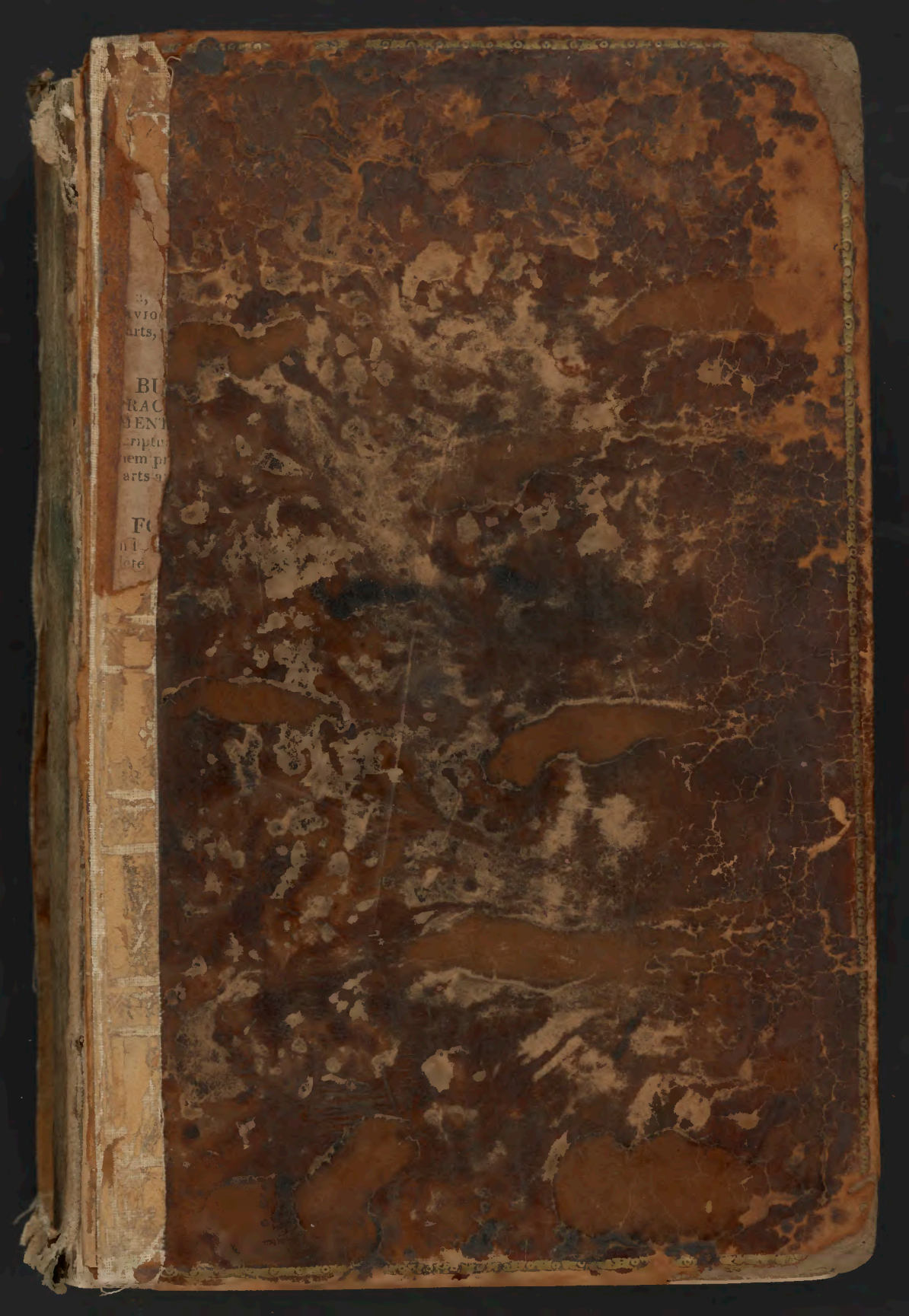

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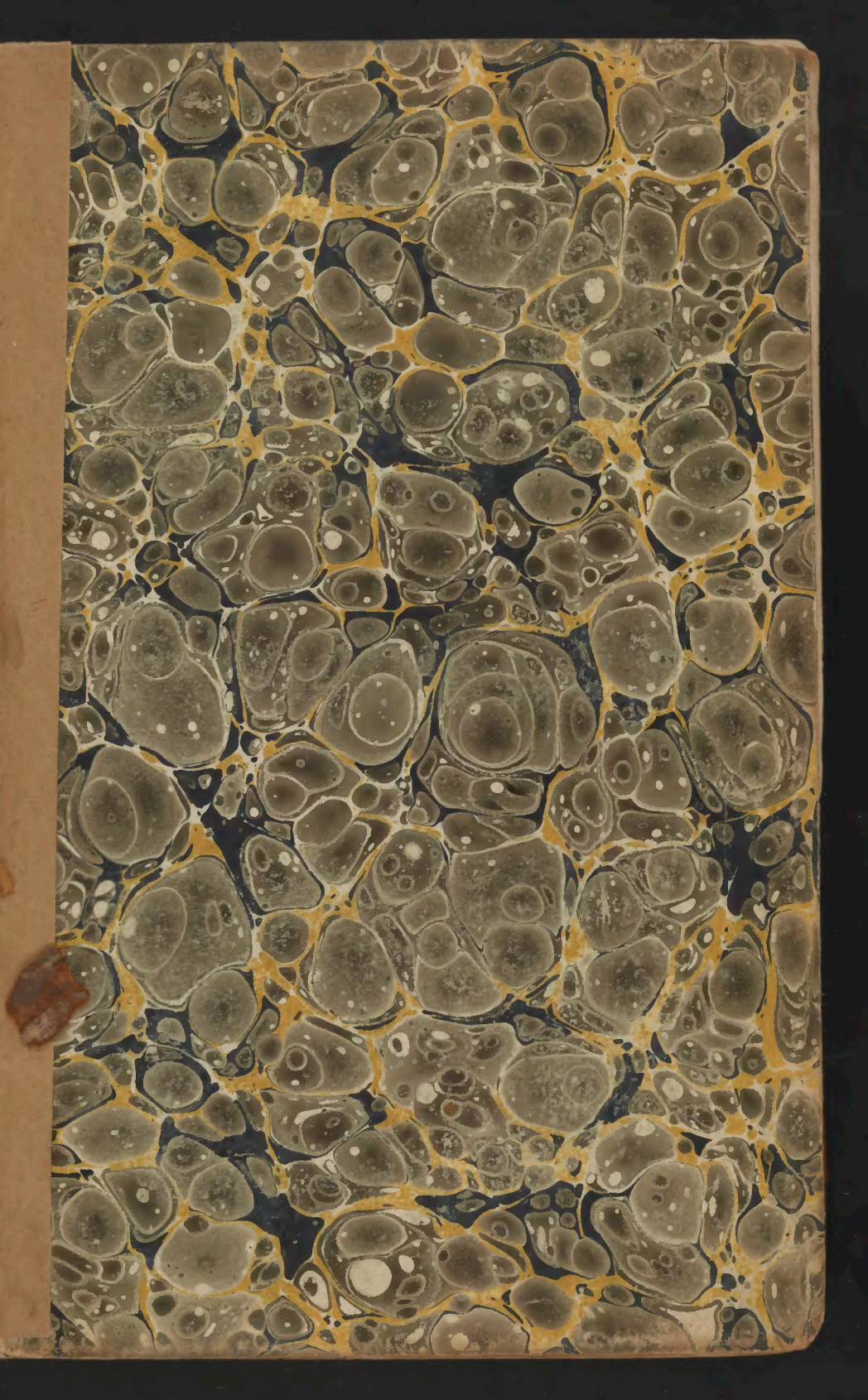

Memoir of the

Rev. J. Elias

Published by

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LONDON:
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BY A LADY.

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DOMESTIC COOKERY,

OR

COMPLETE FAMILY ECONOMIST.

CHAPTER I.

REMARKS ON KITCHEN REQUISITES.

It is an undisputed fact, that no person can work without tools; and in proportion to the completeness and fitness of the tools furnished, labour is facilitated, and a more perfect performance may be expected. These remarks apply, in no small degree, to the humble but necessary arts of the kitchen. If employers wish to have their daily food well and regularly prepared, they should see to it that the cook is furnished with convenient apartments, and sufficient variety of utensils, for the performance of her work. A few hints on the nature of these accommodations, may properly introduce the more immediate subjects of this work. Nor will a word or two be misplaced, in pointing out some contrivances for remedying any deficiencies that may exist; and the care requisite to be taken by the cook, of the various articles entrusted to her charge. These hints, it will be understood, are designed chiefly for the use of *young* cooks; who not finding the very article required for their purpose, might not immediately think of the readiest substitute; and who may not have sufficiently considered the expense of the various culinary utensils with which they are furnished, and the duty they owe to their employers of making them last as long as possible.

A good and well-furnished kitchen, varies in its scale of requirements, according to the size and style of living of the family. Even the very humblest classes of society may, and

ought to possess a decent ambition, to see themselves surrounded with comforts and conveniences suited to their circumstances, the circle of which they will strive hard to extend by industry and frugality. And young persons in humble life may be encouraged thus to devote their self-denying savings, by the observations of experience, that in household utensils, good articles of their kind are always cheapest in the end; and that money spent on making a kitchen, especially a kitchen fire-place, decent and convenient, is soon saved, both in fuel and in daily labour, and is therefore well bestowed. If a daily dinner is dressed with half the trouble and half the firing that would otherwise have been required, who would grudge the money expended at first upon purchasing a new grate, or altering the setting of the old one?

To begin with a cottage of the humblest class, above the hovel of absolute poverty and wretchedness, a kitchen should be light, lofty, and airy—the doors should be so placed as to avoid a draught of air approaching the fire-place. The chimney should be perfectly free from smoking. The Yorkshire grates are the most convenient and economical: they may be had of any size and price—from twenty-six shillings and upwards. One of the lowest price measures about thirty inches in front, and is divided into three equal parts; one side is occupied by an oven, the other by a boiler for water, or an ironing stove—all heated by a very moderate fire in the grate. The setting of these grates is a very important matter to ensure their drawing well, and throwing out a good heat. The cost of doing a small one will be eleven or twelve shillings, large ones proportionably higher; and if well done, in such a grate a lively and strong fire may be kept at a very small expense; when once it is thoroughly lit up large coals are not at all required, except for roasting. All the cooking of a plain family, of seven or eight persons, may be performed with a grate of this size; to the practicability of which the boiler greatly conduces, by affording a constant supply of hot water both for cooking and cleaning, without occupying the top of the fire for that purpose.

A small copper, or large pot, capable of containing from four to six gallons, and fixed as a copper, is a very desirable

convenience. It may be heated and kept boiling at one-third the expense that it can be done over the fire, especially in one of the old-fashioned fire-places. It will come in use when a large quantity of soup is to be made, or a ham, or other large joint of meat to be boiled; or when a larger than ordinary supply of water is required; especially when there are several kinds of vegetables and sauces to be prepared, and perhaps frying and broiling are required as well. In such a case, unless the whole top of the fire be free for these purposes at least an hour before dinner time, it is impossible that all should be served up hot and with punctuality.

Water should be furnished near at hand to every kitchen; if possible both spring water and soft, that the cook may be able to supply herself with this most important element without being obliged to go out of doors. A cistern also, or sink and drain to carry off dirty water are very desirable.* Exposure to the air in cold or wet weather must be very injurious to a person who is bustling about in the influence of a large fire. For the same reason fuel should be kept near the kitchen. If in either case it is otherwise, a prudent cook will provide against the deficiency by standing ready, before she begins cooking, a large pan or tub of soft water, and another of spring water, and a scuttle or box of coals and some wood prepared for use.

Every convenience should be afforded the cook for frequently washing her hands—such as a bowl, soap, and rolling towel or two.† Unless these be furnished and placed most conveniently, and even invitingly, her employers stand a fair chance of fulfilling the proverb that condemns us all to 'eat a peck of dirt before we die.'

* A cleanly cook need not be told that this is not the place for throwing down greasy dish water, or that which has boiled vegetables.

† A tidy cook will request to have a roller and towel on *each* side of the door; one of these she uses in her frequent washings while engaged in her work, the other she keeps cleaner and uses only when thoroughly cleaning herself after she has done. In like manner she has two dresser-cloths—one for the morning, the other for the afternoon; no additional washing is thus made, as each will serve its turn, first for the cleaner and afterwards for the dirtier use.

The kitchen should be furnished with a dresser, over which a clean cloth should be kept spread; above it are shelves for dishes and plates, with hooks for jugs and butter-boats; beneath, if it be an open dresser, the bright stew-pans and other copper utensils are arranged: and there is elsewhere a closet, perhaps on the cellar stairs, for black saucepans, frying-pans, &c.; but if the dresser have doors below, these common things are put there, and a shelf is furnished for the better articles, somewhere in sight. I never knew a good cleanly cook who did not take great pride and pleasure in polishing her coppers, brasses, and tins, and having them placed full in view; and such a feeling is productive of much good, and ought to be indulged by her employers. The dresser drawers are convenient for keeping kitchen towels, or furniture brushes.

Two tables will be required—one of them large with two flaps. Nothing bears scouring so well as deal, and kitchen tables require scouring more than once in a day. A smaller size will answer for the other table, which should be kept for cleaner purposes. In clearing away dinner things, the glasses, beer jugs, and fruit plates, should always be kept apart from such things as are greasy;—for this and many other purposes a second table is wanted: an ironing board should on no account be used for any other purpose than its own.

If there is no regular china closet or butler's pantry, some shelves, or a closet in the kitchen will be wanted for tea-things and glasses.

Adjoining the kitchen, or if in it far removed from the fire-place, should be a pantry for keeping raw and dressed meat, butter, milk, lard, &c. It should be cool, shady and airy—if possible fronting the north. The best kind of window is of fine wire-work; it may be furnished also with a shutter to close in very severe weather. If this place is large, the salting of meat may be carried on in it; if not, the coolness of the cellar renders it very fit for that purpose. A closet less airy, yet by no means close, or within the influence of the fire, will be required for keeping flour, spice, &c. also bread and cheese, which when cut should be always kept in pans covered down

A store-room is a great convenience; it should be dry, airy and light, and fitted up with shelves and hooks all round; if no place can be expressly allotted for this purpose, shelves must be placed in the kitchen for pickles and preserves, which are apt to spoil if shut up in a small closet.

A scullery or back kitchen is very desirable for washing vegetables, and performing the dirtier parts of cooking, such as drawing poultry and the like; also for washing dishes and saucepans: indeed without some such place it is almost impossible to keep a kitchen clean, especially a boarded kitchen.

If pigs are kept, the offal of vegetables and dish-wash are valuable for them, and a tub* stands ready to receive such things; but a certain hour every day should be appointed for removing it, and on no account passed over, or the smell will become offensive to persons, and injurious to provisions. If a hog tub is not kept, a tank should be provided for the purpose of receiving the refuse of the kitchen. This is a pit of eight or ten feet long, and three or four wide, as room may admit, and about six feet deep; it is walled round with brick or loose stones, and finished at top with a wood-work frame, in which a door is fixed; a part of this door is cut to form a smaller door, about eighteen inches long, and twelve broad, with strong iron hinges, and an iron ring to lift it up by. This is opened for daily use—but should be closely shut again directly—the larger door is lifted up occasionally when the tank requires emptying—which will be but once in several years, when it will be found filled with most valuable manure; in it may be thrown all kinds of animal and vegetable offal, the washing of dishes, and chamber lye. If kept closely shut, no unpleasant smell will arise from it.

All this is connected with kitchen convenience; many a mere cottage kitchen may be found surrounded by all these

* Can it be necessary to hint to the cook that she should not from daintiness, wastefulness, or carelessness, throw into this tub good provisions, for which her employers must pay, and of which they may one day know the want; or, what is still more likely, she herself? The same may be said of the grease pot; but most mistresses wisely forbid the keeping of one, and rather pay higher wages.

comforts on a small scale, and the kitchen of a nobleman can but have them on a large one.

To speak more particularly of cooking utensils. For roasting it will be necessary to have either a winding jack and spit, or a vertical jack. If the former, in order to secure its going well it must be kept clean, not scoured with brick-dust or scouring paper, which would fill the cogs with dirt and sand, but oiled and well wiped, and as much as possible kept covered up. There should be spits of different sizes—a very small spit will not carry a large joint of meat, and a large one tears to pieces poultry and other small things. But spits are very much gone out of fashion, except in very large families, and the vertical or bottle jack is adopted instead. If well made, and kept clean and in good order, they will go exceedingly well, and roast every thing required in a moderate family; but their mechanism is something like that of a watch, and if carelessly used, let fall, or over-wound, they are easily put out of order, and not easily repaired. Even a common wire-jack, with several yards of worsted doubled six or eight thick, and tied in knots at the distance of two or three inches, serves very well to roast with.

A good meat screen is very necessary; by reflecting the fire, it saves coal, and secures the meat being better drest, and not only enough done but hot done. Wooden screens lined with tin, and fronting the whole fire-place, answer very well, but the modern invention of a tin machine called a roaster is much more convenient and effectual; it just occupies the width of the fire-bars, not the whole grate, and has within itself a dripping-pan, and place for hanging a roasting jack; also a door at the back to open for basting and salting the meat. This article is much less in the way than the heavy wooden meat-screens; the cook has access to the sides of the fire-place without moving it, and by opening the door can baste and salt the meat without scorching herself.

A plate-warmer is a useful piece of kitchen furniture; if there is not one, the plates and dishes may be warmed in the oven of a Yorkshire grate, but should not be suffered to remain in it longer than a few minutes, as its heat is apt to crack them.

For boiling, the cook should be furnished with pots and saucepans of various sizes. Copper is the most handsome and durable, but the black cast-iron answers very well for constant use. If copper vessels are used they should be well tinned, and kept very clean, and provisions on no account suffered to cool in them. For want of attention to this rule many lives have been sacrificed. The rust of copper, called verdigris, which forms in a very short time, is highly poisonous. On one occasion several gentlemen died, and several more were dangerously affected, by partaking of a stew at an inn, which the cook had imprudently suffered to become cold in the copper vessel in which it was prepared. It should be observed, that this danger exists even though the vessel should be properly tinned.

In a moderate sized family one pot will be required to hold four or five gallons—this for boiling a leg of pork or mutton if not provided with a small copper for that purpose—another holding three gallons will be useful for smaller joints, for a long pudding, or for soup. A round pot of the same size, or rather smaller, will be required for boiling round puddings; and saucepans from six quarts down to a quarter of a pint will be coming into daily use. For boiling fowls, or other white meats not requiring long time, tin is preferable for preserving the colour. For this purpose a long tin pot like a fish-kettle answers best. Two or three tin saucepans, holding twelve, eight, and six quarts, will be wanted for boiling green vegetables. Also if the general stock of saucepans be iron, one or two of block tin for boiling gruel and white soup, and a small one for melting butter; copper well tinned, answers for these last purposes, but whatever is used should be kept for that purpose only; gruel should never be made in a saucepan used for any thing greasy, neither should butter be melted in a saucepan used for warming gravy.

For boiling milk or custards, a tin saucepan should be made to drop within another saucepan in which is put some water, in the manner of a carpenter's glue-pot. A large and small stew-pan will be desirable, they are usually of copper with lids to fit very close. Some persons use in preference what is called a digester; it certainly draws out the goodness of bones,

&c. but does not produce so well-flavoured a stew as vessels which draw more slowly. For this purpose a Nottingham stone-ware jar with a lid is very useful, especially to those who have a Yorkshire grate and oven, as a stew may be admirably done in those ovens.

