf-sugar and three gills of water; boil it to a thread, care must be taken to boil it to the exact candying point; pour it boiling upon the almonds, and stir them until the sugar hardens around them.—*Hindoo Receipt.*

NOTE BY THE EDITOR.—Groundnuts are very nice, prepared in the same way.

Fruit Biscuits.—Put two ounces of the pulp of plum, or any other fruit, into a dish, and set it over the fire until it is hot; then add three ounces of powdered sugar, the white of an egg beaten to a thick froth; mix the sugar and pulp with a spoonful of the froth, and beat them well together. Put the mixture into paper moulds, which must be stuck; place them in a warm oven.

Fruit Jumbles.—Prepare the pulp as for the biscuits; set it over the fire, and dry it till it is as thick as a conserve; then beat it in a mortar with sifted sugar, and make it into jumbles.

Groundnut Cake.—One pint of parched and powdered groundnuts, one pint of brown sugar, and the whites of five eggs. Froth the eggs, and stir in, alternately, the sugar and nuts. Bake in patties, in a slow oven.

An excellent receipt for Groundnut Candy.—To one quart of molasses, add half a pint of brown sugar, and a quarter of a pound of butter. Boil it for half an hour over a slow fire, then

put in a quart of groundnuts, parched and shelled. Boil for a quarter of an hour, and pour it into a shallow tin pan, to harden.

Chocolate Drops.—Grate a quarter of a pound of chocolate; stir in milk enough to moisten it; put it in a sauce-pan, on a slow fire, and boil it until it is dissolved; then add six table-spoonfuls of pounded almonds, and sweeten the mixture to your taste.

Roll them in a little wheat flour, and put them on tin sheets, in a nearly cold oven, to dry.

Lemon Drops.—To one pound of powdered sugar add the peel and juice of one lemon; mix these well together; then add the whites of two eggs, well beaten, to the sugar and lemon; rub the whole in a marble mortar; roll and cut in slices, and bake on a tin sheet, well sugared. The tin should be sugared as you roll.

Taffy Candy.—Fill a sauce-pan half full of coarse, brown sugar; moisten it with molasses; add a table-spoonful of butter, and some lemon-juice and peel. Boil your candy, and pour it on well-buttered tin sheets or plates. It must be very thin.

To Candy Flowers.—Take any kind of flowers you think pretty; clarify, and boil a pound of fine sugar until it is nearly candied; when the sugar begins to grow stiff, and rather cool, dip the flowers into it; take them out immediately, and lay them one by one on a sieve to dry.

To clarify Sugar.—To three pounds of sugar allow the white of one egg, and a pint and a half of water. Break the sugar into small lumps, put it into a sauce-pan, and pour the water over it; let it stand some time before it is put on the fire; then add the beaten white of the egg, stir it until the sugar is entirely dissolved, and, when it boils up, pour in a pint of cold water. Let

it boil up a second time, then take it off the fire, and let it settle for fifteen minutes; carefully remove the scum, put it on the fire again, and boil it till thick enough.

To Brandy the August Plum.—Select the largest and ripest plums; prick each one with a silver fork; put them into a glass jar, and cover them with brandy. Let them steep ten days or a fortnight; then take them out of the brandy, weigh them, and to each pound of plums allow three-quarters of a pound of white sugar; let the plums lie on the sugar until it becomes saturated; then put all into your kettle, and boil about half an hour over a slow fire.

The brandy in which the plums have been steeped makes a delightful cordial when sweetened, and a few cloves and a little cinnamon added.

Quince Marmalade.—Weigh equal quantities of quinces and sugar; wet the sugar sufficiently with white of egg to clarify it; scald the quinces until the skin cracks; when cold, the skin can be easily taken off with the finger; then scrape off all the soft part of the fruit with a spoon; put it to the syrup, and boil till perfectly clear. Put it up in shallow boxes.

Quince Jelly.—Cut your quinces into quarters, and cut out the defective parts, but do not pare or core them. Cover them with soft water, and boil them until very tender. When done, strain them through a coarse cloth, and to every pint of juice allow a pound of loaf-sugar. Boil until the jelly is well formed.

Brandy Sweetmeats.—To three pounds of sugar add a pint and a half of water; boil, and skim it; prepare eight pounds of ripe clingstone peaches, washed and rubbed with a coarse towel until all the down is off; then pierce them well with a fork, throw them into the syrup, and boil them until a sharp straw can

penetrate them; as they soften, put them into your jar, which must be kept closely covered; boil your syrup until it thickens, and while hot add a quart of the best brandy, and throw it over your peaches. Tie the jar down closely.

Pine apple Sweetmeats.—Grate two or three very ripe pine-apples; put a pound of sugar to a pint of grated fruit; let it boil up for twenty minutes. If properly done, the sweetmeats should look like threads of gold.

Apple Jelly.—Chop into small pieces twelve common-sized tart apples, cover them with water, and let them boil till-soft; then run them through a cullender, and with a spoon press out as much of the substance as possible, and if not too thick pass it through a flannel bag; if it should be too thick, add more water to the peel and cores of the apples, boil them, and add the juice to the pulp. After it has been passed through the flannel bag, put a pound of sugar to a quart of the pulp, and set it to boil; when it becomes clear, and a jelly forms round the kettle, it is done. Take the pulp of the apples remaining in the bag, and to one pound of this pulp allow one pound of loaf-sugar. This, when boiled, makes a nice marmalade.

Three or four guavas, cut up and put with the apples when first set to boil, make a very good jelly and marmalade. If none of the guava can be procured, lemon-peel may be used to flavour it.

LIQUEURS, SYRUPS, ETC.

Burnt Wine.—Two ounces of cinnamon, one of cloves, mace, and nutmeg, each, and one-fourth of a pound of allspice. Bruise your spice pretty fine, and put it into a jug with a gallon of water; stew it till you judge the strength of the spice is extracted; then strain the water through a flannel bag, add the rest of the allspice, (only one-fourth of the quantity above-mentioned being at first put into the water,) and two gallons of wine. Sweeten to your taste, cork it lightly, let it just boil, and strain it again.

Ginger Wine.—Boil fifteen pounds of loaf-sugar in eight gallons of water, skim it clear, then let it stand until it is cold; bruise one and a half pounds of the best ginger, the rind of six lemons, which, with the ginger, must be boiled in three pints of water for an hour. When cold, add the juice, half a pound of raisins, split, and three table-spoonfuls of yeast. Set it to work one day and night before putting it in stone bottles.

Elder Wine.—To every quart of elderberries add a quart of water, the berries having been kept three or four days after being gathered. Boil them for half an hour, with three pounds of sugar, two and a half ounces of ginger, one ounce of allspice, and a few cloves, to a gallon; all the spices must be half bruised. When nearly cold, add a piece of bread dipped in yeast, to ferment it.