Preserving-pots and ladles are desirable where much of that kind of cookery is required; but they are expensive, and the end may be answered as well by a saucepan of block tin, or copper well tinned and most carefully cleaned before using.

In a considerable family three frying pans will be wanted; as it is a waste of fat and gravy to do a small thing in a large pan; of these one should be round, about twelve inches in diameter, this will serve for a small dish of cutlets, potatoes, &c.; the next oval, about the same size across, but fitted by its length to take one soal, or any thing of that shape. The third should be large enough to take a pair of soals, or a large plaice.

It will also be desirable to have two gridirons of different sizes; also a dutch oven, or tin bonnet with hooks, as many people prefer steaks done in one of them; and it certainly is a convenience if a steak is wanted in a hurry when the top of the fire is black, to be able to do it in front.

A moderate sized fish-kettle will be required for boiling mackarel, cod, and salmon; and a very large one, almost square, for turbot, called a turbot-kettle. If soals or plaice are to be boiled, a frying pan answers very well for the purpose.

Among other kitchen requisites will be a large tin colander for straining greens, and two or three of smaller sizes, either tin or earthenware, for straining gravy, &c.—A small white hair sieve to be kept only for gruel, and one with linen canvass (like butter-cloths) to be tied on to the hoop and taken off for washing; this is required for straining dripping or gravy, for which the tin gravy strainers are not fine enough.—A jelly bag or two of the thick flannel called swan-skin, used for ironing blankets; they should be made wide at the top to fit on a hoop, and come to a point at bottom.—Two or three iron spoons of different sizes will save silver ones, which ought never to be used in cooking, unless indeed there be an old one expressly allowed for that purpose.—A ladle of fine wire-

work is useful for taking up dumplings, and vegetables which are apt to be broken and injured by pouring the water through them, such as broccoli, asparagus, &c. There should also be a bread-grater, flour-dredge, and earthen or glass salt-seller and pepper-box on purpose for the use of the cook; tin is apt to rust if touched with a warm hand. A wooden salt-box should hang within the chimney-place, or as near to it as possible, as salt cannot be kept too dry. If basket-salt is used in the parlour, that should be kept in a like situation; a glass bottle is the best thing for rolling it fine for parlour use.

For making puddings and pastry, a large Nottingham-ware bason is the best thing to mix in; a large board, slate, or marble for rolling out upon: and a paste-cutter, or cutters and moulds of several shapes and kinds, if fancy pastry is required. A sheet or two of tin to fit the oven for baking cakes, rolls, or biscuits, two or three tins of different sizes for baking puddings, and small ones for cheese-cakes and tartlets. Tin moulds for jellies, blancmonge, &c. Jelly-glasses and custard cups belong rather to the parlour than the kitchen; and it may be taken for granted that the cook, who is furnished with every thing needful for preparing a dinner, will not be destitute of what is requisite for serving it up genteelly.

There should be a good supply of white dishes and plates, both for kitchen use and for setting by provisions; a careful cook will never suffer a dish or plate, much less a tureen or butter-boat, belonging to a parlour set, to be used for either of those purposes. A few red pans and platters of different sizes will also be useful, and some small vessels of Nottingham stone-ware for dripping; as that is the only kind of earthenware that can be relied on to stand boiling fat being poured into.

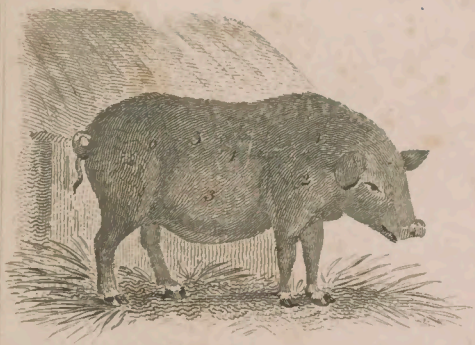
Two candle-boxes, one for whole candles, the other for pieces, should be hung in a convenient and cool place. Three knife-trays are desirable, and two spoon-trays; of the former, one for taking clean knives into the parlour, another for bringing out the dirty ones, and a third for keeping a few which may have only cut a piece of bread or butter, and which when wiped answer just as well for cooking. Though indeed it is best to keep a few old knives and forks expressly for cooking

purposes, and especially a large strong fork with a stag's horn handle, for taking up meat and puddings. The spoon-trays should be kept one for clean and the other for dirty spoons; which should always be washed separately from every thing else; if washed in the dish-tub they are scratched and have a sticky appearance, and if washed with tea-things and glasses, give the same appearance to them, beside a strong taste. A large scuttle-basket lined with tin is required for bringing out dirty plates from the parlour or dining room.

These latter articles may seem to have little connexion with cooking, but in reality they have a great deal. It is as important to the cook that improper things should be kept out of her way, as that every thing needful should be easily found in it. A nice cleanly cook *cannot* carry on her culinary operations surrounded by dirty plates, knives, candlesticks, and bits of candle; and one to whom such things are no annoyance, is sure to add many ingredients in her cookery, by no means gratifying to the palate, or conducive to the health of her employers. A good clock in or near the kitchen will tend to encourage and ensure punctuality, or at least to take away excuse for the want of it.

It only remains to say, that the cook should be furnished with a sufficient change of cloths for every distinct purpose; also mops, brushes, and brooms. Many articles not enumerated here are daily brought in use in many kitchens, but the kitchen that possesses these cannot be considered ill furnished; and the cook who, having them, fails to perform her work satisfactorily, would most likely do the same if her furniture were multiplied tenfold. To complete the whole, we would recommend that the following admirable rules should be inscribed in legible characters, and affixed in a conspicuous part of the kitchen :—

Do every thing in its proper time; put every thing in its proper place; keep every thing to its proper use.



Pork

Veal.

Beef

Venison.

Mutton.

London. Published by Geo. Virtue, 26 Ivy Lane 1838.

CHAPTER II.

OF BUTCHER'S MEAT, PLAINLY DRESSED.

Seasons, and Rules for choosing.

MUTTON is in season throughout the year with the exception of a few weeks in the early part of the summer. It is a just as well as common observation in the country, that from the blossoming to the gathering of beans mutton is not to be chosen. These things have no real connection with each other, but the remark may serve to keep the season in remembrance.

This meat, when good, is fine in the grain, of a bright colour, and the fat firm and white. It should at least have attained its full growth, and if of a good sort and well fed, is rather improved than injured by being older. It bears hanging a considerable time before dressing, according to the season of the year—in winter from four to ten days. By this plan the meat will become more tender and easy of digestion; yet it ought not to be carried to excess, so as either to dry away its juices or suffer it to putrify. If it is designed to keep meat unusually long, the best way of doing it is by hanging it in a place free from air and light, such as a dark arched cellar, or the sides of a well not often opened. Some people have an apparatus for burying it. A leg or shoulder should be hung with the knuckle downwards, by this means the juices are preserved.

The joints of a sheep are—in the hind quarter, leg and loin; in the fore quarter, shoulder, neck, and breast; two necks together form a chine, or collar of mutton; two loins a chine; and the legs cut into the loin, so as to include the chump bone, are called haunches. The head is generally sold with the pluck, which consists of the liver, lights, heart, sweet-breads and melt: though in a fine sheep, which the butcher thinks will do him credit, he usually leaves hanging

to each neck and loin a bit of melt and liver, by the firm healthy appearance of which a judgment may be formed of the goodness of the meat.

LAMB comes in season towards the end of March or beginning of April, (according as the season is more or less mild and favourable,) and continues good between four and five months. It is sold at first only in quarters and by hand, but after being in season a few weeks is sold in joints and by weight; its first price is usually one shilling per pound, but it gradually descends to the price of mutton, except that the hairy feet continue to be weighed with the legs and shoulders, which must be considered as enhancing the cost. Some lambs are reared in the house, and by this means a supply is furnished even throughout the winter; indeed house-lamb is considered in high season at Christmas; of course the price is very high.

In general it may be observed, that a short thick animal is preferable to one that is tall and skinny. Early in the season a lamb's fry is reckoned a great nicety, it consists of the sweet-bread, lamb-stones, and skirts, with some of the liver. The head and pluck comprise the liver, lights, heart, nut, and melt.

The quarters are divided in the same manner as mutton; but the breast and neck, often sold together, are called a target.

Lamb may be judged of by the same rules as mutton, only observing that (as indeed all young meats) it should be used fresh; therefore care should be taken in purchasing not to be imposed upon with stale meat. In fresh-killed lamb the veins of the neck and shoulders are bright and blueish. If the fat have a green or yellow cast, if the knuckle is limber, or the flesh flabby, or if a faint smell is perceived under the kidney, it is stale. The eyes should be bright and prominent, otherwise the head is not fresh.

BEEF is in season throughout the year, but is much more used during the winter season, that being more favourable both for salting and hanging, and unless roasting beef is hung

several days before dressing it is apt to eat tough. Fine young ox beef will have a smooth open grain, be of a good red, feel tender, and on a fresh cut part the gravy will appear. The fat should be white rather than yellow, as the latter excites a suspicion of the animal having been fed upon oil cakes, which render the flesh flabby and the flavour coarse. The fat of cow-beef is whiter than that of ox, and the grain closer, but of a paler and more dingy colour. Old meat discovers a streak of horn in the ribs, and the meat is drier and poorer in flavour; the thickness and hardness of this horn is in proportion to the animal's age.

The divisions of beef are numerous. In the fore quarter we have, the haunch, which includes the clod, marrow-bone, shin, and sticking-piece, which is the neck end. The next is the leg-of-mutton piece, which takes in part of the blade-bone; then the chuck, the brisket, the fore-ribs, and middle or chuck rib. The hind quarter contains the sirloin and rump, the thin and thick flank, the veiny piece, (or, as it is called in some places, the under-bed with the udder,) the aitch-bone, buttock, mouse-buttock, and leg. The cheeks, palate, and tongue are sold separately. The internal parts of this animal which are used are, the heart, the kidneys, the sweet-breads, the skirts, and the tripe. The skirts, which run inside the breast, make excellent steaks either for broiling or using in pies. Of the tripe there are three sorts, the double, the roll, and the reed, or honeycomb tripe. These, as well as cow's heels, calf's feet, and sheep's trotters, all of which are more or less esteemed, are usually prepared by persons who make it their constant employ.

Veal may be had all the year round, but in very severe weather is scarce and dear, and in very hot or close weather is apt to decay speedily. In choosing veal it should be observed that the kidney is well covered with white fat, and that the veins (especially that in the shoulder) are of a bright red or blue. If the kidney is seen peeping through a thin skin of fat, the meat is poor; if the veins are discoloured it is stale. So also, if the meat feels clammy, or is spotted or tinged with various hues, or if the kidney begins to change or feel

sticky, or smell close, or the suet feel limber—these are all signs of staleness. The lean meat should be dry and white, and free from veins, excepting in the part above alluded to. At the same time it should be observed, that though white veal is the most esteemed, it is not the most juicy, as its whiteness arises from frequent bleeding, and from the calf having had whitening to lick.

The hind quarter of a calf consists of the leg, including the knuckle and fillet, and the loin; the fore quarter is divided into shoulder, neck, and breast. The head is much esteemed; if wanted for mock-turtle, the butcher should be directed to scald it, by which means a rich glutinous skin is preserved. The heart and the liver are sometimes sold separately, or sometimes with the lights, nut, melt, and sweet-breads—in which case the whole is called the gulley.

Pork, comprehending both rind pork, and the lean parts of bacon hogs, which are sold fresh, and in some places called pig-meat. The former is always cleared of the hair by scalding, the latter usually, and far preferably, by scorching. As to the season for these meats, there is an old distich which very truly says,

> "Oysters and pork are better far,
> In any month that has an R."

By this rule they are excluded from the months of May, June, July, and August; and if the weather is close, the exclusion had better be extended rather than infringed upon. For choosing these meats it may be observed, that if the rind is thick, tough, and that does not readily yield to pressure, the animal was old. A thin rind is always a recommendation. If young, the lean will be apt to break when pinched; if fresh, it will be firm, smooth, and cool; if stale, will feel clammy and smell tainted. Pork which has spots about it resembling measles, is very unwholesome, or, in which the fat is full of little kernels. Dairy-fed pork is the most esteemed; such as is fed by butchers on the offal of other animals is coarse and strong; or fed on the refuse of a brewhouse or distillery, the fat becomes spongy; or fed too much on acorns or beans, the

meat is hard; and as the flesh of swine when ill-fed is very unwholesome, purchasers should be careful to deal only with persons on whom they can rely in this respect.

The joints of a porker are as follows: the leg, the hind-loin, the fore-loin, the spring, or, as it is called in some places, the hand and breast. Very large porkers are sometimes cut differently; the whole flanky part of the loins and spring being taken off for pickled pork, and the lean meat and bones divided into chines, grisken or short-bones, and spare-rib. The chine is merely the spine-bone with the meat belonging to it; the length of the chine is usually divided into three pieces, called the fore-chine, the middle-chine, and the tail-chine. The grisken, or short-bones, is the solid meat next adjoining to that of the chine, with the flat bones of the loin which project from the vertebra, or spine-bone. The spare-rib is the fore part of the neck, from which the fat and great part of the meat have been taken.

Of a bacon hog, the chine, short-bones, and spare-rib are taken as above described for pickled pork; also a small fillet or haunch from the hind leg, which is called in some places the whirly-bone, in others the rearing. The blade-bones also are removed, and the hocks or joint next above the foot. The legs are sometimes cured with the flitch, in which case they are called gammon and hock of bacon; but they are more frequently cured separately, (especially the hind-legs,) and called hams.

The liver and crow (or internal fat) of these animals are sold separately; the porker's head with the gulley, consisting of lights, heart, and melt. The head of a bacon hog, if large, is usually divided into chops and cheeks. The feet of a porker go with the legs; those of a bacon hog form part of what is called a set of souse, which includes the feet, tail, ears, snout, and in some places the hocks.

In the choice of bacon and hams, (which are in season all the year round,) those of a short-legged animal are always to be preferred; the rind should be thin, the fat firm and tinged with red, the lean tender, and adhering firmly to the bone: for a ham, stick a sharp knife under the bone—if the ham be good the knife will come out clean and with a pleasant smell,

but if the knife be sticky, and present a strong or clammy smell, the ham is not good. If the lean separates from the bones, it is either old meat or ill salted. If yellow spots, streaks, or tinges appear on bacon, it is rusty, which is both unpleasant and wasteful.

A sucking pig is much esteemed; its age should be from twelve days to three weeks. If bought in the market it may be chosen by its plumpness, and by the white and delicate appearance of the meat and rind; but as it should be dressed as fresh as possible, the best way is to bespeak it of some one on whom you can rely, and have it killed the same morning that it is to be dressed; as soon as scalded by the butcher, it should be wrapped in a clean damp cloth, and kept in a moist place. The pettitoes are dressed separately, with a mince of the heart, liver, and lights; but sold all together.

Of Roasting in general.

In roasting, great care is required that the spit (or if a jack, the hook that passes into the meat) be kept perfectly clean, otherwise a black mark will appear in the meat. Be careful also not to pass the spit through the prime part of the meat, but slip it along the bones; and in case that this throws the weight of the joint unequally, which will prevent its turning properly, have leaden skewers to balance it with.

The usual rule for time to be allowed is a quarter of an hour to a pound, and a few minutes over on the joint; but this is not a *certain* rule, as much depends on the shape of the joint as well as its size, and on the strength of the fire, and the nearness of the meat to it. Some meats require to be much more slowly and thoroughly done, others more lightly. Directions will therefore be given as to making up a fire suitable for the kind of meat, and the time specified for each joint, supposing that the fire has been properly managed.

When roasting is to be performed, the cook should consider how long a time the joint will require, and whether it should be put down to a slow or a brisk fire; and accordingly make up her fire of a proper size, and a proper time previously.

A little attention and experience will teach any one to make up a fire to come forward exactly at the time, and of the strength, and to last as long as the purpose will require it; and much of the success of a cook depends upon good management in this respect.

A considerable difference must be observed in the management of the different kinds of coal. The Newcastle coal, principally used about London, is sold in a mixed state, knobs and small together, and requires no breaking. It should be put on large and small together, the small a little wetted, and plenty of time be allowed for drawing up. The Staffordshire coal is sold in very large pieces; when brought in, there is but a small quantity of dust. The large pieces should be neatly piled up, and the dust put in a separate part of the cellar; when a piece of coal is to be broken, it should be placed on the level ground, the edge of the coal upwards, when a few good strokes of the coal-hammer, judiciously applied, will shiver a large lump in pieces with very little dust. But a person who has not the notion of breaking this kind of coal properly, will haggle and thump it about with very little success, and a vast deal of fatigue and waste. The person therefore whose business it is, should take pains to get the knack of doing it properly. When the large piece of coal is properly divided, the knobs should be put by themselves, and whatever small may have been made, neatly swept up and put to the heap of small. When a fire is to be made up for roasting, the best way is, nearly an hour before it is wanted, to lay on several large pieces of coal edgeways; by this means the pitch that runs through the veins will become thoroughly heated, when a very slight stroke of the poker will separate them, and a strong fire with a clear front be at once furnished; a shovel or two of the small coal, well wetted, should then be thrown on the back, which will preserve the spirit of the fire and strike out a good heat. This done, the bottom bars must be raked out, and the whole fire-place neatly swept up before putting down the meat.

It is a good way to place the meat screen in front of the fire some time before putting down the meat; it causes the fire to draw up, and reflects heat to the joint, which greatly

promotes its being not only *enough*, but *hot done*; reflected heat neither scorches nor dries meat, and therefore is beneficial to joints of every size and description. The meat-screen, dripping-pan, basting-ladle, &c. however clean when put away, will require careful dusting every time before being used.

Before roasting, the pipe that runs along a loin should be taken out, as it is apt to taint; and in hot weather especially, the meat should be carefully examined, and wiped clean from fly-blows; and any part that may have become clammy or musty, wiped or scraped off.

Salting meat before it is put to roast, draws out the juices and hardens the meat, it should therefore if possible be avoided; pork is less injured by it than any other meat. The best way to keep what is to be eaten unsalted, is, as before directed, to examine it well, wipe it every day, and put some pieces of charcoal over it. If meat is brought from a distance in warm weather, the butcher should be ordered to cover it close, and bring it early in the morning; but even then, if it is kept on the road while he serves the customers who live nearest to him, it will be very likely to be fly-blown. This happens often in the country.

Of a sirloin of beef, or loin of mutton or veal, part of the suet may be cut off and chopped up for puddings; as also the outside fat of loin or neck of mutton, which makes exceedingly light crust. Indeed, to avoid waste, no more fat should be left on any joint than is likely to be eaten. This will vary in different families; of this the cook should take notice, and act accordingly—carefully making the best of what comes off—by means of which butter and lard may very often be saved; and there are few families in ordinary life where such savings are not an object. Fat so taken off may either be used fresh for puddings, or clarified, (as will be hereafter directed,) or slightly cut up and melted in the dripping-pan or oven, being cleared away as fast as it melts, otherwise the well of the dripping-pan will overflow, and the dripping become rancid by being too long exposed to the heat. When cold, the pots should be turned down to preserve the dripping from air and dust, and it will keep good a long time.

Some persons put a little salt and water into the dripping-

pan, and baste the meat with that for some little time before using dripping; this is chiefly useful when meat is a little tainted; in that case the dripping-pan must be wiped perfectly dry, and the meat suffered to drip a minute or two before adding any other dripping.