Raspberry Wine.—Take fourteen quarts of raspberries, bruise them well, and put them into fourteen pints of spring water; let

it stand twenty-four hours, then strain it off. Take fourteen pounds of moist sugar, with four quarts of water, and the whites of four eggs; just let it boil up, and skim it well. Let it stand until it is almost cold, then mix it with the juice, put it into a barrel, and let it stand eight days to ferment; take two quarts of brandy, and one dram of cochineal, pounded very fine; put it into the barrel, stop it close for three months, at which time it will be fit for bottling.—*English Receipt.*

Egg Wine.—The yolks of three eggs must be well beaten with a table-spoonful of cold water; take then half a pint of white wine, with the same quantity of cold water; sweeten it to your taste, and make it boil up; then put a small quantity to the eggs, and beat them well together; after that is done, throw the egg and the negus from bowl to bowl until it is thoroughly mixed. It must be about the consistency of thin chocolate, and must froth.

Egg Nogg.—Six eggs, a quart of milk, half a pint of brandy, or a gill of brandy and a gill of rum, six table-spoonfuls of sugar; beat the yolks and sugar together, and the whites very hard; mix in the brandy, boil the milk, and pour it into the mixture.

Sherry Cobbler.—Fill a tumbler half full of crushed ice, having first put into the tumbler a table-spoonful and a half of powdered sugar, and a slice or two of lemon; pour on it a wine-glassful of sherry wine; pour from tumbler to tumbler till it is well mixed. Drink it through a straw.

Quince Cordial.—Take ripe quinces, pare, and rasp them; strain the juice through a linen cloth; to ten pints add eight of good brandy. Then take two pounds and a half of loaf-sugar, eight ounces of bitter almonds, one ounce of coriander-seed, and half an ounce of cloves. Mix, and bruise them all to-

gether, and put them into a china or earthen vessel, closely covered.

Shake it every day for ten days; then run it off through a jelly-bag until it is quite clear. Peach-kernels will do instead of bitter almonds.

Orange Cordial.—Pare fourteen oranges and fourteen lemons very thin; put to the peel five quarts of brandy, and let it stand twelve hours; squeeze the juice of the oranges and lemons on five pounds of loaf-sugar; the next day add five quarts of cold water, and two of boiling milk. Stir all these ingredients well together, and let the mixture stand twelve hours; then run it through a flannel bag, and it is fit for use. Bottle it close.

Golden Cordial.—To one gallon of brandy add the rinds of four or six lemons, according to their size; expose this to the sun eight or ten days, shaking it once every day; then strain the brandy from the rinds, and add two pounds of loaf-sugar, one ounce of almonds, one ounce of peach-kernels, one ounce of cinnamon, and twenty-five cloves. Let these steep in the brandy until the flavour is extracted. Then filter for use.

Ratafia.—Steep, for several months, in a gallon of brandy, twelve hundred blanched peach-kernels; when the flavour is extracted from the kernels, pour off the brandy, and add to it one quart of Frontignac wine, one quart of strong hyson tea, one pint of orange-flower water, and three pounds of white sugar. Stir all together, and bottle it. As soon as it becomes clear it may be used, but improves with age.

Strawberry Syrup.—When the fruit is quite ripe, express the juice, and strain it through a bag. To one pint of the juice, put one pound of loaf-sugar; stir occasionally until the sugar is dissolved; then let it stand *quiet* until the scum rises, which will

be quite thick. When that is taken off, the syrup is fit for bottling, which must be done without scalding. Cork the bottles *tight*, and keep them in a cool place.

The syrup must stand some time for the scum to rise, but requires watching to prevent its becoming mouldy or acid, which will be the case if the scum stands too long on it.

August Plum Syrup.—Put the plums into a stone jar, and cover them with water; place the jar in a large kettle of water, and boil until the fruit is quite soft; strain through a flannel bag; add a pint of sugar to a pint of juice, and boil it until the scum ceases to rise. Bottle when cold.

Sirop d' Orgeat.—Take half a pound of sweet almonds, two ounces of bitter almonds, a pint and three-quarters of water, two pounds and a half of sugar, two ounces of orange-flower water, two drams of essence of lemon. Beat in a mortar the almonds, pouring in, little by little, some of the water, to keep them from oiling; when they are reduced to a paste, add the rest of the water; mix it all well together, and pass it through a sieve. Melt the sugar in the emulsion, and add the orange-flower water and essence of lemon.

Almonds are bleached by pouring boiling water on them.—*French Receipt.*

Orgeat.—To four pounds of crushed sugar put a quart of water; as soon as it begins to boil, let it continue boiling for five minutes, skimming it all the while; strain it then through muslin, and add, when cold, two table-spoonfuls of bitter-almond water, and four of rose-water.

Michi Michi.—This is made of equal portions of barley-water and orgeat, and is highly iced.—*Spanish Receipt.*

Orange-flower Syrup.—To a quarter of a pound of dried blossoms add two pounds of sugar and four pints of water. Boil to a rich syrup.

N. B.—The orange-blossoms should be gathered as soon as they fall from the tree, however few in number; keep them in a cool, shady place, till a sufficient quantity be procured for boiling. The leaves of the blossoms must be used, and not the middle.

Raspberry Vinegar.—On two quarts of fresh raspberries pour one pint of white wine vinegar; the next day put the fruit into a linen bag, and press out all the juice, and pour it on two more quarts of fresh raspberries; express the juice as before. Repeat this four or five times; then strain the liquor, and to every pint of juice allow one pound of loaf-sugar. Put it all into a stone jar, in a pot of hot water, over the fire. Let the water boil hard for an hour, and after it has stood about half an hour, there will be a scum on the vinegar. Take the jar out of the water, and let it stand till perfectly cold; then take off the scum, and bottle it for use.

Sirop de Vinaigre Framboise.—Steep two pounds of raspberries in a pint and a half of good undistilled vinegar for four days; pour it off without squeezing them. Clarify four pounds of sugar in a pint and a half of water, and add it to the flavoured vinegar; add also four ounces of brandy.

Agraz.—This is the most delicious and refreshing drink ever devised by thirsty mortal. It is made of unripe grapes, pounded, loaf-sugar, and water. It is strained till it becomes of the palest straw-coloured amber, and then frozen.—*Spanish Receipt.*

Lime Syrup.—Squeeze your limes, and strain the juice into a vessel large enough to hold all the ingredients. To one quart of juice add three and a half pounds of loaf-sugar, and let it remain

all night; the next morning there will be a scum, which must be removed with a spoon. Strain the syrup, and bottle it for use.

Regent's Punch.—To two quarts of green tea add half a pint of currant jelly, a little champagne, and the juice of four lemons. Sweeten with loaf-sugar, and add old spirits or brandy, to your taste.

Imperial.—Pare your limes *very thin;* fill the bottle with the peel; then cover it with brandy, and let it steep until the flavour is extracted from the peel—a week or ten days. On a table-spoonful of cream of tartar pour four quarts of boiling water, and add three large table-spoonfuls of the lime brandy. Sweeten to your taste; stir well, and set it in ice to cool.

Irish Mead.—Five gallons of water, two and a half pints of honey, one pound of raisins, stoned, half a pound of currants, three ounces of eringo-root, not candied, one ounce of liquorice, one ounce of China-root, quarter of an ounce of coriander-seed, and two sprigs of rosemary. Boil all these in the water until reduced to four gallons; then strain, and when cool work it up with yeast as in making ale; put it into another vessel, let it stand seven days, and then bottle it. As soon as brisk, it is fit for use.

Pea-haulm Beer.—Pour six gallons of water on one bushel of the shells of green peas, and boil till the shells become tasteless; then pour off the water into a clean tub or keg, and add to it one pint of yeast and two ounces of powdered ginger. In a short time fermentation will begin, and when it is complete the beer will be fit for use.

Beer made thus is very clear, has a fine amber colour, is pungent to the taste, and bears a fine head—far superior to the common molasses beer, and not inferior to mead.

One bushel of the shells (or haulms) will make several dozen

bottles of beer. It should be put into strong bottles, the corks secured with wire, and kept in a cool cellar.

Spruce Beer.—One pint of sassafras-root in chips, one handful of the tender tops of the spruce-pine, one quart of molasses, and two gallons of water. Put these ingredients together into a jug, cork it tight, shake it well, and let it stand twenty-four hours; then bottle it; cork tightly, and in twelve hours it will be fit for use.

When the jug used is new, two table-spoonfuls of rough rice and two of corn must be added to the other ingredients, in order to hasten the ripening of the beer.

Pine-apple Beer.—Wash, and then pare a pine-apple; if a good size, put the rind into about two quarts of water, (in the quantity you must be guided by the size of the pine-apple;) cover it for twenty-four hours, then sweeten to your taste; bottle, cork, and put it into the sun for five or six hours. Cool it, and it is then fit for use.

Ginger Beer.—Three lemons, two ounces of ginger, two ounces of cream of tartar, two and a half pounds of white sugar; two gallons of boiling water poured on the above ingredients, and when milk-warm, add two table-spoonfuls of yeast. The whole, when cold, to be strained through a thick towel, so as to take out all kind of sediment, and then bottled.

A fruit Punch—the best ever Tasted.—One quart of rum, half a tumbler of peach brandy, half a tumbler of water, the skins of three lemons, one lemon, sliced, and four peaches, stones and all. Make two or three days before wanted; put the whole into a bowl, and cover with a cloth; draw off the day it is to be drunk, into a deep bowl, in which must float a *very large* lump of ice. If the peaches are not in season, dissolve a box of guava jelly in their room; but this takes away from the clearness of the punch: a pine-apple,

cut in slices, and well covered with powdered sugar, is much better.

Set the bowl in ice an hour before the feast begins. If too cold for ice, more water must be added.

TEA CAKES, ETC.

A Brown Cake.—One pound of flour, one pound of butter, half a pound of powdered sugar, six eggs, half a pint of yeast, quarter of a pint of cream, three dessert-spoonfuls of brandy, half a nutmeg, and two ounces of carraway-seeds, which must be steeped one night in white wine. Melt the butter, and beat the yeast into it; then the sugar, cream, and eggs, (which must be first beaten;) then stir in the brandy, nutmeg, seeds, and flour. Bake in rather a quick oven.

Water Cake.—Three-quarters of a pound of sugar and one gill of water, put together and made scalding hot, and seven eggs, two whites left out; beat the eggs light while the sugar is scalding; then mix together, and beat until it is very light, and rises and thickens in the beating; then sift in half a pound of flour, and stir without beating; put it into a pan, cover it with paper, not buttered, and bake one hour in a quick oven.

Orange Cake.—One pound of sugar, three-quarters of a pound of butter, one pound of flour, eight eggs, the grated peel of four sweet oranges, a wine-glass of orange-flower water. Rub the butter and sugar to a cream, beat the eggs very light, (whites and yolks separately,) and add them alternately with the flour to the

butter and sugar; then rub in the peel and essence. Turn out the mixture upon a paste-board, roll it thin, and cut into shapes; bake it on sheets, in a moderate oven. About half a pound more of flour will be required for the rolling of the cake.

Fruit Cake.—Bake a plain pound cake about an inch and a half thick. Slice it across, so as to make three large flat cakes; put in between layers of sweetmeats. It is better if the sweetmeat is strongly flavoured.

Naples Biscuits.—One pound of flour, three-quarters of a pound of powdered sugar, half a pound of butter, and four eggs. Rub the butter and sugar together until perfectly white; beat the eggs separately, mix them when very light, and add them, alternately with the flour, to the butter and sugar. Flavour with rose-water or any other essence, and drop the mixture from a tea-spoon on buttered paper. Bake quickly.

Federal Cakes.—Mix together one pound of flour, half a pound of butter, half a pound of sugar, two eggs, and a tea-spoonful of mixed spices. Make these ingredients into a dough with a little water; when thoroughly mixed, spread it on your paste-board, cut it into small cakes, and bake in a moderate oven.

Poland Cakes.—Four eggs, one pound of sugar, and one pound of flour. Put the sugar and eggs with a tea-spoonful of mace over the fire; when warm, put them with the flour, and mix them together; roll them out, and cut as fancy directs. Bake in an oven almost cold.

Gateau à la Madeleine—One pound of sifted flour, one pound of powdered sugar, half a pound of butter, eight eggs, the grated peel of four lemons, and the juice of two. Rub the butter and sugar to a cream; add, alternately, the flour and egg, which

must first be beaten very light; then stir in the peel and juice. Bake in a moderate oven. The cakes should not be more than an inch thick.

Lemon Cake.—Four tea-cups of flour, three tea-cups of powdered sugar, one tea-cup of butter, one tea-cup of milk, five eggs, one lemon, and a tea-spoonful of salæratus. Rub the butter and sugar to a cream; then stir in the yolks, which must be first beaten very light. Sift in as lightly as possible the flour, and add the juice and grated peel of the lemon; then the whites, frothed, and lastly the salæratus, dissolved in the milk. Put the mixture into long tins, and bake half an hour. This cake is much improved by icing.

Kiss Cakes.—One pound of powdered loaf-sugar, the whites of twelve eggs, and three dessert-spoonfuls of rose-water. Beat the whites to a stiff froth, and add the sugar and rose-water, beating hard all the time. Drop the mixture from a spoon upon white paper, and bake in a quick oven.

Love Cakes.—The yolks of twelve eggs, a glass of rose-water, quarter of a pound of bitter almonds, finely pounded, and enough sugar to make the batter sufficiently thick to be baked in paper boxes. Bake in a moderate oven.

Lady Cake.—Half a pound of butter, half a pound of sugar, half a pound of flour, half a pound of blanched almonds, one gill of rose-water, and the whites of eight eggs; pound the almonds very fine, and mix them with the flour. Make it like pound cake.