MUTTON.—All the joints of mutton are occasionally roasted; they should be put down at a good distance from the fire, and brought gradually nearer when the inner part becomes hot, which will prevent its being scorched while yet raw. Mutton has usually fat enough to baste itself; if, however, a little is put on at first, it helps to draw out that of the meat, and rather forwards the business. When nearly done a little salt should be sprinkled, and a very small dust of flour; care should be taken to turn the meat, so that every part may be done, and no part scorched. The whole should be of a fine brown, and look frothy. The shank and flap of a leg of mutton (which is dried to a chip if roasted on) make excellent gravy; when the dripping is poured clean off, this may be rinsed round the dripping-pan to brown it. Some people prefer only a little boiling water.

A leg or shoulder of mutton will require a very little more than a quarter of an hour to a pound; a moderate sized neck an hour and a half or three quarters; a loin two hours; a breast an hour and a half with a brisk fire, which is necessary to draw out most of the fat, otherwise a breast of mutton is so fat a thing that few people like it. Any joint of mutton answers exceedingly well to bake. Whether baked or roasted, Yorkshire pudding, or potatoes browned under the meat, are in general liked. The leaner joints answer best for this purpose; such puddings are unpleasant if too rich.

The vegetables usually eaten with roast mutton are—potatoes boiled, mashed, or browned under the meat; mashed turnips, French-beans, cabbage, sea-cale, turnip-greens, brocoli, or cauliflower, spinach, and onion sauce.

Beef.—The roasting parts are the ribs, sirloin, and rump. The sirloin is sometimes divided into three parts, the chump, the middle, and the fore-end. The ribs also are divided into three parts, the fore-rib, consisting of five ribs, the middle of four, and the chuck of three. Beef requires a substantial but not fierce fire, and should be at first placed at a distance from it. The time required will be regulated by the size of the joint; a piece of ten pounds will take rather above two hours and a half; twenty pounds will take somewhat less than four hours. The sirloin, on account of its thickness, will require rather longer than the ribs. The rump must be very slowly done at first, that its great thickness of solid meat may be heated through before it begins to brown. Beef will not require basting, but a large paper spread with dripping should be skewered over the upper side to preserve the bark from scorching, this may be removed when the meat is nearly done; salt, flour, and gravy, the same as mutton. The same vegetables also are suitable, with the exception of onions, and the addition of horse-radish, which should be served as a garnish. Potatoes browned under the meat, or potatoe pudding, and Yorkshire pudding are in great requisition with roast beef.

The udder and tongue are sometimes roasted together; they must be salted three days with common salt and saltpetre —the udder should have some fat left to it. Boil them till tolerably tender, then tie the thick part of one to the thin part of the other, and roast them till of a fine brown. Serve with good gravy, and currant-jelly sauce. Some people stick them with a few cloves; others prefer a stuffing like that of veal, in which case the gravy is usually thickened with a little flour and butter.

Beef heart must be soaked in cold water until perfectly cleared of the coagulated blood; then wiped thoroughly dry, stuffed as a hare, and roasted or baked. Of the two, baking, if well managed, is preferable; it will require a great deal of basting, and will take two hours to do, or upwards if it be large. Have ready some rich beef gravy, and let it be served on a water-dish, and eaten off water-plates, as it is very apt to chill; serve with it currant-jelly sauce. It makes

an excellent hash, and either way very much resembles hare.

VEAL.—The roasting parts are the fillet, (both of the leg and shoulder,) the loin and neck, (with the exception of the scrag,) and the breast. Veal requires a quick fire, and should be more thoroughly done than either mutton or beef; indeed all young meats require this, as they are both unpleasant and unwholesome if at all rear. The fillets are usually stuffed—the pudding is fixed in with the flap; if skewers are used they should be of silver; if not, the stuffing had better be sewed in. Veal requires frequent basting, also rather more flour to brown it than beef or mutton; when first put down, a greased paper should be fixed on the rind of neck or loin. The kidney, which is much esteemed, may be roasted in the loin; or, if it be desired to have it browned, let it lie in the dripping-pan. The breast has the sweet-bread belonging to it, which should be fixed on with the caul until nearly done; then the caul (which will have shrivelled up) may be removed, and the sweet-bread laid in the dripping-pan to brown. All roast veal should be served with a little good gravy, and plenty of melted butter, and garnished with slices of lemon. The vegetables that should accompany veal are, potatoes, either plain-boiled, mashed, or browned, and greens of every kind; but brocoli, asparagus, sea-cale, and green peas are especially esteemed with roast veal. The heart may be dressed in the same manner as that of beef; an hour will do it.

LAMB.—All the joints of lamb are fit for roasting. Lamb requires a brisk fire; it should be quickly and thoroughly done. In roasting the hind quarter, the flap of the loin is sometimes rolled round as a pouch to contain a stuffing, either of force-meat, or the more simple preparation commonly called veal stuffing. When nearly done, let the dripping be poured off, and the dripping-pan carefully freed from any ashes that may have fallen in; after this, what flows from the meat, with a wine-glass full of boiling water, rinsed round the dripping-pan and poured through the spit hole (if a spit be used) will make

excellent gravy. Lamb is sometimes garnished with crisp parsley strewed over, but some people dislike this; mint sauce is usually served with it: and for vegetables, sallad, spinach, French beans, cauliflowers, brocoli, asparagus, or green peas. The shank of either shoulder or leg should have a piece of writing paper, either fringed or plain, twisted round it, to take off the ungainly appearance of the bare stump.

In the fore quarter, when the shoulder is removed, it is usual for the carver to squeeze in a little lemon juice, a sprinkle of salt, and a little Cayenne pepper—these things therefore should be on the table.

Pork—Takes more of the fire than any other meat; a joint of any thickness should be allowed full twenty minutes to a pound. The legs and loins are usually roasted, and, if very small and delicate, the spring, or fore-hand, but this latter is in general preferred for boiling; the flap also of the loins is better removed for salting. Roast pork is usually seasoned with sage and onion; for a leg or hand cut a hole through the knuckle, widen it with the finger, thrust in the stuffing, and secure it either by sewing up, or with skewers, or by fixing over it a piece of caul or greased paper.

To have the rind crisp, brown, and free from blistering, as soon as at all heated it should be well and frequently rubbed with a bunch of feathers dipped in salad oil, or a piece of butter tied in a muslin rag. A leg of pork is often taken up half an hour before done, and scored in diamonds, but unless the rind looks tight and hard, or shrivelled, this is better omitted. A loin or neck of pork had better be scored either before putting down, or, as above, half an hour before its being done; at which time also some salt must be sprinkled. Of pigmeat, the grisken, being lean and dry, will require much basting, the spare-rib very little; on both these joints some cooks scatter sage finely shed in preference to seasoning. Pork requires a little good gravy, which may be obtained by boiling down any bones or trimming bits of the day before, with an onion and a bit of toasted bread; carefully scumming the liquor, and rinsing it round the dripping-pan. Apple sauce

and onion sauce are generally served with roast pork; and he suitable vegetables are French-beans, all kinds of greens, and potatoes.

A sucking pig, the moment it is killed, should be put into cold water for a few minutes, then rub it over with a little resin beaten extremely small, and put, for half a minute, into a pail of scalding water: take it out, and pull out the hair as quickly as possible; if any part does not come off, put it in again. When quite clean, wash it well with warm water, then rinse it several times in cold water, that no flavour of the resin may remain. Take the feet off at the first joint, make a slit down the belly, and remove the entrails, (the lights, liver, and heart go with the feet.) Again well wash the pig in cold water, and wrap it in a wet cloth, to keep it from the air, until you are ready to put it down; but the sooner this can be done the better. Into the belly put some crumbs of bread, sage shred very fine, salt, pepper, and nutmeg, and sew it up; the legs must be skewered back, or the under part will not be crisp. Lay it to a brisk fire till thoroughly dry; then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge as much flour over as will possibly lie, and do not touch it again till ready to serve; then scrape off the flour very carefully with a blunt knife, rub it well with the buttered cloth, and take off the head while at the fire; take out the brains, and mix them with the gravy that comes from the pig. Then take it up; and without withdrawing the spit, cut it down the back and belly, lay it into the dish, and chop the sage and bread quickly as fine as you can, and mix them with a large quantity of fine melted butter that has very little flour. Put the sauce into the dish after the pig has been split down the back, and garnished with the ears and the two jaws; take off the upper part of the head down to the snout.

Some add to the above stuffing, a couple of onions parboiled, two ounces of butter, and the yelk of an egg; and some prefer for sauce good clear gravy of beef or veal, with a squeeze of lemon, and thickened with the liver, brains, and a little sage shred fine. A sucking pig is quite as good baked as roasted, if proper attention is paid to it. Apple sauce,

currant sauce, and bread sauce are occasionally used, but much less so than formerly. Directions will be found in another part for making all these various sauces. A pig will take about two hours to roast—when the eyes start, it is done enough.

Pig's head. The head of a small porker is sometimes roasted or baked, and is very good done in the following manner: when the head is split, carefully clean it, take out the brains, scald them sufficiently to beat up, add to them some crumbs of bread, sage shred fine, and pepper and salt; return them to their place in the head, and fix it close together again, either by sewing or binding; put down either to the fire or in the oven; and when hot through rub the rind with butter or salad oil, as directed for pork; when done, open the head, skin the tongue, take out a little of the brains, which mix with some good gravy, and serve in a tureen; (gravy should never be poured over roast pork, as it makes the rind sodden.) Apple sauce in another tureen. Vegetables, greens and potatoes.

Some people prefer a seasoning of sage and onion, which may be shred small, and mixed with the brains as above, or forced under the rind at the top of the skull.

Observe, any kind of meat that has been frozen should be soaked two or three hours or more in cold water, and will require a longer time to roast. Do not attempt to thaw it before the fire, or you will never be able to roast it properly afterwards.

Of Boiling.

The cook will remember, in the first place, to have her boilers and saucepans delicately clean; not only cleaned when put away, but carefully dusted and rinsed before using. All meats should be put into the water as soon as the chill is off, and the time allowed to be reckoned from the boiling up. The liquor boils away much more with the lid off than on. Immediately on boiling up, the pot must be well skimmed, otherwise the scum breaks and settles on the meat. Meat

should not be suffered to boil fast, as that hardens it; at the same time be careful that it does not stop boiling, otherwise you deceive yourself and find the meat at the expiration of the time under-done.

Vegetables should not be dressed with the meat, except carrots, parsnips, or turnips, with beef, mutton, or pork; or with the latter, pease for a pudding; the liquor greatly improves all these vegetables, and greens also if at all harsh; but they make the meat strong and spoil the liquor, which is otherwise useful for soup. Those who like the greens boiled in the liquor, yet object to the taste they give the meat, should take up the meat ten minutes sooner, and keep it warm with a cover and cloth while the greens boil.

As to time, every solid joint will require a quarter of an hour to a pound, and a few minutes over, from ten to twenty, as the family like it more or less done. A leg of pork or lamb will always require twenty minutes above its quarter of an hour to the pound.

The liquor in which meat has been boiled is very useful for beginning gravy, broth, or soup. If too salt, use only a part of it for these purposes, and part water. Almost all bones too, that come from table, will form a valuable addition to this liquor; those who have never tried it, would be astonished to see three or four quarts of stiff jelly produced merely from pot liquor and offal bones;—or excellent soup, with only the addition of herbs. Whether or not the liquor is thus used, it should be suffered to stand till cold, when a cake of fat will have settled on the top—useful for basting or frying, or making common puddings, (not for frying if salt liquor, as the salt is apt to fly in the pan, and be troublesome and dangerous.) Families where these savings are not necessary, will do well nevertheless to practise them for the benefit of their poor neighbours; and who can tell in these times of fluctuation and uncertainty, how valuable habits of economy may prove to themselves?

It is sometimes directed, in order to preserve the colour of meat, to boil it in a cloth; but the end is better answered by, 1st, Blanching the meat a few minutes in warm water, before putting it near the fire. 2nd, Shaking on a very small dust

of flour. 3rd, Very carefully skimming the pot. Even the first of these methods is better avoided, as a sacrifice of the juices of the meat to its colour, which is of far less importance.

MUTTON.—The joints of mutton usually chosen for boiling are the leg and neck; sometimes the shoulder is boiled, and if thoroughly done eats very well. A leg of mutton boils whitest when quite fresh, but is more tender and delicate when it has hung a few days; chop off a very small piece of the shank; if too much is taken off the juices will be drained off by this conduit in the boiling. Allow time enough for the water to come slowly to boil; if it is made to do this hastily, the meat is thereby hardened. Be careful never to run a fork, or any thing sharp into the meat, which would drain its juices. When it is to be taken up, have a very large strong fork, of which set one prong into the shank-bone, and slipping a slice under the other end of the joint, so take it up; pour a tea-cup full of the liquor over the meat; garnish with slices of carrot, and serve with caper sauce. The proper vegetables are carrots, cauliflower, and mashed turnips. It has been remarked that sauce is better poured over the meat, the juices of which then mix with it most pleasantly; but, on account of the uncertainty of all the company liking any particular sauce, it is usually served in a boat or tureen.

A neck of mutton. The scrag requires much longer boiling than the best end; it should therefore be cut off and done separately and slowly in a small quantity of water, for half, or three quarters of an hour, before it is time to put in the other end, when the whole may be put into a larger vessel, and a sufficient quantity of water added; if to be plainly boiled, an hour and a half or three quarters after boiling will be sufficient. The best end is very fat, and therefore a considerable part of the outside fat is usually taken off before boiling; if this is not done, the skin should be peeled off when taken up. Garnish with carrots or turnips cut in two; and serve with caper sauce, or parsley and butter. Vegetables—mashed turnips, carrots, cauliflower.

The liquor of either leg or neck of mutton, is very valuable

for broth, which may be made either at the same time that the meat is boiled, or after it is removed. If the meat were fat, and fat broth is not desired, the liquor had better be left to become cold, when a cake of fat may be removed, and the barley, or rice, and vegetables added. The common family dish of boiled mutton and broth is best managed in the following manner: have two, three, or more scrags of mutton (and if an of the best end is used, cut off nearly all the fat,) wash them till perfectly free from blood, and set them on in a vessel sufficiently large to take in what you will afterwards have to add, and with a moderate quantity of water, (soft, by all means, if you can get it,) while this is slowly boiling, take a third, or half a pound of pearl or Scotch barley, wash it well, boil it up once in a little water, strain off the water, and add the barley to the broth; let it go on slowly boiling, with the lid off, and keep it carefully skimmed; when it has thus boiled nearly two hours, lift out the meat and keep it covered up, then throw in some turnips, three or four onions, a handfull of shred parsley, and, if approved, a few marigold blossoms, and some hard or suet dumplings, (if celery or carrots are approved, they must be put in half an hour earlier, cut in slices:) make the broth, with these additions, boil up fast, then return the meat, and keep all at a moderate boil for twenty minutes or half an hour. The broth, meat, and dumplings are usually served in one large tureen, and eaten together. Two or three sheep's heads boiled in the same manner make a cheap and excellent dish.

Shoulder of mutton. The whole of this joint may be boiled, or only the knuckle half cut long-ways, and leaving what is called the oyster for roasting; and perhaps the latter is the best way, as the oyster part is very fat for boiling. It will require long and slow boiling; not less than two hours, though the piece may not weigh more than five or six pounds; it may be eaten with broth as above, or served dry, with either onion, caper, or parsley sauce.

Breast of mutton. This joint is so exceedingly fat as to be seldom approved in any form; and the butcher's shop, of whatever else it may be destitute, generally displays a goodly row of breasts of mutton, which are often sold a penny or

three-halfpence a pound under other joints;—in fact, are gladly disposed of at any price. There is however great nourishment in this part of the animal, and it is reckoned particularly good for consumptive persons. To many families into whose hands this book may fall, it may be desirable occasionally to render palatable a less expensive joint; and often to those benevolent persons who purchase for the use of the poor. The following mode of preparing it is therefore submitted. Set it on, either whole or cut in pieces, in cold water, and let it boil very gently for two hours or two hours and a half; then take out the meat, and if time allows, leave the liquor to become quite cold, when a large quantity of excellent fat may be removed. If necessary to proceed at once with the cookery, the fat may be carefully skimmed off while hot, and dropped into cold water. Set the liquor on again, and when it boils add six ounces of rice or barley, eight or ten turnips cut in pieces, five or six onions or leeks, two or three carrots cut in slices, and a handful of parsley; when these have boiled fast a quarter of an hour or twenty minutes, return the meat into the liquor, with a little pepper and salt, and let all boil slowly from one hour to two. If agreeable, the fat, or part of it, will make some excellent dumplings, which may be thrown in with the rest to boil, and will greatly improve the dish. If fuel is scarce, this dish may be prepared in the same manner at the baker's oven, in a deep earthern pot with a lid, or tied over; but in that case two bakings must be made of it, that the fat may be removed before the vegetables and thickening are added.

Sheep's heads may be either plain boiled, and served with parsley and butter, or caper sauce, or with a little sage shred fine, and beat up with the brains; or may be done with herbs, thickening, and dumplings, in the same manner as a scrag of mutton.

Beef.—The parts of beef usually boiled are, the aitch-bone, the rump, the buttock, the mouse-buttock, or under-bed, the veiny piece, the thick flank, the thin flank, the leg of mutton piece, the brisket, and clod.

Of these, the veiny piece, the brisket, and clod, are boiled

fresh, and called *bouille.* The others are usually salted. As the former preparations come rather under the head of soups, or of made dishes, we proceed to salting beef, for boiling in a plain way.

Meat should either be salted before the animal heat has entirely left it, or be allowed to hang a few days to become tender. The former can rarely be done, as meat is not in general cut up the day of killing; the latter must be regulated by the weather; in winter three or four days, or even a week may be suffered to pass before the meat is salted; but in summer, when there is danger of fly-blows, or of the meat becoming putrid through the close heat of the weather, it ought not to hang longer than a day or two, and that in a cool and dark place. On being brought into the house, it should be immediately wiped perfectly free from moisture and blood, and all the pipes and kernels be removed. There are several kernels in the neck pieces, where the shoulder clod is removed; two in each round of beef;—one in the middle, which is called the pope's eye; and the other in the flap: there is also one in the thick flank, in the middle of the fat; and one between the rump and the aitch-bone. These very soon corrupt, especially in summer, and unless they are removed, salt will never succeed in preserving the meat. It is the butchers' business to attend to this matter; but as they frequently neglect it, the cook should take care that it is properly done.

When the meat has hung fresh as long as is judged proper, let it be laid in a flat dish, and sprinkled with a small quantity of salt: the next day it may be removed into the pan or trough in which it is to be finally salted. For this purpose some people use oblong pans, glazed inside and out in a particular manner, and fitted with wooden lids; others, especially where much salting is to be carried on, prefer a wooden trough, lined with lead, fixed on legs, and having a hole in one corner for letting off the brine when required; these troughs have lids also lined with lead.

On placing the meat to be salted in the pan or trough, rub into it half the quantity of salt that will be required for the salting, and the remaining half two or three days afterwards; a

large piece of beef will require above a pound of salt. If part of it be bay salt, it will improve the flavour of the meat. A little coarse brown sugar, also, is a great improvement; it preserves and mellows the meat, without giving it any particular flavour Saltpetre dries and hardens meat—its only recommendation is that of giving a fine red colour; but people are daily becoming wiser in these matters, and will not sacrifice the tenderness, juiciness, and wholesomeness of an article of food, to the beauty of its colour. Whatever salt is applied, let it be thoroughly rubbed into every part; let the trough or pan be kept closely covered up the whole time of salting; and the meat rubbed, turned, and basted with the brine, at least once every day. The doubled parts must be looked at, and if any mouldiness or clamminess gathers on the meat, in any stage of curing, let it be carefully taken off. Several joints may be salted in the pan in succession; the accumulation of brine being an advantage. Should it become rank with blood and slime, it may be boiled up, skimmed, and, when cold, poured again over the meat; but this had better not be too often repeated, especially now salt is so cheap. If it is desired to have the meat salted red, a small quantity of saltpetre, and a few grains of cochineal, finely powdered, may be added to the pickle. The proportion never should exceed two ounces of saltpetre to a pound of common or bay salt. A thin piece of beef will not require more than eight or ten days to lie in pickle; a thick piece may be allowed a fortnight, but should not exceed it. By too long salting the nutritious juices are drawn out, and the meat becomes hard and indigestible.