Arrow-root Sponge Cake.—Sift well together half a pound of arrow-root and one pound of sugar; beat up the whites and yolks of seven eggs separately, and mix them together; then stir them well, but gradually, into the arrow-root and sugar. Flavour with

lemon or rose-water to your taste. The pan must be placed in the oven, and become quite warm, before the cake is poured into it. Bake as you would a common sponge cake.

Rice Sponge Cake.—Ten ounces of powdered sugar, half a pound of rice flour, the yolks of fifteen eggs and the whites of seven, the grated rind of two lemons, and a little orange-flower (or peach) water; beat the yolks for half an hour, and then add the sugar and flour; and the essences, beat the whites of the seven eggs very light, and stir them in. Pour the mixture into a deep pan, and bake immediately, in a quick oven.

Almond Sponge Cake.—Pound finely, in a mortar, one pound of blanched almonds with the whites of three eggs; then add one pound of sifted loaf-sugar, some grated lemon-peel, and the yolks of fifteen eggs. Mix well together; whip up to a solid froth the whites of twelve eggs; stir them well into the other ingredients, with half a pound of sifted wheat flour, dried. Prepare a mould, and fill it about three-quarters full with the mixture. Bake it an hour in a slow oven.

My Sponge Cake.—Ten eggs, a pound of sugar, half a pound of flour, a glass of rose or peach-water, or the grated peel and juice of a lemon; beat the eggs and sugar very well together; add the whites, beaten as hard as possible; sift in the flour; flavour, and bake immediately. The pan must be well buttered. If made in winter, all the ingredients should be warmed, and not allowed to grow cold before being put in the oven.

Mrs. Madison's Whim.—One pound of flour, one pound of sugar, one pound of butter, one pound of raisins, stoned and chopped, six eggs, a wine-glass of brandy, one grated nutmeg, and a small dessert-spoonful of salæratus dissolved in a wine-glass of hot water. Beat the butter to a cream; rub the yolks and sugar

together, and add them to the butter; whip the whites to a stiff froth, and add them; then the brandy and nutmeg. Mix in the flour, then add the raisins, and lastly the salæratus. Stir the whole mixture together quickly, and bake in a deep pan, in an oven of the same degree of heat required for pound cake.

A French Cake.—Take twelve eggs, leave out half the whites, and beat the rest very light; put to them three-quarters of a pound of powdered sugar, the grated peel of a lemon, four ounces of sweet and one ounce of bitter almonds blanched and pounded, and one pound of wheat flour, dried and sifted. Beat all together for an hour, and bake an hour and ten minutes.

A Rice Cake.—Six ounces of wheat flour, six ounces of rice flour, three-quarters of a pound of powdered sugar, nine eggs, one table-spoonful of orange and one of rose-water, and the grated peel of a lemon. Beat these ingredients together for an hour, and bake an hour.

Cup Cake.—Five tea-cupfuls of flour, three of sugar, two of milk, one of melted butter, and a tea-spoonful of soda melted in the milk. Flavour as most agreeable to yourself. Mix, and drop upon tin sheets.

Composition Cake.—Seven eggs, five cups of wheat flour, three cups of sugar, two cups of butter, one tea-spoonful not heaped of pearlash dissolved in a cup of milk, and one nutmeg. Rub the butter and sugar to a cream; beat the eggs light, and add them gradually to the butter and sugar; then add the flour and nutmeg, and, lastly, the milk and pearlash, with a glass of brandy or wine. Fruit may be added, if desired.

Composition Cake, No. 2.—One and three-quarter pounds of flour, one and a quarter pounds of sugar, three-quarters of a

pound of butter, one and a half pounds of currants, one and a half pounds of raisins, half a pound of citron, two wine-glassfuls of brandy, a pint of milk, three nutmegs, twenty cloves, a table-spoonful of mace, six eggs; rub the butter and sugar to a cream; beat the eggs separately quite light, and add them, alternately with the flour, to the butter and sugar. Then add the spice, brandy, and milk, and, lastly, the fruit. Bake in rather a hot oven.

Measure Cake.—Four tea-cups of wheat flour, three tea-cups of sugar, half a cup of butter, four eggs, two table-spoonfuls of brandy, two table-spoonfuls of blanched and powdered peach-kernels. Rub the butter and sugar to a cream; beat the eggs, and add them by degrees; then the flour, kernels, and brandy.

Scotch Cake.—One cup of sugar, one cup of butter, two cups of wheat flour, and a little spice. Rub the butter and sugar together; add the flour and spice; roll thin; cut with a tumbler, and bake on tin sheets.

Portugal Cakes.—Take a pound of dry flour, and a pound of powdered white sugar, mix them together; rub up a pound of butter until it is very soft and smooth, and by degrees throw in the flour and sugar, working it the whole time: when half is in, add the yolks of six and the whites of two eggs; then work in the rest of the flour and sugar; just before putting into the oven, add four spoonfuls of rose-water, a little powdered mace, or, if you like, a pound of dried currants. Slightly butter the pans, fill them half full, press them, that they may spread, and dust some fine sugar over them. A quarter of an hour bakes them.

Shrewsbury Cakes, No. 1.—One pound of powdered sugar, twelve ounces of butter, one gill of cream, four eggs, a little

spice, and a table-spoonful of rose (or peach) water; rub the butter and sugar to a cream; add the eggs, which must be first beaten very light; then the cream, spice, and essence, and knead in just flour enough to roll them thin. Cut out the paste in whatever shapes you please, and bake them on tins, in a slow oven.

Shrewsbury Cakes, No. 2.—Four eggs, a pound of flour, three-quarters of a pound of sugar, half a pound of butter, a dessert-spoonful of powdered mace or cinnamon, as is liked best. Mix well together, make into little cakes, and bake on tin sheets, in a moderate oven.

Alderney Cakes.—A cupful of brown sugar, a cupful of butter, a glass of fresh milk with a tea-spoonful of soda stirred in, nutmeg, and enough flour to make it stiff. Roll out very thin; cut with a tumbler, and bake in a quick oven.

Sweet Journey Cake.—One pound of white sugar, one table-spoonful of butter, two table-spoonfuls of lard, and three eggs; rub these ingredients well together in a mortar, with so much flour as to make it of a consistency to spread upon a tin sheet about a quarter of an inch thick. Bake it until quite crisp. Peach or rose-water, or any other essence, may be used as a flavour. A little spice is sometimes added.

Short Cake, No. 1.—One pound of flour, half a pound of butter, and six ounces of sugar. Be careful in baking, as it is so dry it burns very easily.

Short Cake, No. 2.—One pound of wheat flour, one pound of loaf-sugar, three-quarters of a pound of butter, ten eggs, and a little salt; rub the butter and sugar together; beat the eggs light, and add them, alternately with the flour, to the butter

and sugar; then add the salt. Bake in a loaf, in a moderate oven.