If it be required to get a piece of beef salted for immediate use, it should be managed in the following manner. The moment the meat comes into the house, rub in half the usual quantity of salt, and let it lie till time to put it into the pot; then take a coarse cloth, flour it well, fold up the meat closely in it, and put it into the pot when boiling; when it has boiled an hour, take it out, rub in some more salt, flour the cloth again, and return it in the same manner; allow it the usual time of boiling, and, by this method, it will be found as salt as if it had been in the salt-pan a week;—the usual mode however is preferable.

Salt beef, excepting in the above case, should be put in the liquor blood warm, and great care should be taken that, while kept boiling, it is not suffered to boil fast; a quarter of an hour to a pound is quite a sufficient time to boil it. When served to table, a cup full of the liquor may be poured over to draw the gravy, and the dish garnished with sliced carrots. Mustard is always eaten with boiled beef, but no other sauce. The vegetables suitable (and which are improved by boiling in the liquor) are, carrots, turnips, and greens, especially savoys. It is also common in plain families, to boil a few dumplings in the liquor, or some brewis; either of which draw the fat, and are nourishing and relishing. Brewis is nothing more than a thick top crust of bread, thrown into the pot when the meat is nearly done; it may be taken up whole, or beat up with a little pepper. Those who do not choose any thing so plain for their own eating, may do a good action by boiling a little for some poor family in the neighbourhood

If meat has necessarily lain too long in salt, it may be freshened by soaking it in one or more waters. In boiling beef be very careful to remove the scum till no more rises; and even then it may be necessary to throw in a little cold water to refine the liquor. The pot should be kept covered, and the meat turned once or twice while boiling.

Thin flank of beef requires particularly slow boiling; if it is hurried the gristly parts are hard, and the lean stringy.

The udder of beef requires very long boiling, much longer than the meat to which it adheres; for that reason it is usually separated from it, and boiled an hour or two the day before, then put on again with the meat.

If the flavour of carrots, turnips, or greens, boiled with the meat be not approved, the liquor in which they are boiled may be improved by the fat of the pot liquor, after it has been skimmed. If the liquor is intended for soup, it is not injured by either carrots, turnips, dumplings, or brewis; but greens should never be boiled in liquor that is to be so used.

Tripe. This is usually bought clean, and partially or wholly boiled, at the tripe and cow-heel shops. It requires a vast deal of cleansing, and must pass through many waters,

first cold and afterwards hot; the first is best managed at a river's side; after that it must be rubbed with salt, and repeatedly scalded, till perfectly clean and white. The business may be forwarded by dissolving a piece of quicklime in the water in which it is scalded and scraped. After this it must simmer over a slow fire, or by the fire-side from six to nine hours. The best way of keeping it after it is boiled, is to allow it to jelly in its own liquor, and rewarm as wanted. When bought in the shops, choose it thick, fat, and white, and see that it be fresh.

When it is to be dressed, wash it in warm water, cut it in pieces, and simmer in a little milk and water; boil with it a few fine white onions; when both onions and tripe are quite tender, stir in a good piece of butter rolled in flour, a little pepper, and salt, and a spoonful of ketchup; take it up altogether in a tureen or deep dish. Some persons prefer it plainly boiled in water, and served up with onion sauce.

Cow-heels. These also are usually bought cleaned and boiled. The hairs and hoofs are got off by means of scalding water. When perfectly clean they require at least six hours slow boiling, with a little salt;—the liquor must be carefully skimmed. The sauces eaten with them are, parsley and butter; or melted butter, into which is stirred a tea-spoonful of made mustard, and a little vinegar. The liquor, in which either of these is boiled, acquires considerable goodness, and answers well to begin stewing beef, or making soup of any kind.

Neat's tongue. Some people cut off the root before salting, leaving only a little of the fat; others leave it all on. Sprinkle some salt, and let it drain from the slime and blood. Next day rub in a large spoonful of common salt, the same of coarse sugar, and a little saltpetre, sal prunel, and pounded allspice; rub it well in, and do so every day. In a week, add the like quantity of salt and sugar, and continue to rub it daily for another week; after which the tongue may be taken out of the pickle, either for boiling at once, or for smoking. If smoked very dry, it will require two or three hours soaking in soft water before boiling. As to the time required for boiling, it varies very considerably according to the age of the

animal, &c. from three to five hours. When done it will be quite tender, and the rind will come off easily.

VEAL.—The parts of veal usually boiled, are, the knuckle, both of shoulder and leg, the scrag of neck, and the head. The knuckles require long and slow boiling, the bones longer than the meat; it is a good way to separate the heavy gristly bones, and boil them an hour or more before the meat is added; the meat may be bound up with tape, to keep it together. The bone of the fillet is sometimes taken out before roasting; in that case it may be boiled with the knuckle. The bones will require at least two hours, the meat an hour and a half.

The scrag of neck is but an insipid thing boiled; it answers better as a stew. If however it is to be boiled, it will take an hour and a half slow doing; it is sometimes boiled in milk and water, and covered with onion sauce.

Boiled veal in general is served up with parsley and butter. Bacon is eaten with it. Proper vegetables, potatoes, greens, and French beans.

A calf's head, to be plainly boiled, will require nearly two hours. It should be seen that the butcher has properly cleansed or removed the bones inside the head. It should also be soaked some time, to draw out the blood. The eyeballs are to be removed, also the brains, which latter, wash, skin, and scald; scald also some sage and parsley, and chop up fine. When the head is done, take out the tongue, skin, and lay on a separate dish; pour over the head parsley and butter, and over the tongue garnish of brains, prepared in the following manner: having scalded the brains as above, beat them up quite fine into melted butter, with the sage and parsley as above, and a little salt and white pepper; some add a little cayenne, a shalot shred fine, and a squeeze of lemon-juice; both dishes may be garnished with fried bacon, and lemon slices; or a piece of bacon or pig's cheek should accompany the dish. Some persons strew crumbs of bread and chopped parsley over a calf's head, and brown it in a Dutch oven.

Calf's feet are usually boiled down for jelly, directions for

which will be given elsewhere; they are however sometimes simply boiled, and eaten with parsley and butter, or made into broth ; in this case, a bit of shin or neck of beef added, greatly enriches and improves the flavour; onions, parsley, turnips, barley, or rice, may be added at pleasure; either way, about four hours will boil the feet.

The liquor in which veal has been boiled forms an excellent basis for any kind of white soup, or for green peas soup; or is of itself a good nourishing broth, very fit for a delicate stomach. The bones of veal, especially the gristly spongy bones, boiled down, will yield a quart or two of good liquor for the above purposes, but not equal to the first made. Directions for preparing these will be given in the proper place; they are only mentioned here by way of reminding the young cook not to throw away what is so valuable.

LAMB.—The parts of lamb usually boiled are, the leg and neck. Great care should be taken to preserve the colour. As to time, a leg will take a quarter of an hour over the quarter to each pound. A neck should be slowly boiled, and when the meat begins to shrink from the bones, and the bones to look white, it is done. The neck is usually served with parsley and butter, or sometimes with caper sauce; the leg always with caper sauce. For vegetables, young carrots, spinach, new potatoes.

The lamb's head is usually boiled, and with the pluck forms an excellent dish, prepared in the following manner. In a small quantity of liquor parboil the lights and brains, till they will mince very fine; in the same liquor, (adding a little more if required,) boil the head, which will take something less than an hour to do. Stew the mince in a little of the liquor, with salt and pepper, and thickened with flour and butter; a little lemon peel shred very fine is approved by some persons. Skin the tongue, and pour this mince over the head, and garnish with sippets of toasted bread, and slices of lemon. The liver, heart, and sweet-bread should be fried, and served up in a separate dish, with curled bacon round the edges. For gravy, after the fat is poured out of the pan, put in a little of the liquor in which the head was boiled, a piece

of butter rolled in flour, and a spoonful of ketchup; let it simmer two or three minutes, and then pour over the liquor. Some people merely fry the liver dry, and lay it with alternate slices of bacon round the edge of the dish, in which the head and mince are placed. The usual vegetable is potatoe mashed; pickles are sometimes eaten with this dish.

PORK.—The parts of pork usually boiled are, the leg, the spring, and the head. The salting of these may be carried on in the same manner as directed for beef,* (page 31.) but a shorter time will suffice for lying in salt; from a week to ten days will be sufficient. Pork requires long boiling, about twenty minutes on the joint over the quarter of an hour to a pound. The greasy scum which it throws up must be constantly removed, or it will discolour the meat, and hang about the vegetables; the vegetables are, peas pudding and parsnips. If not too salt, the liquor in which pork has been boiled makes excellent peas soup.

The hocks and feet of bacon hogs are usually boiled fresh; they will take about three hours to boil; the liquor may be made into peas soup, either at the same time, or after the hocks, &c. are taken out.

A pig's head or cheek, after being carefully cleaned, should be sprinkled with common salt, and drained for twenty-four hours; after this, well salted with common salt; some people add a little coarse sugar and saltpetre. It may either be taken out of this pickle in five or six days, well washed, and stewed with peas till quite tender, or may lie eight or ten days, and then be plainly boiled, and eaten with greens, parsnips, or carrots.

BACON.—The boiling required by bacon, varies according to the age of the animal, and manner of salting. Supposing these to be favourable, about twenty minutes to the pound will be found sufficient after it boils;—hock or gammon rather longer than ribs; but the rind coming off easily is the surest

* Directions for curing bacon, pickled pork, &c. will form a separate article.

rule of its being done enough. Some people like greens boiled with bacon; in that case the pot should be very carefully skimmed before they are put in. The vegetables eaten with bacon are greens, peas, and Windsor, or broad beans. The liquor that has boiled bacon is of no use; but a cake of fat settles on the top, which will serve for some common purposes.

A ham is best boiled in a copper, as it requires plenty of room, and slow regular boiling. If it has been long dried, it should be soaked a night in soft water, or a running stream if one is at command; or, to make it eat mellow, it may be put for two or three days in a hole dug in the earth, or laid on damp stones, and covered over with a heavy tub to keep vermin from it; when about to be dressed, wash it well in lukewarm water, scrape it clean, and trim from it any little rusty bits; let it soak for an hour or two before coming to the boil, then q cken the boil and skim; after this it will require from two to five hours slow boiling, according to its size. When done, which should be at least a quarter of an hour before dinner time, pull off the skin neatly, and preserve it as whole as possible, to keep it moist when cold. Strew bread raspings over, and place it before the fire, in a hot dish set over boiling water. When ready to serve it, remove into another dish clean and hot, twist writing paper round the shank, and garnish the dish with curled parsley and sliced carrots. The gravy that will have settled in the first dish, as also in the other after carving, is highly valuable for sauces, and should be carefully preserved. The fat also that settles upon the liquor will serve for basting meat, or making a common pudding. Some people use a little of the liquor for beginning soups or stews, but it is in general unpleasantly salt. If it is used, this should be borne in mind, and no salt added.

Of Broiling.

This is a very important part of the cook's office. Meat thus prepared, if well done, is the most wholesome, and generally the most acceptable to a delicate or sickly stomach. It is

also frequently called into request, in preparing a hasty meal or one for a single individual; and yet it is an art in which comparatively few cooks excel.

The first thing required is attention to the state of the fire, some persons always use charcoal for broiling, and it is a very good way, but too expensive for general use. The object is, a fire clear, bright, and perfectly free from smoke; and this may be secured by management in a common coal fire. If it is known that broiling will be required, the fire should be made up with knobs, not over large; when these have thoroughly burnt up, a shovel of good cinders, wetted, and perfectly free from ashes, may be added, three quarters of an hour, or an hour before the broiling is wanted. This will draw up and be a beautifully clear and bright fire in good time. Next for the gridiron; it should be so contrived, that it can be placed at the distance of three, four, five, or six inches from the fire; let it be kept perfectly clean, not only bright on the tops of the bars, but clear from all soot and grease between them. The gridiron should be hot through before the meat is put on; for this purpose it should be five minutes or more on the fire, then let the bars be wiped with a piece of clean paper, and rubbed with a piece of fresh suet, to prevent the meat sticking or being marked by the bars; then sprinkle a little salt over the fire, and lay on the meat.

The prime steaks of beef are cut from the middle of the rump, or from the sirloin; the skirt also makes an excellent steak for broiling. Those of mutton from the best end of the loin; a chump steak is never to be preferred, nor one from the neck. Of pork, either the hind or fore loin is cut into chops. Of lamb and veal, chops or cutlets are fried, not broiled. Steaks should be about three quarters of an inch in thickness, and will take ten or twelve minutes to do. If not quite level they may be made so by beating, though the less of this the better, as it presses out the juices. Steaks, while on the fire, should be frequently turned with a small pair of tongs kept on purpose; a fork should never be stuck in them, as it lets out the gravy. A hot dish should be close at hand, that, when turning the steaks, if any drop of gravy rests at top, it may be dropped quickly into this dish and preserved.

In this dish also, if approved, may be put, for beef, a shalot or two shred fine, and a spoonful of ketchup. Before the last turning, sprinkle a little pepper and salt on each side of the steak; when done, lay it in the dish, and rub on each side a piece of fresh butter, which will draw gravy enough, and of the best kind. Horse radish is used as a garnish for beef steak, also pickled red cabbage or cucumber; oyster sauce may be served in a boat or tureen, and mashed potatoes.

Mutton chops had better be trimmed of some of the fat, otherwise it blazes into the fire, and is wasted, as well as giving to the whole an unpleasant smoky flavour; when the smoke or flame rises, the gridiron should be held up a minute or two, until it subsides. Pepper, salt, butter, and ketchup as for beef; but onions or shalots are seldom used. Some people will have neither ketchup nor butter, only the gravy that runs from the steak; and if an invalid, especially, can relish them in this way, they are certainly the more wholesome for being simple. Pickled walnuts, onions, and nasturtiums are eaten with mutton chops, and potatoes either plain boiled or mashed. Some persons dip mutton chops in egg, then strew over them crumbs of bread, parsley and thyme, pepper and salt, and twist them up in white paper buttered to broil; but in general the plainer way is preferred.

Pork chops require very thorough doing; some persons like them perfectly dry, and others choose a little good gravy, in which is stirred a spoonful of made mustard, and a little dry sage shred to powder. Pickled red cabbage, or India pickle is the garnish.

All kinds of kidneys are good broiled; they must be skinned, split, and all pipe removed. Some people stretch them on a skewer to prevent their curling with the heat, but this is apt to let out the gravy. When nearly done, pepper and salt on each side, save the gravy when it rises, (as above directed,) put ketchup in the dish, and when taken up rub in a piece of fresh butter.

In all broils, be very careful to have no smoke or soot, to have every part equally and lightly browned, and to send to table perfectly hot; not kept hot before the fire, or in the oven, but taken from the gridir n the moment they are to be

sent to table. If three or four persons are eating mutton or pork chops, three or four should be sent in at a time, and the same number put on the gridiron, and so served hot and hot; the second lot will not take so long doing as the first, and to do them thus in succession is the only way to have them in perfection. Mustard is required with all kinds of steaks, and should therefore be provided in due time; it is never well mixed if done in a hurry, besides the unpleasantness of its having to be waited for. The rule given by a certain epicure to his cook for meat in general, applies particularly to steaks: "No matter how much or how little they are done, provided that all the blood is out and all the gravy in."

Of Frying.

This is sometimes a very convenient mode of cooking; if well done very agreeable as a change, but if ill done is one of the most offensive ways in which good victuals can be spoiled. It may be smoky from want of attention to the fire; it may be strong from the use of rancid dripping; it may be sodden and stewed in fat, from want of sufficient briskness of fire to do it properly, or it may be scorched and dried outside, and slack in the middle, if the fire is too fierce: all these errors are to be avoided—and first of the fire. It should be clear and brisk, rather stronger than for broiling. The frying pan should be thick in the bottom, that it may be the less liable to burn. The fat should be sweet, fresh, and clear, either good lard or dripping, (free from salt,) or, for some few things, oil or butter. These latter, though very delicious, are very extravagant; and there is scarcely any purpose for which good lard or dripping, if properly managed will not answer equally well. The fat used for frying will serve several times in succession, if, on pouring off, it be left to settle, and then poured into another vessel quite free from sediment.

If butter is used for frying, when the steaks are finely browned on one side, turn them, and cover the pan, which will render them the more juicy; pepper and salt as for broiling. When done, place them in a hot dish by the fire, and

add, to what remains in the pan, a little ketchup, or a small anchovy boned and chopped, or a shalot or two shred fine. But the more common way is to fry them in a little lard or dripping; which pour off when the steaks are removed; and have ready to put into the pan immediately, a bit of butter rolled in flour, a little ketchup, and a little good gravy, which boil up for a minute or two, and pour over the steaks. This is the usual mode for lamb and mutton chops. Garnish with green pickles, or scraped horse radish.

Beef steak is sometimes smothered with onions, which are to be thus prepared: pare and slice large Spanish onions, scald the slices for five or six minutes, then put them in a colander to drain. Meanwhile, fry the beef-steak as above, of a fine brown colour; put it in a hot dish, and cover it up. Then put the onions into the pan, with a good piece of butter, and a little pepper and salt, turn them about till of a fine brown, then turn them over the meat; have ready a bit of butter rolled in flour, a spoonful of ketchup, one of made mustard, and half a tea-cup full of good gravy; shake them up in the pan, let them boil two or three minutes, raise the steak and onions in the dish, and pour the gravy under them.

Lamb and mutton chops are sometimes egged, and rolled in a mixture of bread crumbs and parley before frying.

Pork chops may be fried in the same manner, dipping them after they are egged, in a mixture of chopped sage, onions, and crumbs of bread with pepper and salt.

Veal cutlets are slices about half an inch thick, taken either from the fillet, neck, or loin. If not equally cut, level them with the cleaver. If butter is not allowed for frying them, be particularly nice in the dripping used. Keep the pan at a good distance from the fire, that they may be thoroughly done; when one side is finely browned, turn the cutlets, and cover the pan to keep in the gravy. Some good gravy for cutlets may be made thus; any trimmings, skins, or bits of bone, the head of a young onion, a sprig or two of parsley, a bit of lemon-peel, six white pepper-corns, a bay leaf, and a bit of bread very thoroughly toasted, a fine high brown, but not burnt; boil these in a pint of water till reduced one-half; when the cutlets are done, strain this gravy into the pan, with a piece of butter

the size of a walnut, rolled in flour; when well thickened pour it over the cutlets; a little ketchup may be added if approved.

Another way. Veal cutlets may be dipped in egg, and seasoned with a mixture of bread crumbs, parsley, lemon-peel chopped very fine, pepper and salt, and a scrape of nutmeg; a sprig also of lemonthyme or vervain if approved. What remains of this mixture may be heated with the gravy after the cutlets are done. Slices of bacon fried round the edge of the dish, with alternate slices of lemon.

Calf's, or lamb's liver should be cut in long thin slices, soaked in water, wiped thoroughly dry, and floured on each side. Fry of a fine nut brown; when nearly done, sprinkle a little pepper and salt; some add shalot or young onion finely shred: a little good gravy thickened with flour and butter, to which may be added a squeeze of lemon. Serve with stewed or pickled cucumbers and fried parsley.