Soda Cakes.—Half a pound of sugar, half a pound of butter, one pint of fresh milk, one tea-spoonful of soda, and two pounds of wheat flour; dissolve the sugar and soda in the milk, and stir in the flour; melt the butter, and add it; then knead till light. Put in shallow moulds, and bake quickly.

Little Cakes.—To a quarter of a pound of flour add the same quantity of butter and of sugar, and as much yolk of egg as will mix it into a stiff paste; roll them thin, and cut them with a small cup. Put in caraway-seed, and bake them.

Indian Pound Cake.—Half a pound of butter, the weight of eight eggs in sugar, and the weight of six in sifted corn meal, eight eggs, and a nutmeg, or a tea-spoonful of cinnamon. Rub the butter and sugar to a cream; beat the eggs very light, and stir them, alternately with the meal, into the butter and sugar. Add the spice, and bake in a moderate oven.

Corn Cakes.—Take two large sweet potatoes, boil them well; peel, and pound them in a mortar; add one pint of corn flour, two eggs, a table-spoonful of butter, and one of good brown sugar. Mix all well together; make into small, thin cakes, and bake for ten minutes.

Corn Cake.—One pint of mixed corn and wheat flour, a tea-cup of brown sugar, a table-spoonful of butter, four eggs, and one nutmeg, with a little brandy.

Loaf Cake.—Three gills of loaf-sugar, three eggs, one table-spoonful of butter,—the butter, sugar, and yolks of the eggs to be beaten together; beat the whites to a light froth; one gill

of milk, with half a tea-spoonful of soda dissolved in it, five gills of flour; season with rose or peach-water, and, last of all, add a dessert-spoonful of vinegar. Bake in a quick oven.

Wedding Cake.—Twenty pounds of butter, twenty pounds of sugar, twenty pounds of flour, twenty pounds of raisins, forty pounds of currants, twelve pounds of citrons, twenty nutmegs, one ounce of mace, four ounces of cinnamon, twenty glasses of wine, twenty glasses of brandy, ten eggs to the pound; add cloves, to your taste. If you wish it richer, add two pounds of currants, and one pound of raisins to each pound of flour.

Family Plum Cake.—One and a half pounds of wheat flour, one and a quarter pounds of sugar, two pounds of currants, one pound of citron, one pound of raisins, chopped fine, three-quarters of a pound of butter, six eggs, one pint of milk or clabber, one wine-glass of brandy, one nutmeg, a little mace, a few cloves, and a tea-spoonful of salæratus. Rub the butter and sugar to a cream; add the eggs well beaten and the other ingredients, except the salæratus; beat hard for fifteen minutes; then add the salæratus, and bake at once.

Pound Cake.—A pound of butter, a pound of sugar, a pound of flour, ten eggs, a glass of brandy, a glass of rose-water, and a nutmeg, grated. Rub the butter and sugar to a cream; beat the whites and yolks separately very light, and add to the sugar and utter; stir in the flour, brandy, rose-water, and nutmeg. Put immediately in a quick oven, and bake two hours.

Ginger Pound Cake.—Ten eggs, one pound of butter, one pound of brown sugar, one pound of flour, one pint of molasses, two cups of strong ginger, the rind of two lemons and the juice of one, a wine-glass of brandy, a wine-glass of rose-water, one nutmeg, and a tea-spoonful of ground mace. If you want it

very nice, add two pounds of currants. Beat the butter and sugar together; add the eggs, after having beaten them very light, separately; add the molasses and other ingredients for flavouring; last of all, the flour. Bake in a quick oven.

Ginger Cake. No. 1.—One pound of butter, three-quarters of a pound of sugar, (brown,) one and a half pints of molasses, two eggs, one and a half ounces of ginger, one table-spoonful of the spices cinnamon, mace, cloves, and alspice, and wheat flour to make it stiff enough to roll into thin sheets. Rub the butter and sugar to a cream; add the eggs, and then the other ingredients at will, reserving a portion of the flour to knead in after the mixture has been turned out upon the paste-board. Cut into shapes, and bake on tin sheets, in a quick oven.

Ginger Cake, No. 2.—Half a pound of brown sugar, two ounces of butter, one ounce of ginger, three and a half gills of molasses, one table-spoonful of orange marmalade, one pound of wheat flour, and caraway-seed to the taste. Mix the ingredients well together, and bake in plates, in a quick oven.

Hampton Ginger Cake.—A tea-tup of molasses, one tea-cup of brown sugar, one tea-cup of butter, three tea-cups of flour, three eggs, a table-spoonful of powdered ginger, and a tea-spoonful of salæratus. Rub the butter and sugar to a cream; beat the eggs light, and add them; then stir in the molasses, ginger, flour, and lastly the salæratus, which must be first dissolved in a little water or milk. Bake in a pan, in a quick oven.

Lafayette Ginger Cake.—One and a half pounds of wheat flour, a quarter of a pound of butter, one pint of molasses, one pint of brown sugar, ten eggs, ginger to the taste, and one tea-spoonful of pearlash dissolved in warm water. Stir all together, and

bake in pans or patties. Currants and raisins may be added. A quick oven is required for this cake.

Thin Gingerbread.—Put in a bowl a pint of treacle or best boiled molasses, a pint of brown sugar, three large spoonfuls of butter, a table-spoonful of ginger, the same of powdered allspice, and two spoonfuls of grated orange-peel. Stir all together well, and mix in about a pint of wheat flour. Turn all out on the bread-board, and roll it thin with as little flour as you can to prevent its sticking, (this will require about a quart of flour;) cut in long, narrow slips, and bake on tin sheets, in a quick oven.

Sugar Gingerbread.—Two pounds of flour, one and a half pounds of sugar, (brown,) one pound of butter, nine eggs, one cup of powdered ginger, and a cup of wine. Rub the butter and sugar to a cream; beat the eggs, and add them; stir in the flour, ginger, and wine; bake in a quick oven.

Soft Gingerbread.—Four tea-cups of flour, two tea-cups of molasses, two tea-cups of buttermilk, one tea-cup of thick cream, half a tea-cup of butter, three eggs, one table-spoonful of white ginger, and one dessert-spoonful of salæratus. Mix the butter, flour, molasses, cream, eggs, and ginger together; dissolve the salæratus in the buttermilk, and stir it quickly in the other ingredients; put it immediately into shallow pans, and bake in a quick oven.

Polka Gingerbread.—To a pint of molasses add a pound of butter, a pound of brown sugar, two table-spoonfuls of pounded ginger, half a tea-spoonful of pearlash, and as much flour as will knead it into a stiff paste. Roll it out very thin, and cut into cakes; bake on tin sheets, in a quick oven. Citron, pared thin, may be added, and any spice you may fancy.