When bacon is to be served with liver, let it either be done in a separate pan, or steeped in warm water until the liver is nearly done, then put in the frying pan a minute or two to brown. Each slice of bacon may be laid on a slice of liver, or round the edge of the dish, or served in another dish.

Eggs and bacon. This is a handy dish when a hasty meal is wanted; a little attention will render it a very nice dish, but for want of that it is often spoiled. If the bacon is hard or salt, or the eggs greasy and discoloured, nothing can be more disagreeable. To prevent this, let the slices of bacon be scalded in the frying-pan for a minute or two on each side, but pour off the water before the fat begins to draw, then let them fry a minute or two till it acquires a fine pale brown: remove it on to a fish drainer, and have ready the eggs, each carefully broken into a separate cup; slip them gently into the pan, so that the yelk falls unbroken on the middle of the white; when the whole of the white is set, and the under part of a fine pale brown, take them up with a slice, and hold them over the pan a moment or two to drain the fat from them. Some people trim them all round, but if they are nicely done, the curled edges are rather an improvement than otherwise; each egg may be laid on a slice of bacon, or laid

separately on the fish-plate, with the bacon round, and garnished with parsley.

Bubble and squeak. This dish is made of cold underdone beef, either boiled or roast, but the former is preferable. Cut the slices, not too thick nor very large, pepper and (if not previously salted) salt, and fry them. Keep them warm, while you fry some boiled cabbage chopped up and seasoned. This lay over the beef, or else put the cabbage in the middle of the dish, and lay the beef round it. Some people like a little gravy made in the pan and poured over; such as, a little broth or cold gravy, with a spoonful of ketchup and thickened with butter and flour; others prefer it left dry in the dish, and the following sauce served in a boat; thick melted butter, in which are stirred a few pickled onions, and slices of pickled cucumbers, and a little made mustard.

Of Stewing.

The perfection of this branch of cookery depends upon the slowness with which the process is conducted; the closeness of the vessel in which it is prepared; and the thorough mixture of all the ingredients. The lid of the stew-pan or digester should be removed as little as possible after the liquor has been thoroughly skimmed, but the vessel may be shaken to prevent the meat from sticking to the bottom or sides. The chapter now in hand relates to butcher's meat plainly dressed, and is designed for the use of plain families. Rich and expensive combinations of various articles will not therefore find a place here, but will appear under the heads of made dishes, ragouts, fricasees, &c. The present directions will be confined to the preparation of simple and economical stews.

It has already been observed that the liquor in which fresh meat has been boiled should be preserved for the purpose of beginning stews; if used fresh it is at least considerably better than water. If two joints are boiled in succession, as for example, a leg of pork in the liquor that has previously boiled leg of mutton the second joint will not be at all discoloured

or injured, and the liquor will be materially improved. Any bones that come from table, if boiled down in a digester, will give out much goodness; the liquor should be strained from the bones, left to settle, and skimmed before it is put to the intended stew.

Shin or leg of beef; an excellent and economical stew may be made with either of these joints in the following manner: Let the bone be sawed across in two or three places, take out the marrow, (which will make an excellent pudding, and is not necessary or desirable in the stew,) stew down the bones and gristles for several hours, either in liquor, (as above,) or water; after this place some skewers in the stew-pot, and lay the meat upon them. The design of these skewers is, by keeping the meat from the bottom of the saucepan, at once to prevent its sticking, and to secure the gravy flowing under it, they should therefore be of such a length as to drop and lodge in the pan without quite reaching the bottom. The meat may be cut in pieces about the size of three fingers, or divided in the sinews. The mere hard bone, which enclosed the marrow, will only take up room without giving any more goodness, they had better therefore be removed; but the gristles and joint bones may be returned to the vessel, and as much of the liquor added as will nearly cover the whole. When it has boiled a little, and been skimmed, six or eight onions may be added, and some pepper and salt. Then cover the pot very close, and let all stew very gently for three hours and a half or four hours. Besides the onions some people will add a stick of celery cut small, two or three carrots sliced, three or four turnips cut up, a few Jerusalem artichokes, and a bundle of sweet herbs; when this is done, the carrots and Jerusalem artichokes had better be parboiled in other liquor, and skimmed before adding to the stew.

Brisket of beef may be managed in much the same manner. It should be cut in pieces, each having a gristle or piece of bone; some people like to rub it with salt and vinegar before dressing it; it certainly does no harm, and is rather than otherwise an improvement; put it in a stew-pan that will just hold it, cover with water or broth; when well skimmed let it stew slowly for an hour or more; then add cu.

carrots, turnips, and small onions. When it has stewed slowly till quite tender, draw out the bones, season with pepper, and thicken with butter rolled in flour, a little ketchup, and a little made mustard.

An ox cheek may be dressed in several ways, we here present two of the most simple.

1. Bake or stew it down for several hours in a large quantity of water—four gallons will not be too much. Having done this remove the cheek, and leave the liquor to cool, when a large quantity of excellent fat will be found to have settled on the top; remove this, and do the cheek and liquor again with any herbs and thickening you may choose; let it boil until the meat is become perfectly tender, and the liquor has boiled away about half; this is one of the cheapest and most nourishing dishes that can be prepared for a poor family.

2. Clean, rub with salt, and afterwards soak in lukewarm water for four hours, a fine fat ox cheek, and the root of a tongue or cow-heel. Wash them, and put into a stew-pot with two gallons of water and a spoonful of salt. Skim it very carefully, and having done so for a considerable time, throw in a little cold water, which will retard the boil, and throw up more scum. When the meat is thoroughly tender, take it out and remove any loose bones from which the meat has boiled away. When the liquor is cold take off the fat; boil it up again; when it perfectly boils throw in a pint or quart (as it may be approved more or less thickened) of split peas; when it has boiled an hour or more add six or eight potatoes parboiled; six carrots cut in slices, six turnips, six onions, a bunch of parsley, a stick or two of celery, or a desert spoonful of celery seed tied up in a bit of rag; season with pepper and salt, and boil gently till the vegetables are tender. According as the cheek was more or less done, it may be put in with the vegetables, or merely for a few minutes at last to rewarm.

Some will boil till the vegetables are reduced to a pulp, and then rub the soup through a sieve, it will be about the consistence of thin peas soup. Then (the cheek should have been sufficiently done to take the meat entirely from the bones) cut it in thin slices, season with pepper, allspice, mace,

&c. a spoonful of made mustard, a little walnut or mushroom ketchup, and a bit of butter rolled in flour; let all this simmer a few minutes. Serve in a deep dish or tureen, with sippets of toasted bread.

Ox tails or palates, or both together. The tails should be divided at the joints. Put the tails and palates in as much water or broth as will cover them; simmer the tails an hour, and the palates until the skin will easily pull off; let the liquor cool to remove the fat. The tails may be either fried till of a fine brown, or put in the stew-pan dry, and suffered to brown before any liquor is added; then put in the palates, either whole or cut in slices, and the gravy which thicken and season with butter rolled in browned flour,* cayenne, shalot or onions, ketchup or walnut pickle, and a little made mustard, and stew very slowly until perfectly tender. Serve with toasted sippets of bread, and pickled onions, cucumbers, or walnuts.

Stewed ox heart. Cut it up lengthways into long thin pieces, put them into a stew-pot of cold water or pot-liquor with salt; let it simmer, and carefully skim away the blood, which will be thrown up in large quantities; when nearly tender, take out the pieces of meat, and carve them neatly into mouthfuls; dredge a little flour over them, season with pepper and allspice, and return to the strained liquor with six or eight onions shred small, a stick or two of celery cut up, a dozen parboiled potatoes, and a little ketchup or walnut pickle; and let all simmer together until the meat and vegetables are perfectly tender, and the gravy rich and well mingled.

Ox kidney. Cut a kidney or two into thin pieces; soak the slices in water, and dry them well; dust them with flour, pepper, and salt; put them into the stew-pan with a little fresh butter, and shake them about over the fire till brown; then pour some hot water, broth, or pot-liquor into the pan, a shalot or two shred fine, or a few young onions, a little parsley, and a spoonful of shalot vinegar, onion or walnut pickle, or

* Flour is browned by spreading a thin surface of it on a plate or tin, and drying in the oven.

ketchup. Cover the stew-pan close, and let it simmer slowly till done.

Mutton haricot. Take steaks either from the loin, or best end of neck of mutton; trim away the fat, flap, and chump of the loin, or long ends of the neck bones. Boil these down with two or three onions, a turnip, a carrot, and a bundle of parsley, so as to strain off a quart or three pints of good broth, meanwhile season the steaks with pepper, allspice, and flour, and brown them lightly in the frying or stew-pan over a quick fire; then add to them the above broth, a few button onions, a carrot or two, and four or five turnips cut in pieces; let all simmer together till the steaks are tender; then thoroughly skim the gravy, season with pepper and salt, and thicken with a small piece of butter rolled in browned flour; lay the chops in a deep dish, and pour over them the herbs and gravy. Celery or cucumber may be added, also cut pickles, or a little ketchup. Beef steaks may be done in the same manner; for this purpose they answer very well cut from the shoulder blade.

Mutton rumps and kidneys. Parboil six rumps in broth, or good pot liquor; when nearly tender remove them; let the gravy cool, and take from it a cake of fat; put the rumps into a frying-pan, strewing over them crumbs of bread, chopped parsley, and lemonthyme, and so brown them; at the same time lightly fry the kidneys, seasoning the whole with pepper and salt. If the rumps do not give out fat enough for frying, what is added must be a little bit of butter; when done, put them into the stew-pan, take a little of the liquor in which the rumps were boiled, and boil up in the frying-pan, to rinse from it the good brown gravy that hangs about; then put the whole into the stew-pan with a little rice, already boiled in some of the gravy; let the whole stew gently, until all be tender and well mingled; then put the rice in a dish, and lay on the rumps and kidneys; the rumps with the points meeting in the centre, and a kidney between each; add a spoonful of walnut pickle or ketchup to the gravy, and pour it over. Garnish with pickled cucumbers or French beans.

A knuckle of veal makes an excellent plain stew, which is

perhaps the most economical way of dressing it. Separate the bones from the meat, either taking the marrow out raw; or securing it by a piece of dough or paste where the bone is sawed, tied over with a floured rag. Boil them down in as much water as will cover them; they may be boiled an hour and a half, or two hours, and the marrow then taken out. After this the meat may be added, with a handful of rice or pearl barley, a little pepper and salt, and stew gently until the meat is tender, but not ragged. The bones of veal contain a great deal of goodness, yet they should not be suffered to remain in the stew, as they suck up the gravy, besides having an ightly appearance. When the gristles have entirely separated from them, they had better be removed, and boiled down again in a small quantity of water, which may be added to the stew if it has boiled away too much, or will be sure to come in use for some other purpose. To this stew, some people add two or three turnips cut in pieces, a few young carrots, a pint of green peas shelled, some young lettuce leaves and parsley. When herbs are added, care should be taken to allow them no more than the proper time of boiling, otherwise they lose their colour, and acquire a strong and unpleasant flavour. The turnips and carrots should be put in half an hour before taking up, the peas twenty minutes, and the lettuce leaves and parsley ten.

Knuckle of veal another way. Break or saw the bones, but do not remove the meat from them; lay skewers across the bottom of the stew-pan, to keep the meat from sticking, cover it with water and no more; put in a head or two of celery, onions, carrots, and turnips, two or three of each, a little parsley and lemonthyme, and a dozen or more, each, of black pepper and allspice tied in a muslin rag. Let it simmer till the knuckle is perfectly tender. If not sufficiently seasoned, add pepper and salt, and thicken with rice flour if approved; let this simmer ten minutes or a quarter of an hour more, and then serve. Some people strain the soup from the herbs, scrape from the bones the meat and gristles, and cut it up into small pieces; then stir it again into the gravy, and thicken with rice flour as above, or a bit of butter rolled in flour;—but this plan is not so economical as the former. Another

more expensive way will be prescribed under the head of made dishes.

Scrag of neck of veal may be done in the same manner. So also may calf's feet, but both require beef gravy to begin with.

Breast of veal makes an excellent stew, and may be done in the same manner as the above; or, first partly roasted or cut in pieces and fried of a fine pale brown; then stewed in any broth or liquor in which meat has been boiled; when nearly tender, and the liquor has boiled away considerably, it may be thickened with a bit of butter rolled in flour, and flavoured with a spoonful or two of ketchup.

A calf's head makes an exceedingly good stew, prepared in the following manner: set it on to boil with just as much water as will cover it, (if liquor that has previously boiled meat all the better; if not, a bit of shin or neck of beef should be added, or half a pint of the gravy of roast meat be added at last:) let it boil till the meat may be easily removed from the bones, which do, break the bones, and return them to the liquor for half an hour or longer; when all the goodness is drawn out, strain off the bones, and set on again the liquor and meat, with four onions, a bundle of parsley, some pepper and salt, and a little rice flour; or instead of the rice flour use the following thickening: the brains previously scalded, with some leaves of sage and parsley shred very fine, and a piece of butter rolled in flour: simmer till thoroughly well united, and serve with toasted sippets.

Of Hashes.

HASHES are frequently impoverished, hardened, and rendered indigestible by the manner in which they are prepared. It is no uncommon thing to see a hash stewing away for an hour or more, or to hear a cook say she must set the hash on in good time to make the gravy rich; it is no wonder that there are many persons to be met with, with whom hash constantly disagrees; this would not be the case if the prepara-

tion were carried on in a proper manner. Let these two observations be borne in mind for hashes in general: 1st. That the gravy should bring richness to the meat, not be enriched by it. 2nd, That instead of stewing for hours on the hob, the fewer minutes a hash is in the saucepan the better; even if the meat be underdone, when cut in thin slices, a minute or two will sufficiently do it.

Hash of mutton or beef may be made of any part that is underdone; but the leg of mutton, and sirloin of beef afford the best meat for hashing. Let the bones be broken, and set on for gravy with any liquor in which meat has been boiled, a piece of bread slowly toasted of a fine dark brown, two good sized onions, and a few black pepper corns; any little trimming bits of raw meat or melt will improve the gravy; let it boil some time till quite rich. Then strain it, clear it of fat and scum, and return it to the saucepan with the meat cut in thin slices, the breadth of a finger, and about half the length; let them be well floured and sprinkled with pepper and salt. To a small hash a table spoonful of ketchup or walnut pickle may be added; to a larger quantity more in proportion; also any cold gravy of roast or boiled meat, or jelly that has settled under dripping. Shake it well in the saucepan to prevent sticking; let it just thoroughly boil to thicken the gravy; then serve with sippets of toasted bread. Pickled walnuts are sometimes eaten with hashed mutton or beef; but in general, potatoes either mashed or plainly boiled are the only vegetables required with hash and stew.

Ox heart may be hashed exactly in the same manner as mutton or beef, with the addition of some of the stuffing that was dressed with it.

Calf's head may be hashed with the same ingredients, but will require a longer time to get thoroughly heated; and for that purpose had better stand on the hob for twenty minutes or half an hour after it boils.

Minced veal. Gravy for this may be procured in the same manner as for beef or mutton, and the mince prepared the same, excepting in the following particulars: 1. No onions or catchup are to be used in the gravy, but a grate of lemon-peel

and squeeze of juice may be used instead. 2. The meat instead of being cut in long thin slices must be shred very small.

CHAPTER III.

OF POULTRY, PLAINLY DRESSED.

Fowls. To choose. If a cock is young his spurs will be short.* Of a young hen the comb and legs will be smooth; if rough, the fowl is certainly old;—pullets are best for dressing just before they begin to lay. A capon is much larger, full in the body, fat about the breast, the comb is very pale. Black-legged fowls, and those of which the skin is yellow, are the most juicy and the best flavoured; but on account of the colour not to be preferred for boiling. If fowls are fresh, the feet will feel firm and smooth, and the vent appear close and dark coloured; if stale, the legs will be flabby, the flesh in general clammy, and about the vent will appear of a greenish cast, the eyes also will be very filmy and sunk.

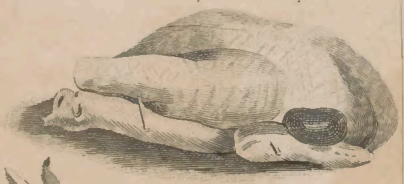
Fowls when killed should be immediately hung up by the feet, that all the blood may be discharged, or at least flow to the head and throat. In winter, a fowl for boiling may hang a day or two; for roasting, twice as long; a capon five or six days. In summer not nearly so long; though it is always desirable that they should hang one night. In weather so intensely hot as not to admit of this, they may be killed very early in the morning of the day in which they are to be dress-

* Persons are often imposed upon by the deception of higglers, who cut and pare the spurs, to give the animal the appearance of being young.

TRUSSING.

Turkey for Roasting.

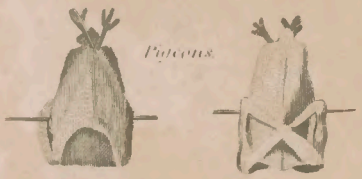
Turkey for Boiling.



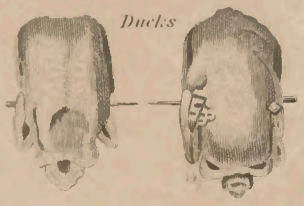
Goose.

Hare.

Pigeons.



Ducks

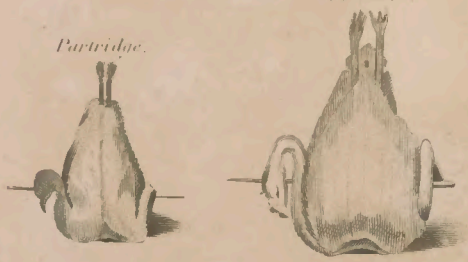


Boiled Fowl.

Roaster Fowl.

Pheasant.

Partridge.



Woodcock or Snipe.

Rabbit trussed for Roasting or Boiling.

ed. The crop may be carefully removed as soon as the fowls have hung a little; but they had better not be drawn and trussed till about to be used, as it makes them dry. The crop and wind-pipe may be drawn out by opening the skin a little, just in front of the throat, and gently pulling each separately.

In drawing poultry, a *small* incision may be made in the vent with a small pen-knife, at which slip in the fore finger; if there is much internal fat round the vent first draw that out. It is very strong if roasted in, and is only in the way of drawing out the other entrails. Next slip the finger up, and get fast hold of the gizzard, (which may be known by its being the hardest substance in the fowl,) and draw it carefully forward, it will generally draw the whole of the intestines after it; but in case the liver remains, slip in the finger again, and fix it on the heart, which will draw the liver with it; avoid if possible touching the liver, for fear of breaking the gall-bladder. The heart is better taken out though it is not commonly done; it often gives the inside of the fowl an unpleasant, bloody appearance, and is scarcely ever eaten; but if taken out it is of some use, with the neck and feet, towards making gravy or broth. When the liver is out, remove the gall-bag most carefully, cutting away a little of the liver with it rather than endangering the breaking of it; if one drop of the gall is spilt, no washing can prevent the unpleasant taste it will occasion. The gizzard is divided into two parts, joined together on each side, and having a bag or hard muscular stomach in the middle, generally filled with gravel and food in a half digested state. One part of the skin by which the gizzard unites at the side is rather narrower than the other, that slit with a small sharp knife, and turning the gizzard inside out, remove the bag, and trim round the gizzard.