Marion Cake.—One and a half pounds of wheat flour, half a pound of butter, half a pound of brown sugar, one pint of molasses or treacle, five eggs, one tea-spoonful of super-carbonate of soda, two large table-spoonfuls of powdered ginger, two large table-spoonfuls of powdered orange-peel, one dozen and a half of cloves, one dozen and a half of allspice, one tea-spoonful of mace, and some cinnamon. Stir all these ingredients well together: the soda, dissolved in a little water, should be added last. Bake in patties, in a quick oven.

Sweet Croquettes.—Take one pound of powdered sugar, one pound of butter, half a pound of wheat, and half a pound of corn flour; mix all together; add the juice and grated peel of a large lemon, or any other flavouring that you prefer. Make it into a lump of dough; then put it into a mortar, and beat it hard on both sides; roll it out thin, and cut it into cakes with the edge of a tumbler. Flour a tin sheet, and lay the cakes on, but not close together. Bake them about ten minutes, and grate sugar over them when done.

Apees.—Half a pound of flour, quarter of a pound of butter, half a glass of wine with a table-spoonful of rose-water mixed with it, one-fourth of a pound of white sugar, half a nutmeg, a tea-spoonful of cinnamon and mace, and one and a half table-spoonfuls of caraway-seed. Mix the butter in the flour, add the caraway, sugar, and spice; pour in the liquor by degrees; add enough cold water to make a stiff dough. Spread some flour on the paste-board; take the dough, and knead it well; cut it into the flour, and knead each piece; put all together, and knead again; roll out into a thin sheet, and cut into cakes. Bake in a Dutch oven a few minutes; the top of the oven should be hotter than the bottom.

Marguerites.—Beat together, until very light, one pound of butter and one pound of sugar; sift a pound of flour, take the yolks of twelve eggs and beat them until very thick and smooth, pour them into the flour, and add the beaten butter and sugar; stir in a grated nutmeg and a wine-glass of rose-water; mix the whole together until it becomes a lump of dough; flour the paste-board and lay the dough upon it, sprinkle it with flour and roll it out about half an inch thick, and cut it into round cakes; flour a tin, put the cakes on so as not to touch, and bake them five minutes in a quick oven: if too cold, the cakes will run. When the cakes are cold, lay on each a large lump of currant or other fruit jelly; take the whites of the eggs and beat them until they stand alone, then add sugar enough to make the consistency of icing; flavour to the taste; heap up with a spoon a pile of icing on each cake, over the jelly; set them in a cool oven until the icing becomes firm, and of a pale brown colour.

Jumbles, No. 1.—One pound of wheat flour, one pound of loaf-sugar, three-quarters of a pound of butter, the whites of six eggs. Rub the butter and sugar to a cream; beat in the egg, which must be first frothed, and then the flour; then add a wine-glass of rose or peach-water, a powdered nutmeg, a tea-spoonful of powdered mace and cinnamon; turn it out upon your board, cut it into small pieces, and roll each one separately in a little flour and sugar. Lay them upon sheets, and bake in a slow oven.

Shrewsbury cakes are made in the same way, except that, instead of being rolled, the mixture is dropped upon the sheets.

Jumbles, No. 2.—Three eggs, one pound of flour, one pound of loaf-sugar, half a pound of butter, a wine-glass of rose-water, ten drops of essence of lemon, one tea-spoonful of cinnamon; beat the butter and sugar together, and add the eggs, beaten light, rose-water, &c. &c. Bake in a slow oven.

Jumbles, No. 3.—One pound of butter, two pounds of white sugar, one stick of cinnamon, one nutmeg, one glass of rose (or peach) water, the yolks of eight eggs. Rub the butter and sugar to a cream; beat the eggs very light, and add them to the butter and sugar; then the spice and essence; then stir in a sufficient quantity of well-dried wheat flour to make the mixture stiff enough to roll. Twist your jumbles, dip them in powdered sugar, and bake in a slow oven, on tin sheets.

Maccaroons, No. 1.—One pound of sweet almonds and half a pound of bitter, blanched, and pounded in a marble mortar until fine, with half a glass of rose-water; then add one and a half pounds of powdered loaf-sugar, and the whites of four eggs whipped to a stiff froth; beat all well together, and drop a dessert-spoonful of the mixture at each time upon a greased paper or upon tin sheets. Bake in a slow oven.

Maccaroons, No. 2.—To half a pound of sweet almonds and a fourth of bitter, pounded, add three-quarters of a pound of loaf-sugar; beat the whites of three eggs, and mix them, with a little rose-water, into the almonds and sugar. When the mixture is of the right consistency, drop by spoonfuls on tin sheets, and bake in a slow oven.

Marvelle, No. 1.—Five table-spoonfuls of melted butter or lard, six of sugar, four eggs, a tea-spoonful of salæratus, and wheat flour to make it stiff enough to knead. After kneading well, roll it thin, cut into pieces, and fry in boiling lard. Spices, and rose or peach-water may be added, if desired.

Marvelle, No. 2.—One pound of sugar, ten eggs, a little orange-peel and cinnamon, powdered; beat the eggs very light, and add the sugar to them with the spices, and as much flour as will make the dough stiff enough to roll out very

thin. Shape the cakes with a jagging-iron, and fry in boiling lard.

Sweet Wafers, No. 1.—A half pound of white sugar, (or brown,) a half pound of wheat flour, a quarter of a pound of butter, eight eggs, four table-spoonfuls of peach or rose-water; beat the eggs very light, whites and yolks separately; rub the butter and sugar to a cream; add the eggs to it; then beat in the flour, essence, and a little powdered cinnamon and nutmeg. As soon as taken out of the iron, they must be rolled up.

Sweet Wafers, No. 2.—Three eggs, a small tea-cup of cream, the same of sugar, a little citron minced very fine, a little rose-water, brandy, and cinnamon, and wheat flour enough to make it of a proper consistency. Beat the ingredients together well, rub your wafer-iron with wax, put in a spoonful of the mixture, bake both sides, and roll the wafers as soon as taken out of the iron.

Sweet Wafers, No. 3.—Two table-spoonfuls of sugar, one table-spoonful of butter, half a pint of warm water, half a wine-glass of rose-water, the same quantity of wine, and a little grated nutmeg; stir in the wheat flour until the batter is of a proper consistency; then pour it from a spoon into the iron, (which must be first heated and greased,) and bake of a light brown.

Almond Biscuits.—Half a pound of almonds, blanched and pounded very fine, with as much rose (or orange-flower) water as will prevent their oiling; the yolks of eight and the whites of four eggs, beaten until very light, and added to the almonds; then beat in three-quarters of a pound of loaf-sugar; continue to beat while the oven is heating. When ready, add three ounces of wheat flour, which must be just stirred in, and not beaten.

Butter your pans, and fill them about half full; dust a little sugar over them as you put them into the oven, which must be a moderate one.

Ratafia Biscuits.—Take half a pound of peach-kernels or bitter almonds: blanch, and beat them very fine, with an equal quantity of loaf-sugar. Make it into a pretty stiff paste with the white of egg, frothed; roll them about the size of a nutmeg, lay them on paper, and bake in a slow oven.

Sponge Biscuits.—Beat the yolks of twelve eggs half an hour; then add one and a half pounds of finely-powdered sugar, and beat until bubbles rise; beat the whites very light, and add them; then stir in fourteen ounces of wheat (or rice) flour, and the grated rinds of two lemons. Bake in tin moulds, in a quick oven.

Drop Biscuits.—Beat eight eggs very light; add to them one pound of sugar and twelve ounces of wheat flour. When perfectly light, add some well-powdered coriander-seed. Then drop on tin sheets, and bake.

Inn Biscuits.—One pound of flour, a half pound of sugar, a half pound of butter, one glass of wine or brandy, and a little spice; rub the butter and sugar together, add the other ingredients, and, when well-kneaded, wet the dough with milk, roll it out, and cut into shape. Bake quickly.

Sweet Rolls.—Take a pound of flour, and dry it; add a tablespoonful of fine, moist sugar, and a lump of butter as big as an egg; wet it with milk and two spoonfuls of yeast. Bake this in a quick oven. If large rolls, a quarter of an hour will be sufficient. You must not knead or roll these, but cut them, and lay them on tin. The dough will rise in ten minutes.

Sally Lunns.—Two eggs, two small cups of cream, two cups of loaf-sugar, one pint of flour, half a pound of butter, one tea-spoonful of mace: the cream and butter to be warmed together, and, when melted, to be poured into the eggs and sugar, which must be well beaten together; sift the flour into it gradually, with a tea-spoonful of tartaric acid, half a tea-spoonful of soda: the soda must be dissolved in warm water, and mixed in well. Have the pans buttered, and the oven ready; then stir the acid in quickly; put into the oven immediately, before the effervescence ceases.

Tea Bread, No. 1.—Two table-spoonfuls of white sugar, two table-spoonfuls of butter, one table-spoonful of wheat flour, one tea-cup of leaven, two eggs, a little salt, and a little water. Rub the butter and sugar together; beat the eggs light, and add them with the other ingredients. Make into a loaf, and bake in a pan.

Tea Bread, No. 2.—One and a half pounds of bread dough, three-quarters of a pound of loaf-sugar, six ounces of butter, five eggs, one dessert-spoonful of powdered cinnamon, half a tea-spoonful of soda dissolved in a tea-cup of milk. Put these ingredients into a bowl, and beat them to a batter; then put the batter into baking-pans; sprinkle loaf-sugar and a few small lumps of butter over the top, and bake in a moderate oven.

Rusks, No. 1.—A pint and a half of wheat flour, half a pint of sugar, a heaped table-spoonful of butter, a tea-cup of milk, two tea-spoonfuls of yeast, powdered, and mixed with the dry flour. Rub the sugar, butter, and yolks of four eggs, (as in pound cake;) beat the whites to a stiff froth; add the milk just before you put in the beaten whites: the flour to be added last, and bake immediately. Flavour, or not, as taste directs.

Rusks, No. 2.—Five eggs, five ounces of butter, three-quarters of a pound of sugar, half a pint of milk, half a pint of strong yeast. Rub the butter and sugar to a cream; add the eggs, and continue to beat; when quite light, add the yeast and milk; then stir in enough flour to make a thick batter. Set the mixture in some covered vessel (the same in which it is mixed is to be preferred) in a warm place to rise. When very light, knead in flour enough to roll it with the hands into balls. Put them upon tin sheets, and set them to rise again. When quite light, bake in a moderate oven.

These rusks are very nice split, and dried in a very slow oven till crisped throughout.

Rusks, No. 3.—Two pounds of flour, six ounces of sugar, half a pound of currants, one gill of yeast, and boiled milk (cold) enough to make it into a dough that you can knead. Let it rise, make it up into forms, and bake. If you wish it very light, do not mix the dough stiff enough to knead at first, but keep back part of the flour, and knead it in when the soft dough has risen three or four hours. Then set it to rise a second time, and, when sufficiently risen, bake in a quick oven.

Spanish Bunns.—One and a half pound of wheat flour, nine ounces of powdered sugar, half a pound of fresh butter, half a pint of new milk, four eggs, four table-spoonfuls of yeast, and one table-spoonful of powdered cinnamon. Sift the flour and the butter into it; beat the eggs and sugar together; warm the milk, and add it the eggs, &c.; stir in the yeast, and then turn the mixture into the flour, &c.; beat the batter well, add the cinnamon, and turn it into well-greased pans; keep them in a warm place, and, when well risen, bake in rather a quick oven about half an hour. Dust white sugar over the top of the bunns. This quantity makes three loaves.

Bunns, No. 1.—Rub into two and a quarter pounds of sifted wheat flour half a pound of fresh butter. Beat two eggs with half a pound of white sugar; mix them with half a pint of new milk, (warmed,) and one gill of very light yeast. Stir all together into the flour, and set it to rise; when very light, turn the dough out upon a paste-board; cut them with a cup or wine-glass; put them upon tin sheets, and let them rise again. Bake them twenty minutes in a quick oven.

A tea-spoonful of salæratus dissolved in the milk is thought an improvement by some persons.

Bunns, No. 2.—Beat light three eggs, add half a pint of milk, one spoonful of butter, and flour for a moderately thin batter. Bake it in tin cups, in a quick oven.

A nice Bunn, No. 3.—A tea-cup of milk, two eggs, a table-spoonful of butter, and a little salt; mix these together, and thicken to a stiff batter with wheat flour. Then put in one quart of good yeast; if the batter is not sufficiently stiff, add more flour, and put to rise. This will make a large bun. Rusks may be made in the same manner by the addition of a tea-cup of sugar.

Wigs, No. 1.—Two pounds of wheat flour, half a pound of butter, half a pound of sugar, and one pint of milk. Mix these ingredients well together, and add three table-spoonfuls of good yeast, a little cinnamon, and rose-water. Cover the mixture, and set it in a warm place to rise. When light, bake in rings, and split and butter them while hot.

Wigs, No. 2.—Five eggs to a quart of milk warmed, a large spoonful of butter melted in the milk, and one of sugar; in winter three spoonfuls of yeast, in summer two spoonfuls; thicken it with flour to a stiff batter, and bake on a griddle, with rings.

Buttermilk Bread.—One quart of wheat flour, one dessert-spoonful (not heaped) of super-carbonate of soda, one table-spoonful of butter, half a pound of powdered sugar, a tumbler and a half of buttermilk. Mix these ingredients, and knead them into a soft dough, which place in a greased pan, and set it to rise in a slightly warmed Dutch oven. When risen, bake. This bread keeps a long time, and makes excellent toast.

Potato Corn Bread.—One quart of fine corn meal, half a pint of milk, half a pound of sweet potatoes, half a pound of butter, one pound of brown sugar, and eight eggs. Boil, and mash smooth the potatoes; rub the butter and sugar to a cream, and add them to the potatoes; beat the eggs, and stir them into the butter, &c.; then add the milk, and lastly the meal. Beat the whole well together, and bake in a pan.