For trussing. The throat should be taken off about two joints from its commencement, leaving on the skin at least half an inch longer. For roasting;—the legs may be taken off an inch (or rather less) below the joint, or, for very young chickens, the feet left on. Make a slit in the skinny part of each pinion; through one thrust the liver, and through the other the gizzard, and turn the top of the pinion over the back. Lay the legs close to the side, and with a wire skewer

fix the middle joint of the pinion, outside of the knee joint of the leg, and so through the body to the other knee and pinion; then with a short skewer fix the lower joint to the lower part of the belly, that the feet, or whatever part of them are left, may turn back over the belly. The skewer for this purpose must go through the sidesmen, fixing the stumps or feet between them.* The only difference in trussing a fowl for boiling is, that a slit is made on each side of the skin of the belly, and the leg stump tucked in. If a fowl is to be seasoned or stuffed with sausage meat, (which for a roast fowl, especially a capon, is very common;) put the stuffing in where the crop was removed, and tie the skin tightly round the throat; at the other end it may be secured by making a very small slit in the apron, (or skin of the belly,) and tucking the rump through it. Before dressing, singe off the hairs of the fowl with a piece of clean paper lighted. Dredge a little flour over the breast of a fowl, especially if for boiling; but this not until just as it is going to be dressed. The poulterers generally break the breast bone to make the fowl appear plump, and it does so, yet it is a bad way. It dries the meat, renders the bone troublesome, and very often breaks the gall-bladder.

If it is desired to have fowls particularly white, this may be promoted by soaking them a few minutes in warm water; but this had better be avoided, as it draws out the juices.

A fowl for boiling should be put into the liquor a little warm; when it boils up, skim very carefully, and simmer by the side of the fire from twenty-five minutes to three quarters of an hour, according to the size of the fowl. To be served with parsley and butter, celery sauce, liver sauce, or oyster sauce; directions for making all of which will be found under the proper head. Let the liquor be preserved, as it will make some good broth, with the head, neck, feet, and bones

* These directions may appear needlessly minute, but proper directions for trussing are seldom given, though perhaps to a young cook there is nothing more necessary; by these directions, and observing on the plate the manner in which the fowl should appear when done, any person may easily acquire the art of trussing.

as they come from table. Vegetables suitable for eating with boiled fowl are, French beans, asparagus, cauliflower or brocoli, and young potatoes;—bacon, tongue, or pig's cheek, is a desirable accompaniment.

A fowl for roasting, especially a capon, is sometimes stuffed with a pudding in the crop; which may be made either after the manner of veal stuffing, or merely with crumbs of bread rolled round a piece of butter, and seasoned with pepper, salt, and nutmeg. Some people scald the liver, shred it fine, and add to the stuffing; but in general the liver roasted is too much in request to admit of its being spared for that purpose. The fire must be brisk and clear; the fowl dredged with flour before putting down; a chicken will take nearly half an hour, a larger fowl longer in proportion up to an hour. It is commonly said that poultry must be basted with butter, but poultry may be roasted exceedingly well, basted with clear fresh dripping; only rubbing a little butter just at last to make the breast froth up; when nearly done sprinkle a little salt. Serve with a little good brown gravy, drawn from beef, and thickened with a little butter rolled in flour; also bread sauce and egg sauce. The same vegetables as for boiled fowl. Fowls are in season all the year round, but become very dear in April or May, until August or September, when they again become plentiful.

Ducks. To be drawn in the same manner as fowls, but trussed somewhat differently; the pinions cut off at the middle joint, but the feet left on; they must be dipped a moment in boiling water, and the claws and skin removed, and the feet turned over the back. Season inside with sage and onion shred small, crumbs of bread, pepper and salt. To fix this in, tie the skin round the throat, and cut a small slit in the apron, through which thrust the rump. The following seasoning is by some preferred; for each duck, two good sized onions, twenty leaves of green sage, the liver parboiled; all this shred very small; add a piece of butter, the yelk of an egg, half the crumb of a penny loaf, or an equal quantity of mashed potatoes. As seasoning is not universally, though generally approved, it may be as well, where a pair of ducks

are roasted, to season one, and leave the other plain. Before a clear fire three quarters of an hour will roast them. Baste well, and dust lightly with flour to make them look frothy, and see that they are equally done all over of a fine rich brown. Serve with good gravy, which may be made of the pinions, gizzards, and necks, with an onion, a sprig or two of parsley, a few grains of pepper, and a piece of bread highly toasted. Apple or onion sauce is sometimes used, but now very much going out of fashion; and seldom any thing else approved besides good gravy and mustard. Vegetables,—green peas, asparagus, or French beans. Ducks are in prime season all the summer months, but may be occasionally had all the year round.

Geese—are in high perfection from Midsummer to Michaelmas, but not confined to that. They are trussed, stuffed, and roasted, exactly as above directed for ducks, but will take much longer to do—from an hour and a half to two hours and a half, according to the size; the breast should be covered at first with greased paper, to be removed when the heat swells it. Good beef gravy and apple sauce; the carver should make a slit in the apron and there put in the gravy. Vegetables the same as for ducks.

The giblets, consisting of head, neck, feet, gizzard, liver, melt, and heart, make an excellent stew or pie as follows. Some epicures have been known to say they would give a goose for the giblets.

To stew goose or duck giblets. Get a quart or more of good broth, made of coarse beef, scrags of mutton, or knuckle of veal, or parts of each, flavoured with an onion or two; a faggot of parsley and sweet herbs, and some black and Jamaica pepper corns. In this simmer the giblets, nicely cleaned and scalded; do them till perfectly tender, but not ragged and insipid; lift the giblets out, strain, and thicken the gravy with a piece of butter rolled in a large spoonful of flour; the same of mushroom ketchup, salt, and a little Cayenne; when this boils return the giblets for a moment, with a spoonful of good cream. Serve in a tureen.

Giblet pie. See pies in general.

The liver of a goose is reckoned a great nicety highly seasoned with salt, pepper, and cayenne, and broiled; have ready to receive it a very hot dish with a spoonful of ketchup; rub over it a piece of fresh butter, and serve to table instantly. Both geese and ducks may be chosen by having the bill and feet yellow, and free from hairs, also by the feet being pliable.

Turkeys. The rules for choosing them are, a smooth black leg and short spur; the leg red and rough indicates an old bird. If fresh the eyes will be full and bright, and the feet supple and moist; but if stale, the eyes will be sunk and the feet dry.

For boiling a hen turkey is preferred, as being most white and tender. For either boiling or roasting they are to be trussed in the same manner as fowls; and be sure to draw out the sinews of the legs. The maw of a turkey for boiling, should be stuffed either with a pudding of sausage meat, or with the following: crumbs of stale bread, two parts; suet, marrow, or fresh butter; parsley, scalded a minute, and very finely shred, not enough of this to make the stuffing very green; a quarter of a nutmeg grated; a tea spoonful of lemon peel grated; allspice, pepper, and salt; work the whole up to a proper consistence with the yelks of two or three eggs well beat. A little grated ham or tongue may be added if approved, or a few pickled oysters chopped, or an anchovy, or two or three shalots shred fine. A small turkey stuffed will require an hour and a quarter to boil; different sizes in proportion. To be served with oyster sauce, or liver and lemon sauce; the sauce, or a part of it, is usually poured over the bird. Garnish the dish with sliced lemon. Tongue, or dried chine, is usually eaten with turkey. And as they are in high season in winter, when no great variety of vegetables is afforded, those usually allotted to it are, cale, or savoy greens, and potatoes.

Roast turkey. Twist the head under the wing, and tack a strip of paper over the breast bone, to preserve it from scorching while the other parts roast. Score the gizzard, season it highly with pepper, salt, and cayenne; rub a little butter over it, then crumbs of bread; and cover both gizzard

and liver, with veal or lamb's caul, or buttered paper: stuff the maw in the same manner as directed for boiled turkey, or with the addition of thyme and marjoram, or with equal parts of the above and sausage meat: do not stuff too full, as the stuffing swells. A clear brisk fire is required, but the bird must not be put too near at first; it will take two hours roasting, and upwards for a large size. Dredge with flour before putting down, and baste very thoroughly. As the stuffing makes the breast part very thick, be particularly careful for that part to be done through. Serve good gravy in the dish; and in tureens, bread sauce, and egg sauce. Oyster sauce is sometimes used, but not so commonly as for boiled turkey. Vegetables, mashed turnips or potatoes, and greens.

Pigeons are chiefly in season from March to the end of May; and again from the beginning of August throughout the time of harvest. It is impossible to dress them too fresh; in fact there is a common saying, that "a pig and a pigeon should never be cold." Their good flavour greatly depends on being cropped and drawn as soon as killed.

Roast pigeons. Scald the liver, shred it fine with an equal quantity of crumbs of bread, a little parsley chopped fine, a piece of butter the size of a nutmeg; season this stuffing with pepper, salt, and nutmeg. Truss with the feet on, but nicely cleaned; dust with flour, and baste either with fresh butter or marrow, and a little butter just at last to froth and flavour them; twenty or twenty-five minutes will roast them. Serve with either parsley and butter, or plain melted butter poured over them. Bread or rice sauce is sometimes eaten with them. Vegetables, French beans, asparagus, and cucumber.

Pigeons for boiling. The feet should be cut off and trussed in the same manner as fowls for boiling; let them boil slowly for half an hour, and pour over them parsley and butter, or liver sauce.

For broiling. After cleaning, split the backs, pepper and salt them, broil them very nicely, and pour over them melted butter, with either stewed or pickled mushrooms, or mushroom ketchup.

For stewing. They may be stuffed in the same manner

as for roasting: or merely have a bit of butter rolled in pepper and salt put within each breast. They are sometimes stewed with cabbage, in the following manner. Cut a hard white cabbage into thin slices as if for pickling, well wash it, then boil it in milk and water, drain it, and lay a part of it at the bottom of a stew pan; on this lay the pigeons which should have been previously well washed and seasoned with pepper and salt, cover with the remainder of the cabbage, add a little broth and stew till the pigeons are quite tender, then add two or three spoonfuls of cream, and a piece of butter and flour for thickening; after a boil or two, serve the birds in the middle of a deep dish with the cabbage placed round them.

Pigeon pie. See pies in general.

Guinea fowls are trussed in the same manner as pheasants, that is, the head and feet left on and tucked in, and the legs tucked into each other. They are sometimes stuffed, sometimes basted with crumbs of bread and fresh butter, but more frequently a toast is made and buttered, and laid in the dripping pan; on this the fowls are served. They will require half an hour or rather more before a brisk, clear fire; baste frequently, and dust with flour to froth. They will require a little good brown gravy, and bread sauce, or rice sauce.

Rabbits, for boiling, must be opened all the way down the belly, and the legs jointed at the rump, so as to allow of their turning back along the sides, the shoulders turned back to meet them, so that the lower joints of each lie straight along side by side, the head skewered down to the right shoulder. A young rabbit will take twenty-five minutes to boil,—larger, in proportion. Smother with onion sauce. Also serve liver sauce in a tureen; garnish with lemon slices.

For roasting. The legs are turned back without disjointing, and the animal is placed just in the form that a cat is often seen sitting; the head is fixed back with a skewer driven into the mouth, through the head, and into the back between the shoulders. It may be stuffed with a pudding of

and shred fine; or the following is a very good stuffing: a small teacup full of crumbs of bread, an ounce of fresh butter, the liver of the bird as above, seasoned with pepper, salt, nutmeg, and lemon peel. The fire must be brisk and clear, and the birds well basted and floured. A partridge will take twenty or twenty-five minutes to roast; a pheasant thirty or thirty-five. Some cooks baste with crumbs of bread; others make and butter a toast, and having pared off the outer crust, soak it in the dripping, lay it in the pan the last few minutes for the birds to drip upon, then take it up carefully with a slice, and serve the birds upon it; a little good rich beef gravy is required, and bread sauce. Vegetables, cauliflower, sea cale, potatoes, or mashed turnips.

Woodcocks, Snipes, Plovers, Rails, and Ortolans, will require keeping some days to be tender, but must not be suffered to be become putrid, as they are not drawn, the trail being considered a delicacy. Tie them on a bird spit, or hang them round a gipsey-jack, which has small hooks for the purpose; let your fire be clear and brisk, as they ought to be quickly roasted. Lay slices of buttered toast in the dripping pan to catch the trail; butter plentifully in roasting. They will take twenty-five minutes, according to their size. Clear brown gravy and melted butter for sauce. Garnish with slices of bitter orange or lemon.

Wild Ducks, Widgeon, and Teal, are trussed in the same manner as tame ducks, but the flavour is best preserved without stuffing. To take off the fishy taste they sometimes have, put in the dripping pan a large onion, salt, and hot water, and baste them with this the first ten minutes, then empty and dry the dripping pan, put into each bird pepper, salt, and a piece of butter; baste them ten minutes with marrow or good clear dripping, then well flour, sprinkle with salt and baste with butter, till they are of a fine high colour and well frothed up. The quicker they can be done (without burning) the better. They require much less doing than tame fowl. Some people like them served quite dry, and when the breast is cut in slices, they scatter pepper, salt and

cayenne, and squeeze in the juice of a lemon. Others put rich brown gravy in the dish, and shalot sauce in a boat.

LARKS AND WHEATEARS. When well cleaned, dip in yelk of egg and roll them in bread crumbs; put butter, pepper and salt in each bird, fix on a lark spit, and that to the larger spit, or hang round a gipsy jack; baste them with butter and crumbs of bread. From twelve to fifteen minutes will do them. Keep the dripping pan free from ashes, and serve with the birds all that has dripped into it; to this some will add a very little rich brown gravy, thickened with butter, flour, and cream, but in general they are eaten dry.

Other small birds may be dressed after the same manner as here directed according to the following general rules.

All birds that live by suction, known by the long bill, as woodcocks, snipes, ortolans, &c. are not to be drawn, but roasted over toast.

All web-footed wild fowl, to have the feet left on, but carefully skinned and cleaned, and roasted slack and without stuffing.

All white meat birds, having claws and beaks like fowls, to be stuffed with crumbs of bread, suet and herbs, or liver, and served with bread and egg sauce.

CHAPTER IV.

OF BAKING.

IN taking leave of the plainer operations of cookery, in butcher's meat, poultry and game, it ought to be observed that on some occasions the baker's oven may be made to do the office of the cook, with greater economy and convenience. Such occasions sometimes arise in plain families, when there

may be a larger dinner to prepare than one fire affords convenience for. At washing times, when all hands and attentions are otherwise employed, it is a great relief to dismiss the concern of dinner; and in those families in which the very laudable practice is adopted, when neither sickness nor the care of infants requires any one to stay at home, of permitting all the servants to attend at a place of worship, yet where a hot dinner cannot be dispensed with, the baker's oven is then a very seasonable accommodation. It may be worth while, therefore, to mention such articles as best bear baking, and the manner in which they ought to be prepared.

A fillet or shoulder of veal, if allowed plenty of time is as good baked as roasted.

So also is a leg or shoulder of mutton, under which may be baked a batter pudding, or some large potatoes previously parboiled.

Sirloin of beef does not bake so well, but the ribs answer very well for baking. So also does a rump, slightly salted for a few days, then washed and well peppered, (some will add onion or shalot shred fine,) well buttered, and covered over in a deep vessel.

A leg of pork, also a spare rib and whirly bone, all bake very well; but a loin is too fat and a grisken too lean for baking.

A heart of any kind is better baked than roasted.

A sucking pig bakes exceedingly well, if due attention is paid to it. The charge for this is somewhat higher than for a common joint, but if properly attended to it is well repaid. The ears and tail must be put in white paper buttered, and some butter furnished to anoint the crackling.

Geese and ducks may be baked, but should first be exposed a little to the influence of a fire.

Hare or rabbit bakes very well, but a good piece of butter must be put in the inside and a good piece more rubbed over.

Almost any kind of stew may be baked, only paying proper attention to the time allowed; the heat of the oven; to taking off the fat that settles; and to adding the herbs and seasoning in proper time. For shin or leg of beef, it is a good way to let it stand all night in a cool oven.

Baking in general should be performed in a deep dish or tin, not less than six inches deep. But for a pig a shallow tin is preferable that the rind may be crisp.

Before sending to the oven, a little flour and salt should be shaken over the joint, or rather rubbed in, especially upon the bones, to make them brown and relishing.

A fat joint, as loin or neck of mutton, will not require any basting, but the bark may be scored to let the fat run out; but a lean joint will require a small quantity of dripping rubbed over it.

A thick joint will take about two hours in baking; a rather longer time to be allowed if pudding or potatoes are baked under, as the steam somewhat impedes the progress of the cookery.

A ham, after being well soaked, is often baked, and is by many people preferred, as eating shorter, and admitting of being cut much thinner. A large ham will require four hours doing. Some people before baking a ham, cover it with a paste of flour and water.

CHAPTER V.

OF PLAIN PIES.

The quantity of butter usually directed for making pastry would forbid the use of it in those families where either economy or health are considered too valuable to be sacrificed to the indulgence of the palate, and actually has induced some careful young housekeepers totally to abstain from so extravagant a luxury, until they were convinced that the quantity usually prescribed is by no means necessary; that for family pies, less expensive articles may be substituted with advantage, in whole or in part; and that by a light hand and a judicious

mode of mixing the ingredients, a much smaller quantity succeeds in producing a light, well-flavoured crust.

A few general observations on this subject will be here given for the use of the frugal housekeeper, or the plain cook, on whom her employers enjoin moderation and frugality.

1. Much depends on the quality of the flour; if this be at all musty, clammy, or coarse, no art can produce from it a light crust. The flour used by bakers for making fancy bread, muffins, buns, &c. is 2½*d.* or 3*d.* a gallon higher in price than that used for household bread; but as it goes farther, and requires less eggs and butter, as well as makes a lighter, better paste, it will in the end be found cheaper. Flour should be perfectly dry; for this purpose, especially in damp or cold weather, it may be placed at a moderate distance from the fire for half an hour before using.

2. The state of the oven should be particularly attended to. Light paste requires a moderate oven; if too quick, the crust cannot rise and will be burned; if too slow, it will be pale and soddened. Raised paste must have a quick oven; and iced paste a slack oven, that the icing be not scorched before the fruit is sufficiently baked; though in this case it is perhaps better to half bake the tarts before the icing is added.

3. Among the substitutes for butter may be mentioned, hog's lard, marrow, suet, dripping, and the fat that settles in liquor in which fresh meat has been boiled or partly stewed. Of these it may be observed, that a lighter and more flakey crust may be made by using equal parts of lard or marrow, and butter, than of butter alone. Lard should be of a pure white and smooth consistence. If it look yellow, dingy, spotted, or crumbly; or if a sediment is seen at the bottom of the bladder or pan, it will be rancid and ill flavoured. Marrow must be very carefully cleaned from splinters of bone, and shred or chopped very fine. Lard and marrow may be used both for meat and fruit pies, and tarts of every kind. Suet may be either chopped exceedingly fine, or only separated from every shred of skin and pipe, and rolled on a pie-board, with a dust of flour, until it is reduced to a soft mass little stiffer than lard, and this method is preferable for making pie crust; or, (especially in hot weather when there may be

doubt of its keeping,) it may be chopped fine and then melted on the hob in an earthen vessel, or a tin saucepan, in which is a very little water, or a double saucepan in the outer part of which is water, after the manner of a glue pot. Care must be taken not to let it remain too long near the fire, or it will become rancid. When sufficiently melted, strain it through a thin strainer: what remains will serve for basting meat. Suet should be used chiefly for pies that are to be eaten hot, and for those of meat rather than fruit.

Dripping should be free from salt, especially if used for fruit pies. It should also be perfectly free from sediment: for these purposes it is a good way, when a large joint of meat is roasted, to take off the first dripping clear before the meat is salted or floured: observe, also, the dripping of seasoned meat will not do for pie-crust, except that of a highly seasoned meat pie.

The fat that settles on liquor, especially that in which a knuckle of veal, or leg or shin of beef, has been partly stewed, makes a very good crust; if for fruit pie, a little butter should be added; for a plain meat pie it does very well alone. It should be removed before any salt or other seasoning is added, and perfectly free from any drops of the liquor; this may be done by shaking it for a minute or two in a colander or coarse sieve.

A very light and wholesome crust may be made without any butter, by raising the flour with yeast, and wetting it with milk, or milk and water, as warm as new milk, and the yelk of an egg: or the dough may be got at the baker's, and only the egg added. One egg is enough for a moderate sized pie.

Snow and small beer are, by some economists, recommended to supply the place of butter and eggs. We have also heard of boiling down flints for soup, but never tried either. Those who have, pronounce them all to be of equal efficacy.

4. As to wetting. The less liquid the better; if more is used than is absolutely necessary to bring the paste to a proper consistence, it will surely be tough; and if it is made too wet, and flour added afterwards, it will never mix well. This is one of the most common errors of young cooks in making

pastry. Milk is sometimes recommended, but it is apt to give a harshness which is not agreeable, and, especially in hot weather, soon turns sour. In the yeast crust, without butter, it may be preferable, but in all other cases water is the best.

A raised paste is usually made with warm water, in which a small quantity of the lard and butter to be used has been melted; but in a general way it is believed that nothing answers better than cold water.

5. As to the proportions. Half the weight of flour in butter, or butter and lard, will be found sufficiently rich for any purpose. For a very rich sweet paste for preserved sweets, to half a pound of butter and a pound of flour may be added the yelks of two eggs and three ounces of fine loaf sugar, sifted. For a plain crust, half a pound of butter and two eggs, will suffice to two pounds of flour; or, if the eggs are omitted, rather more butter must be allowed.

6. As to the manner of mixing. Let the bason or pan in which it is to be mixed, together with the pie board and rolling pin, be kept delicately clean, and dusted before using. If a short crust is desired, the best way of mixing it is, first, with your hand work the whole of the lard, butter, or other fat, till it has become like cream, then mix the flour well with it, wet as little as possible, dust the pie board with flour, and roll out the paste.

If a flakey crust is desired, then knead but half the butter or fat into the flour as above directed, and the remainder cut or crumble in small pieces, and stick into the paste when rolled out. In summer time, when the butter is soft, and can be spread all over the paste, it is so much the better; then fold it up again, and roll out: do this once or twice, till all the butter is used. In cold weather, when the butter cannot be spread, in order thoroughly to mix it, it is a good way to clap the lump of paste in the hand, or to beat it with the rolling pin.

For a raised crust,* the lard and butter should be boiled in

* Raised crust is that which is intended to be turned out of the vessel in which it is baked, and must therefore be made so as to stand without the support of a dish.

a sufficient quantity of water, and the paste made of that. Knead it strongly, and beat it well with a rolling pin; let it stand to cool before rolling out; for this purpose a small quantity of butter and lard will suffice. Raised crust should not be rich, or it will be difficult to prevent the sides from falling. Two, or at most three ounces, will be sufficient for a pint of water, and as much flour as that will thicken.

For stringing tartlets, work with your hand one ounce of butter and a quarter of an ounce of fine sugar, sifted; then rub to it a quarter of a pound of flour, and a little cold water, no more than is necessary to make a very stiff paste; rub it well between your hand and the board till it begins to string; then cut it in small pieces, and roll it out; cut in strips, which roll with the fingers, and draw into strings as fine as wire; to be laid over tarts in any form you fancy.

The sooner paste is put into the oven after making, the better; the folds rise more distinctly, and it looks lighter. But if it must be kept any time out of the oven, it should be set in a cool place, and covered over with a pan, so as to keep it quite free from air.

In summer time, some people prefer making pastry in the cool of the morning, and keeping it covered up.

The tins or dishes in which paste is baked must be buttered to prevent the crust sticking. This must be the more carefully done, when the pastry is intended to be turned out.

When it is desired to make paste adhere together, (as in the upper and under crust of a pie,) it is usual to touch the parts to be united with the fingers wet in cold water. The yelk of an egg finely beaten up answers better.

Raised crust is principally used for patties, and for the linings of custards, or tarts of preserved fruit which require little or no baking. It may be baked either *in* tins or *on* them. For the lining of a custard or large tart, the best way is to have tins exactly the shape of a pie dish, and one size smaller than the dish in which you intend to place the article; the tin edge should be crimped or jagged: butter the *outside* of these, lay the paste over, trim the edges, and bake of a fine pale brown; when done, turn over into the pie dish, and remove the tin, then pour in boiled custard, or lay the fruit.

If it is desired to bake the custard, the crust should only be half done on the tin, yet so as perfectly to loosen from it, and turn off on to the pie dish.

Rice makes a very good paste. Clean and simmer the rice in milk, or milk and water, till it is plump; when done, stir in the yelk of an egg or two to make it adhere. With this any kind of savoury pie may be covered. It is better put in the oven directly, without being suffered to cool.

For sweet tarts an excellent paste may be made in the following way: boil a quarter of a pound of rice in the smallest quantity of water, strain it as dry as possible, and beat it in a mortar, with half an ounce of butter, and one egg well beaten.

Biscuit paste for tarts is made in the following way: one pound of flour, a quarter of a pound of sugar, six yelks of eggs, one wine glass of milk, rubbed all together into a stiff paste. This paste is very short, and only fit for tarts that are baked in tins or patty-pans.

Potatoe paste may be made in the following manner: pound boiled potatoes very fine, and add, while warm, a sufficiency of butter to make the mash hold together, or you may mix with it an egg; then, before it gets cold, flour the board pretty well to prevent it from sticking, and roll it to the thickness wanted. If it is become quite cold before it be put on the dish, it will be apt to crack.

These general directions will suffice to give the plain cook an insight into the making paste of different kinds. After all, practice only can make perfect. By attention and habit, a light and expert hand will be acquired, and the adept will be seen, not only in the excellency of her results, but in the neat method of setting about and performing her business. There will be no scattering, no litter, no waste. Her board, dish, and rolling pin, will be nearly as clean when she has made her pastry as when she began it. She will judge so nicely of the quantity of paste required, and the due proportion of each ingredient, as rarely to have occasion to add of either, and as rarely to have any left. Some persons greatly enhance the expense of pastry, by making a considerable quantity more than is required, which may almost always be set down as an absolute waste; and is certainly a habit of which every care-

ful cook will endeavour to break herself. The fresher pastry is used the better.

Pastry will again come under notice in its more elaborate branches; but as the present part of the work is chiefly intended for the use of plain families, we shall not detain our readers of that description with remarks and rules which they are not likely to put in practice, but shall proceed to give a few examples of pies both of the savoury and sweet kinds.

PIGEON PIE. If to be eaten hot, have a rich flaky crust. If intended for cold, a short crust is preferable, but should be equally rich, or nearly so. Butter the dish, and lay crust round the sides and on the edges; at the bottom of the dish, a fine beef steak, seasoned with pepper and salt; then the birds rubbed with pepper and salt, inside and out, and a piece of butter in each: some will add the liver chopped up with parsley. Observe to lay the breasts downwards, to keep them juicy; a bit of ham is sometimes laid on each pigeon, and a hard-boiled egg between every two; but neither of these are necessary, and by some persons are reckoned no improvement. Put half a pint of gravy or broth, and have ready a little more to pour in boiling hot, at an aperture in the top of the pie, when it comes out of the oven; season the gizzards, and (if you cut them off) two joints of the pinions, and lay in the middle of the dish; lay on the top crust, and make a hole in the centre, wherein may be stuck some of the feet nicely cleaned. It is supposed that this intimation of the contents of the pie, secures the attention of the baker. Wash the crust with the yelk of an egg well beaten. An hour and a a half will bake a pigeon pie, unless it be very large indeed.

RABBIT PIE is greatly improved by a layer of beef steaks or veal at the bottom. The rabbit must be cut in joints; the head and ribs should not be put in the pie, as they only take up room, and yield little or no eating; but they will serve to make a little good gravy. The liver and brains may be scalded, chopped up, and strewed among the pieces. Season with pepper and salt. Lay the crust in the same manner as for a pigeon pie.

Some people put in no beef, but slices of bacon; when this is done, the upper crust must be lifted up, after baking, the fat carefully skimmed off, and some good gravy added. It will require two hours for baking.

A more delicate and expensive rabbit pie may be made in the same manner as directed for chicken pie in the next article.

In a very homely rabbit pie, potatoes scalded and sliced are sometimes laid at the bottom of the dish. In this case, the more gravy should be allowed; and, if possible, the better, as the potatoes suck up, and perhaps rather impoverish it.

CHICKEN PIE. If for eating cold, should be made in a raised crust. If not, may be done so, or in a deep pie-dish, with only side lining, the same as pigeon pie. Cut up two young fowls, season with white pepper, salt, nutmeg, and a little mace, all finely powdered; likewise a little cayenne. Put the chicken, slices of ham, or gammon of bacon, force-meat balls, or sausage meat, and hard-boiled eggs, in layers, by turns. If it is to be baked in a deep dish, put in a little white gravy, broth, or water; but none if it is to be baked in a crust. The heads, necks, feet, and rib bones will make a little good gravy, with the addition (if you have it,) of a bit of veal-knuckle or mutton-shank, seasoned with an onion, a sprig or two of parsley and thyme, a little mace, and white pepper. If the pie is to be eaten hot, when it comes from the oven, have this gravy ready, nicely skimmed and strained; thicken it with a spoonful or two of cream, and a bit of butter rolled in flour, adding, if you choose, a few mushroom buttons, or truffles, and morels; raise the upper crust, pour in the gravy, as much as the dish will hold, and replace the crust. If for eating cold, the gravy must only be skimmed, strained, and thickened with cream, and left to become cold before it is put in. Some people prefer having the gravy a clear jelly; in this case no cream must be added, but after straining, boil it up with the whites of two eggs, and then run through a fine lawn sieve.

GIBLET PIE. After very nicely cleaning goose or duck

giblets, stew them with a small quantity of water, onion, black pepper, and a bunch of sweet herbs, till nearly done. Let them grow cold; and if not enough to fill the dish, lay a beef, veal, or two or three mutton steaks, at bottom. Put the liquor of the stew to bake with the above; and when the pie is baked, pour into it a large teacup-ful of cream.

Sliced potatoes may be added as directed for rabbit pie.

BEEF-STEAK PIE. Have a prime rump steak, (or the beef skirts, if used fresh, answer extremely well,) cut in pieces the breadth of two fingers, season with pepper and salt, add a little gravy, broth, or water, lay side crust, and cover with a good crust.*

VEAL PIE, may be made of the middle or scrag of neck: of the breast, or the meat of the knuckle. Prepare in the same manner as for beef-steak pie, only observe that as it will require longer doing, the upper crust must be made pretty thick to prevent its scorching before the meat is done through. If a thick crust is not liked, the meat must be previously scalded for some time in a small quantity of broth or water, which put into the pie for gravy. If the meat is not thus previously scalded, have a rich gravy ready to pour in after baking. In this, as in rabbit pie, many people choose to put a few slices of lean bacon or ham. If a rich pie is wanted, forcemeat and eggs may be added; also truffles, morels, and sweet-breads cut into small bits.

VEAL (OR CHICKEN) AND PARSLEY PIE. Cut some slices from the leg or neck of veal; if the leg, from about the knuckle. Season them with salt; scald some parsley that is picked from the stems, and squeeze it dry; cut it a little, and lay it at the bottom of the dish then put the meat, and so on, in layers. Fill the dish with new milk, but not so high as to touch the crust. Cover it, and when baked, pour out a little of the milk, and put in half a pint of good scalded cream.

* If you have a little cold gravy of roast meat, it is the greatest improvement possible to a meat pie of any kind.

PORK PIE for eating cold. Raise common crust into either a round or oval form, as you choose; have ready the trimming and small bits of pork cut off when a hog is killed; and if these are not enough, take the meat off a sweet bone. Beat it well with a rolling pin; season with pepper and salt, and keep the fat and lean separate. Put it in layers, quite close up to the top, lay on the lid, cut the edge smooth round and pinch it, bake in a slow soaking oven, as the meat is very solid. The pork may be put into a common dish, with a very plain crust; and be quite as good. Observe to put no bone or water into pork pie: the outside of the pieces will be hard, unless they are cut small and pressed close.

MUTTON PIE. Cut steaks from a loin or neck of mutton that has hung; beat them, and remove some of the fat. Season with salt, pepper, and a little onion; put a little water at the bottom of the dish, and a little paste on the edge; then cover with a moderately thick paste. Or raise small pies, and breaking each bone in two to shorten it, season, and cover it over, pinching the edge. When they come out, pour into each a spoonful of gravy made of a bit of mutton.

SQUAB PIE. Cut apples as for other pies, and lay them in rows with mutton chops; shred onion, and sprinkle it among them, and also some sugar.

LAMB PIE. Make it of the loin, neck, or breast; the breast of house lamb is one of the most delicate things that can be eaten. It should be very lightly seasoned with pepper and salt; the bone taken out, but not the gristles; and a small quantity of jelly gravy be put in hot; but the pie should not be cut till cold. Put two spoonfuls of water before baking.

Grass-lamb makes an excellent pie, and may either be boned or not, but not to bone it is perhaps the best. Season with only pepper and salt; but two spoonfuls of water before baking, and as much gravy when it comes from the oven.*

* Meat pies being fat, it is best to let out the gravy on one side, and put it in again by a funnel, at the centre, and a little may be added.

VEGETABLE PIE. Scald and blanch some oroad beans; cut young carrots, turnips, artichoke bottoms, mushrooms, peas, onions, lettuce, parsley, celery, or any of them you have, make the whole into a nice stew, with some good veal gravy. Bake a crust over a dish, with a little lining round the edge, and a cup turned up to keep it from sinking. When baked, open the lid and pour in the stew.

HERB PIE. Pick two handfuls of parsley from the stems, half the quantity of spinach, two lettuces, some mustard and cresses, a few leaves of borage, and white beet-leaves; wash, and boil them a little; then drain, and press out of the water: cut them small; mix, and lay them in a dish, sprinkle with some salt. Mix a batter of flour, two eggs well beaten, a pint of cream, and half a pint of milk, and pour it on the herbs, cover with a good crust, and bake.

PARSLEY PIE. Lay a fowl, or a few bones of the scrag of veal, seasoned, into a dish; scald a colander-full of picked parsley in milk; season it, and add to it the fowl or meat, with a teacup-ful of any sort of good broth, or weak gravy. When it is baked pour into it a quarter of a pint of cream scalded, with the size of a walnut of butter, and a bit of flour. Shake it round, to mix with the gravy already in.

Lettuces, white mustard leaves, or spinach, may be added to the parsley, and scalded before put in.

TURNIP PIE. Season mutton-chops with salt and pepper, reserving the ends of the neck-bones to lay over the turnips, which must be cut into small dice, and put on the steaks.

Put two or three good spoonfuls of milk in. You may add sliced onion. Cover with a crust, and bake.

POTATOE PIE. Skin some potatoes, and cut them into slices: season them; and also some mutton, beef, pork, or veal. Put layers of them and of the meat.

ROOK PIE. Skin the birds, and cut out the back-bones, or they will impart a bitter taste; lay a beef-steak at the

bottom of the dish; pepper and salt the whole; add a little good gravy, and a piece of butter to each bird, or pour melted butter over the whole. Cover with a common crust.

FRUIT PIES.

For these, a light and rich crust is required. Such fruits as have been preserved with their full quantity of sugar, require neither baking nor sweetening, but are usually added after the crust is baked, as baking injures their fine colour.

APPLE PIE. Lay a strip of puff paste round the edge of the dish. Put in a layer of fruit and a layer of sugar, proceeding in this manner until the dish is filled, keeping the fruit highest in the middle; then cover it with the same light paste, and bake an hour and a half. Some people like the flavour of three or four cloves, a little shred lemon-peel, a squeeze of lemon-juice, or a glass of cider, and the top strewed with fine sugar. If to be eaten hot, the top is sometimes cut open and a piece of fresh butter stirred in, though this is much gone out of fashion. Some people put a spoonful or two of beer in an apple pie, and others stew down the cores and peelings in a little water, for syrup; but if the apples be good, they will generally yield juice enough with the sugar alone. It is a bad way to cut apples in thin slices. If the apple be merely quartered, and then each quarter cut across, the core may be removed without waste, and the fruit will retain its flavour much better than when cut too small.

GOOSEBERRY PIE may be made in the same manner; but observe, the nearer the fruit approaches to ripeness, until it is actually ripe, the more sugar it requires.

APRICOTS, gathered when the trees require thinning, should not be suffered to grow larger than a full sized gooseberry, or the skin becomes bitter, and the stone hard; they will require scalding until quite tender, in a very small quantity of water

and sugar sufficient to sweeten them. They will then require very little baking.

RHUBARB PIE. Cut the stalks in the length of four or five inches, and take off the thin skin; simmer slowly for an hour, in a small quantity of sugar and water; and when cold, cover with a crust and bake.

CHERRY PIE is improved by a mixture of currants or raspberries, or both.

CURRANT PIE also, by a mixture of raspberries.

These ripe red fruits require but little baking; when the crust has acquired a fine pale brown, they are sure to be done.

Observe, sugar baked with the fruit, mingles better and gives a finer flavour, but is more apt to turn acid on the stomach than if added afterwards; on this account, it is better to sweeten pies and puddings for children after they are baked or boiled.

MINCE PIES. Of scraped beef, free from skin and strings, weigh 2 lb., 4 lb. of suet picked and chopped, then add 6 lb. of currants nicely cleaned and perfectly dry, 3 lb. of chopped apples, the peel and juice of two lemons, a pint of sweet wine, a nutmeg, a quarter of an ounce of cloves, ditto mace, ditto pimento, in finest powder; press the whole into a deep pan when well mixed, and keep it covered in a dry cool place.

Half the quantity is enough, unless for a very large family.

Have citron, orange, and lemon-peel ready, and put some of each in the pies when made.

MINCE PIES WITHOUT MEAT. Of the best apples six pounds, pared, cored, and minced; of fresh suet, and raisins stoned, each three pounds, likewise minced; to these add of mace and cinnamon, a quarter of an ounce each, and eight cloves in finest powder, three pounds of the finest powder sugar, three quarters of an ounce of salt, the rinds of four and

juice of two lemons, half a pint of port, the same of brandy. Mix well, and put into a deep pan.

Have ready washed and dried four pounds of currants, and add as you make the pies, with candied fruit.

CRITTEN PIES. These are favourites with young people in farm houses. When a bacon hog is killed, the inward fat is beaten with an iron or wooden spatula kept for the purpose, and then melted down for lard, and strained off: what remains of the straining, bears the name of crittens; to a pound of which, add one pound of currants nicely cleaned, or half a pound of currants and half a pound of plumbs, the latter stoned and chopped, one pound of apples chopped fine, one pound crumbs of bread, the yelks of two or three eggs, candied lemon and orange peel an ounce of each, a little ginger, nutmeg, and allspice; to this mass some people choose to add a pound of the lean meat of the pig, shred or pounded very fine as for sausages; others will add the lights, scalded and chopped fine. As it is but a homely dish, a plain crust will suffice, made of lard or dripping, with the addition of a little butter; but however plain the ingredients, a good cook will make it light and well flavoured. The crust should be raised, and is usually baked in a red platter; or, if preferred, may be made in small tins or saucers.

Of Boiled Paste.