Sweet Corn Bread.—A pint of corn meal unwashed, half a pint of milk, half a pint of molasses, a table-spoonful of butter, one table-spoonful of powdered ginger, and two eggs. Beat the eggs light, and add the other ingredients—the meal last. Bake in a pan.

Queen Esther's Bread.—Cut some slices of bread, and lay them in milk for some hours. Then beat two eggs; dip the slices in the egg, and fry them. When of a nice brown, pour over them any syrup you please, and serve up.

Sweet Rice Bread.—One table-spoonful of hominy, one table-spoonful of butter, two of sugar, (either white or brown,) and two of wheat flour, a tumbler and a half of rice flour, half a tumbler of warm water, a quarter of a yeast biscuit or a table-spoonful of liquid yeast, and three eggs. Rub the hominy, butter, sugar, and eggs lightly together, and add the wheat flour, then the yeast, which must first be dissolved in the water with a

little salt; stir in the rice flour, and turn the mixture into a well-greased pan. When well risen, bake in a moderate oven about half an hour. Some persons allow the mixture to remain all night in the bowl, and the next morning stir in a quarter of a tea-spoonful of salæratus dissolved in a little water, before putting it into the pan. This bread is very nice either for breakfast or tea, and may be made without sugar.

Diet Bread.—Nine eggs, one pound of sugar, and fourteen ounces of flour. Beat the yolks with a whisk till quite thick; then mix the sugar with them, and beat till light; beat the whites well, and add them by degrees; put the flour in gradually; bake in a quick oven.

Sweet Potato Waffles.—Two table-spoonfuls of mashed potato, one of butter, one of sugar, one pint of milk, and four table-spoonfuls of wheat flour. Mix these ingredients well together, and bake in a waffle-iron.

Raised Waffles.—Make a thick batter of milk and wheat flour, add four eggs beat light, a gill of yeast, and a spoonful of butter; let it rise some hours. As you take them out of the iron, butter, and sprinkle them with cinnamon and sugar.

Toasting Cakes.—Six pounds of flour, one pound of brown sugar, one pound of butter, ten eggs, a pint of yeast, eight spoonfuls of brandy, a few cloves and caraway-seeds. Rub the butter and sugar into the flour; beat the eggs, and add them; then the yeast, brandy, spice, and seeds. Make this mixture into a dough with a small quantity of milk; put it into a warm place, and let it rise an hour; then roll it into thin cakes, and bake for half an hour in rather a quick oven. You may, if you choose, boil saffron in the milk.

Sweet Rice Flannel Cakes.—Half a pint of soft-boiled rice, a tea-cup of cream, a tea-cup of sugar, three eggs, a table-spoonful of yeast or a tea-spoonful of pearlash. Let the rice cool, and add the other ingredients, rubbing them well together. Bake on a griddle.

Raised Loaf Cake.—Six pounds of flour, three pounds of butter, three pounds of sugar, one pint of wine, one pint of brandy, one pint of milk, one quart of yeast, twelve eggs, three ounces of spice, and five pounds of fruit. Rub the butter and sugar to a cream; beat the eggs very light, whites and yolks separately, and add them, alternately, with the flour; then the other ingredients, beating hard all the time. Pour it into a pan, and set it to rise; when very light, bake.

Raised Doughnuts.—One pint of milk, one pint of yeast, one pound of sugar, half a pound of butter, four eggs, and flour to thicken it. Rub the butter and sugar to a cream; beat the eggs very light, and add then the milk, yeast, and flour. Make into nuts, and bake on tin sheets

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Cocoanut Puffs.—Two cocoanuts, peeled and grated, three-quarters of a pound of powdered sugar, the whites of two eggs, frothed, one table-spoonful of powdered cinnamon, one nutmeg, grated, one table-spoonful of rose-water, two tea-spoonfuls of butter. Mix the ingredients well together, and make into small cones, say about double the size of a thimble. Put these on tin sheets, and *dry* them thoroughly in the oven. Next day ice them, and they will be fit for use.

Cocoanut Drops.—Twelve eggs to five cocoanuts; grate the nuts fine, and dry it in a moderate oven; beat up the whites of the eggs; then add the sugar, allowing one cup to two of the cocoanuts, and beat to a paste; then stir in the cocoanut, and

drop in a pan, or on a sheet of paper, and bake for ten or fifteen minutes.

Marbled Cake.—Take three or four cochineals, and soak in a wine-glass of water, adding a small pinch of soda. Pour the cake into the pan for baking, and at the same time pour with it this water, mixing it well with the cake. This will marble a sponge cake made with ten eggs; any white cake will do.

Lemon Tea Cake. — Five eggs, two cups of sugar, two of flour, one of butter, the peel of a lemon grated, and the juice. Mix as any other cake, and bake in patty-pans.

THE END.

THE KATHERINE GOLDEN BITTING
COLLECTION ON GASTRONOMY
Presented by A. W. Bitting
October 6, 1938

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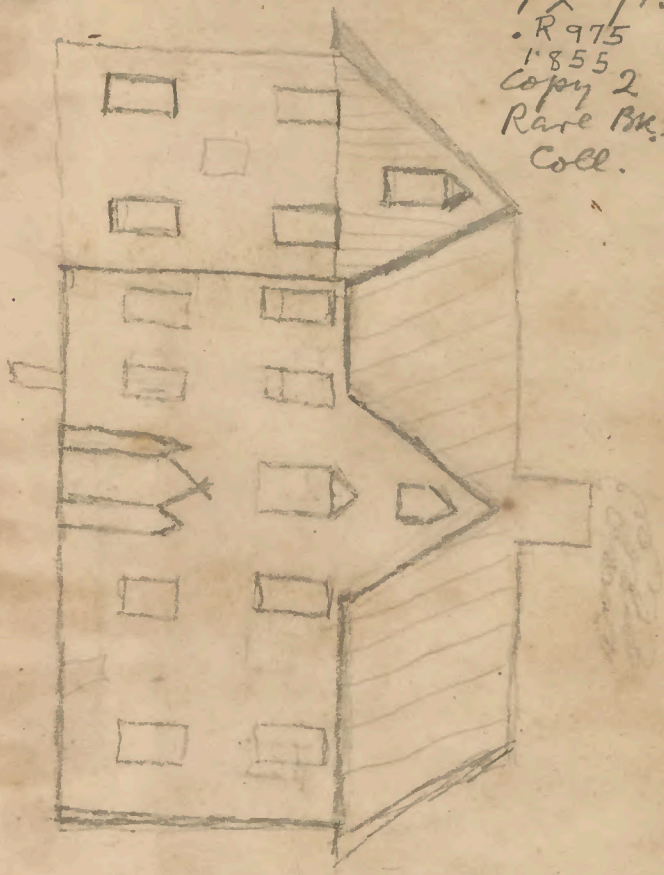
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