THIS may be made exactly in the same manner as paste for baking, with either suet, lard, or dripping; but suet, which is least approved for baking, is in general preferred for boiling. Let it be shred very fine or rolled to a cream; only observe, that an egg is a very useful addition, as it binds the crust, and preserves it from breaking, as well as adds to its lightness and richness; it is particularly useful when the fruit is juicy, as currants, cherries, &c.; or for a meat pudding in preserving the gravy. All puddings of this kind are best boiled in a bason, with a pudding cloth securely tied over.

Observe, a pudding boiled in a bason, must be allowed a

quarter of an hour or twenty minutes longer than if boiled only in a cloth.

Observe also, some people dip the pudding cloth in boiling water, and then flour it; others flour it dry, but the best way is to grease that part of the cloth that is to touch the pudding, either with dripping, lard, or butter.

All puddings of this description should be left in the cloth and bason, two or three minutes after being taken out of the pot; they will then turn out whole. This object may be farther secured by dipping the whole concern in a bucket of cold water, but this method is not recommended; if the paste be well made, and the bason and cloth be properly greased, the pudding will be sure to turn out without sticking; and the cold water in some degree both chills and hardens the crust. It is of the greatest importance that the pot thoroughly boil when the pudding is put in, and be kept boiling the whole time, otherwise the crust will be broken and watery.

MEAT PUDDING. Grease the basin and cloth, as above directed; lay a crust inside of the basin; then the meat cut in square pieces of two or three inches each, and the thickness of a finger; season with pepper and salt; add a teacup-ful of rich jelly gravy, that of roast meat is the best; if you have not this, a morsel of butter must be allowed and two spoonfuls of water; or a little cold melted butter, if such a thing happens to be in the house. When full, lay crust over the top, which be sure to secure well by pinching together with the under crust; then tie over the greased pudding-cloth very securely.

Of Puddings in general.

BATTER PUDDINGS. Of these, the constituent parts are milk, eggs, and flour: they may be variously enriched or flavoured, and hence derive different names: but the following general rules will apply to the whole race.

The eggs should be finely beaten; if yelks and whites are beaten separately, and afterwards mixed, it is all the better.

The eggs should be thoroughly mixed with the flour before any milk is added; then as much milk as will bring the batter to a proper stiffness, and the whole beaten till not a single lump remains. When a batter pudding is required to be particularly delicate, it may be strained through a sieve or coarse cloth, but if it be properly mixed and well beaten, this is not necessary. The basin in which a batter pudding is to be boiled, must be well buttered, and the batter must be just enough perfectly to fill it, otherwise it will be sure to be watery and broken.

If boiled in a cloth only, let the cloth be buttered or floured, and a little room allowed for the pudding to swell. Be very particular in seeing that the water boils fast at the moment the pudding is put in, and that it be kept boiling the whole time.

The time required for boiling will be in proportion to the richness as well as the size of the pudding. A larger pudding with more eggs, will not take so long to boil as a smaller one with more flour and less eggs. If suet be added, a rather shorter time will suffice for boiling.

Batter pudding should be stirred to the very last moment before putting into the pot, otherwise the flour will settle, and the pudding appear of different substances. For the same reason, as well as to preserve it from sticking, the pudding should be shaken about in the pot for two or three minutes, which will secure the proper setting of the batter.

A pot in which a pudding is to be boiled, had better be placed on a trivet; if it be close to the flame, the pudding is apt to stick and burn; still it must not be so far off as to endanger its stopping boiling. A common pudding may be boiled in a pot with meat or even vegetables, if required; but for a light rich pudding, this should be carefully avoided, as a greasy appearance or unpleasant flavour is easily thus acquired.

As to proportions of the ingredients, to fill a half-pint basin with rich and light batter, five eggs may be allowed to three table spoonsful of flour, a grate of nutmeg, and as much milk as will exactly fill the basin. A pudding of this size and

quality will require forty-five or fifty minutes boiling, and should on no account exceed an hour, or it becomes hard; let it be served as hot as possible, and eaten with wine sauce, or cold butter and sugar.

A very good batter pudding of the same size may be made with three eggs and three spoonfuls of flour, which may be either boiled or baked. If baked, the dish should not be quite full, as the batter, if well made, rises very hollow, and is liable to burn. In a baked batter pudding, a spoonful of suet shred fine, or an equal quantity of lard or dripping improves and renders it more wholesome.

The same pudding answers very well to bake under meat, in that case no other fat is required than the drippings of the meat; it may be made of any size, in the proportion of an egg to a spoonful of flour, and a quantity of milk equal to the eggs.

A Yorkshire pudding is much the same thing; only done under *roast* meat, not *baked*, and in a shallow square tin; when the under part is browned, it is turned over in the tin. To do this the more easily, there is a very good contrivance, that of a double tin, which shuts in like a box; let the pudding be half done in one part; when properly browned underneath, have ready the other part, greased and hot through; place it on as the lid of a box, and turn it over quickly, then remove the tin in which it has already been baked, and let the other part brown; two hours are allowed for baking.

A very excellent family pudding may be made in the following manner: Prepare a batter as above; grease a deep dish; pour a little of the batter; then lay steaks of any kind, well seasoned; pour over the remainder of the batter, and bake it; for which purpose an hour and three-quarters or two hours will suffice.

Baked gooseberry or apple pudding. Make a ligh batter; that is, in the proportion of three eggs and an equal measure of milk, to two spoonfuls of flour. Butter a deep dish, sufficiently large, and pour in half the batter; then add three half pints or a quart of fine ripe gooseberries, nicel picked, or four good-sized apples cut up, scatter over a littl

moist sugar, powdered ginger, and nutmeg; then pour the remainder of the batter, and bake in a tolerably quick oven.

N. B. Be careful not to put too much sugar, as it is apt to make the batter heavy; this remark applies to all puddings in which batter and fruit are combined.

A PLAIN PLUM OR CURRANT PUDDING. Four eggs, six spoonfuls of flour, three of suet or marrow shred fine, one of moist sugar, half a pint of milk, a pinch of ground allspice and ginger, and a grate of nutmeg, half a pound of good raisins, stoned and chopped, or of currants nicely cleaned and picked, an ounce of candied lemon or orange-peel, minced fine; mixed according to the general directions for batter, and well beaten. This is a good family pudding, either boiled or baked; it will take two hours to do. If boiled, flour the cloth dry, and in tying up leave room for the pudding to swell. It eats well cold, cut out in slices, or may be rewarmed either by frying, toasting, or broiling.

Some people prefer a mixture of bread in a pudding of this description, if baked; in that case, use only four spoonfuls of flour instead of six, and about four ounces of crumbs of bread, which may either be simply stirred in with the other ingredients, or scalded in part of the milk and suffered to become cold. We think the former plan preferable, and indeed that the pudding is better without any addition of bread.

PLUM PUDDING ANOTHER WAY. The same proportions of flour and suet, and half the quantity of fruit, with spice, lemon, a glass of wine or not, and one egg and milk, will make an excellent pudding, if long boiled.

HUNTER'S PUDDING. Mix a pound of suet, ditto flour, ditto currants, ditto raisins stoned and a little cut, the rind of half a lemon shred as fine as possible, six Jamaica peppers in fine powder, four eggs, a glass of brandy, a little salt, and as little milk as will make it of a proper consistence; boil it in a floured cloth, or a melon-mould, eight or nine hours. Serve with sweet sauce. Add sometimes a spoonful of peach-water for change of flavour.

This pudding will keep, after it is boiled, six months, if kept tied up in the same cloth, and hung up, folded in a sheet of cap-paper to preserve it from dust, being first cold. When to be used, it must boil a full hour.

A QUICK-MADE PUDDING. Flour and suet half a pound each, four eggs, a quarter of a pint of new milk, a little mace and nutmeg, a quarter of a pound of raisins, ditto of currants; mix well, and boil three quarters of an hour with the cover of the pot on, or it will require longer.

SHELFORD PUDDING. Mix three quarters of a pound of currants or raisins, one pound of suet, one pound of flour six eggs, a little good milk, some lemon-peel, and a little salt. Boil it in a melon-shape six hours.

BREAD AND BUTTER PUDDING. Butter a deep dish, slice bread and butter enough to lay three thicknesses in the dish; over each layer scatter dried currants, and a little sugar, nutmeg, or other spices; and shred lemon or orange peel. Pour over the whole a very light batter, allowing three eggs and an equal measure of milk, to one large spoonful of flour; let this be poured over at least two hours before baking, that the bread may be thoroughly soaked—an hour will bake it—a crust round the edge is an improvement to the appearance of all puddings, but not necessary; if paste is made and there is a bit to spare it is as well added, but it is scarcely worth making on purpose. This is a plain pudding of the kind; if it be desired to have it very rich, use French rolls instead of bread, and spread the slices thickly with butter, sweeten with fine loaf sugar, use no inferior spice, but more nutmeg or cinnamon, allow more currants and candy, preferring citron to lemon and orange; and instead of batter pour over an unboiled custard in the proportion of five eggs to a pint of new milk flavoured with a little ratafia. Thirty-five or forty minutes will sufficiently bake this. Marrow pudding is made exactly in the same manner, only substituting marrow instead of butter, and putting a larger quantity of it.

CUSTARD PUDDING. Beat up separately the yelks and whites of six eggs, to the former add and mix well two spoonfuls of flour, then by degrees add a pint and a half of rich new milk. The operation thus far may be done an hour or two before wanted, and is improved thereby; but not until the moment you are ready to boil or bake the pudding, add the beaten whites of the eggs, sweeten with loaf sugar to taste, add powder cinnamon, and nutmeg, or lemon grated, and a spoonful of ratafia, or brandy, or orange-flower water; butter a bason which the mixture will exactly fill, and a cloth to tie over it, which be sure to do very securely. Boil it half an hour, keeping it shaken about in the saucepan at least five minutes to prevent the egg going to one side. When turned out, grate sugar over the top, or stick bits of red currant jelly or raspberry jam, or pour over white wine sauce. If baked, this pudding will require twenty minutes; let the dish be well buttered, and the nutmeg or cinnamon grated at top: an edge crust is a great improvement.

COMMON PANCAKES. Make a light batter of eggs, flour, and milk. Fry in a small pan, in hot dripping or lard. Salt, or nutmeg and ginger, may be added.

Another and preferable way. Three ounces of lard or dripping worked with the hand to a cream; three eggs finely beaten; mix these, and add to them three spoonfuls of flour (not heavily filled) a pinch of salt, and a grate of nutmeg and ginger; mix all well together, then add a quarter of a pint of milk: let the dripping or lard in which they are to be fried, perfectly boil. A regular pancake is the size and shape of the frying pan; but they are more easily turned, as well as look better when done, and are more pleasant for helping, if only two spoonfuls of batter be allowed to each cake: a moderate sized pan will take four of these, and a moment will sufficiently set each to prevent their running into one another, fry them on both sides of a fine pale brown. Suet shred fine answers just as well as lard or dripping.—— *Observation.* If fat is thus added in the making, the pancakes will be much lighter, and they will not be more ex-

pensive or taste more fat than the other way, as they will not require so much in frying; pancakes made without fat, suck up a prodigious quantity, and it is generally necessary to add fat two or three times in the course of frying a batch of pancakes, which is much better avoided. Pancakes should be served on a fish plate with holes, and are eaten with sugar and lemon, or orange, or white wine, or vinegar.

FRITTERS. Make batter as above, adding to it, apples sliced thin and cored, or ripe gooseberries, currants, apricots, or green-gages stoned, or lemon sliced as thin as paper, or dried currants, plumbs, or prunes, or preserved gooseberries: drop a small quantity into the pan, two spoonfuls or less, and fry as above, serving on a fish plate; nothing is required for eating with them excepting sugar.

SUET PUDDINGS. The legitimate old fashioned suet pudding or dumpling, admits no ingredient except suet, flour, water, and salt. It may be made of equal parts of suet (shred very fine) and flour, or to a pound of flour three quarters of a pound of suet; and most people prefer it thus. Add a pinch of salt, and mix well with as much cold water as will make it of a stiffness between batter and paste; it may be boiled in a buttered basin with a cloth tied tightly over, or in a floured cloth with room allowed for swelling; in the former case three hours may be allowed, in the latter two will suffice. If for dumplings, it may be made nearly as stiff as paste, divided into pieces the size of a ball, shaken into form between the hands well floured, and dropped quickly into a boiling saucepan, either with or without meat. Half an hour will boil them: let them be served very hot. Currant or plum dumplings may be made exactly in the same manner, only adding to half a pound of flour and six ounces of suet, six ounces of currants or plumbs, and a pinch of all-spice. When dumplings are dropped into the pot they immediately sink; when all are in, the skimmer should be carefully passed round the bottom of the pot so as to prevent their sticking, yet at the same time avoiding to break them; they will then float at the top. See that the pot be kept boiling the whole time.

Suet pudding another way. Shred a pound of suet; mix with a pound and a quarter of flour, two eggs beaten separately, a little salt, and as little milk as will make it. Boil four hours. It eats well next day, cut in slices and broiled.

The outward fat of loins or necks of mutton finely shred, makes a more delicate pudding than suet.

Another and preferable way. Shred half a pound of suet, mix it with three quarters of a pound of flour. In the vessel in which you are about to mix it, beat three eggs; then add the flour and suet, and afterwards as much water as will make it rather stiffer than batter; tie it loosely yet securely in a floured cloth, and boil an hour and a half. This is a very light wholesome pudding for children, and eats well with a little of the dripping or gravy of roast meat. In general the observation will be found to hold good, that eggs are an improvement to suet puddings, but that milk is not.

Bread puddings are compounded of bread, milk, and eggs, variously proportioned and flavoured. There are two ways of mixing, of which we consider the latter, though not so common, to be the preferable. 1st. To pour the boiling milk over bread, cover up, and leave until it becomes quite cold before the eggs are added. 2nd. To crumble a sufficient quantity of bread into boiling milk, and immediately, but gradually, stir it in a boiling state to the eggs. Contrary to the common notion, this plan most effectually prevents the curdling of the eggs. The milk may be flavoured by boiling in it a stick of cinnamon or a few bay, laurel, or peach leaves*. When mixed, sweetened, and flavoured to taste, let the mass be put into a buttered bason which it will

* Some people object to the use of these as being of a poisonous nature. It is true that the very powerful and poisonous medicine, the Prussic acid, may be extracted from them; and from bitter almonds also in a much higher degree, and peach or nectarine kernels, of which macaroni and ratafia cakes are made, and the liquor called ratafia or noyeau. Yet who ever heard of any person being poisoned by these? The fact is, that the quantity used for flavouring, is far too small to admit any possibility of being injurious; and indeed, that to be either medicinally beneficial or injurious, the properties must be drawn out by a chemical process.

exactly fill, and tied tightly down with a very nice cloth buttered. A pudding made in a small tea-cup with one egg, will take twenty minutes to boil; in a large tea-cup with two eggs, it must not exceed half an hour; and with five or six eggs, three-quarters of an hour: if baked, the same time may be allowed. The best proportion is for the smallest size tea-cup, a table-spoonful of bread crumbs, one egg, and as much new milk as is required to fill it; sweeten with loaf sugar, and grate a little nutmeg.

Bread puddings may be served with wine sauce, or merely cold butter and sugar.

A very good pudding may be made with much smaller proportions of the expensive articles. It has been by some called saveall, or scrap pudding; and is made weekly or oftener in some families by way of clearing up scraps of bread. We venture, however, to suggest that by good management scraps may be prevented.

1. Let no more bread be cut at a meal than is likely to be used, and cut not in over-large pieces; the loaf had better be applied to again and again, and those who eat heartily of bread be served repeatedly, than the wasteful and disgusting practice of accumulating scraps be adopted.

2. Let children from infancy be accustomed to have a small piece given them at a time, and be required to clear what is given* not being suffered to make objections to crust or crumb.

3. Let the bread pan be daily cleared out, and if there are any pieces let them be eaten first. Those who object to do this are very likely to know the want of what they now despise—A digression, it must be allowed; but it is hoped not an useless one. To return to bread pudding.

Take pieces of bread, crust and crumb, slice them thin into boiling milk in the proportion of a pound of bread to a

* This rule will apply equally to other provisions as well as bread. Children are very apt to ask for more than they really want, and so acquire the daily and wasteful habit of leaving bits on their plate. On the other hand, if children are never allowed to leave, they will grow up with a rooted dislike to a habit, which however fashionable, can never be otherwise than wasteful, slovenly, and disgusting.

pint of milk,* let it stand on the hob a little while to soften; then beat it fine, and add three eggs, three ounces of moist sugar, and two of suet chopped fine, a little ginger and allspice, or nutmeg; and if you please a quarter of a pound of currants. Butter the dish, and bake three quarters of an hour.

RICE PUDDINGS may be made in every variety from the plainest to the richest. Much depends on the quality of the rice—it is better to give a penny a pound more and have it the best; that should be chosen of which the grains are plump and long, of a clear white, and free from bits of hull; if rice looks yellow, it is either sour or mouldy, and will both waste the other ingredients added to it, and disorder those who eat it. Rice properly prepared and used in moderation is very good food, but not so nourishing as some people imagine. except as an occasional change, it is a poor food for infants. It has also a tendency to confine the bowels, and is on that account sometimes valuable, sometimes improper. It has formerly been the custom to do rice far too much, by which it was deprived of its nutritious properties and rendered unwholesome. In Carolina and India, where rice grows, and can be used fresh, we are informed that they never boil it more than ten minutes, and that it is most delicious and wholesome. In the state we get it, of course a longer time is required to soften it: but in general the remark may be borne in mind, that when once thoroughly swollen and softened, all time beyond is injurious. These remarks, founded on experience, are not undeserving the attention of parents.

PLAIN BOILED RICE PUDDING, is nothing more than rice tied in a cloth with plenty of room to swell; when it has done so and is tender, it may be eaten with butter and sugar and nutmeg, or milk, or preserved fruit.

Some people let it boil till it has swollen, then beat it in

* We have been asked whether it is necessary to use new milk for puddings? we reply that for common family puddings, good sweet skim milk answers every purpose: new milk of course is richer; rice is more than any thing apt to turn milk, therefore particular care should be taken to have it very fresh for a rice pudding.

a basin with an egg or two, a little moist sugar and nutmeg, and an ounce or two of suet shred fine; then butter the cloth (or basin) tie it up tightly, and let it boil half an hour longer.

PLAIN BAKED RICE PUDDING. Wash a large teacup-ful of rice, put it in a deep dish with two quarts of good skim milk, and bake it an hour and a half. You may add if you please an ounce or two of suet shred fine, and a little brown sugar, and allspice, or nutmeg; or you may lay slices of bread and butter at top, and sprinkle a little sugar and nutmeg. Some people like it this way, and others to sweeten as they eat it. There is one great recommendation of the latter plan, that rice being of itself very apt to turn the milk, is rendered much more so by the addition of sugar baked with it.

A richer baked rice pudding may be made in the following manner: wash and pick a teacup-ful of rice and scald it in a small quantity of water. When swollen and tender, drain off any water that may remain, and add a quart of new milk, with a bit of cinnamon, or a few bay or peach leaves, for flavour. When it boils have ready beaten four eggs, to which gradually mix the rice and milk; sweeten to your taste; put into a buttered dish; grate nutmeg over and bake half an hour. Some people like the addition of a few dried currants; but it is apt to turn the whole wheyey.

GROUND RICE PUDDING. To a quart of milk, allow two large heaped spoonfuls of ground rice, and four eggs well beaten; mix it in the following manner: set on nearly all the milk, except so much as is necessary to rub the rice to a soft paste, add to the milk, cinnamon, or leaves for flavour. When it boils, stir it in the rice, and let it boil a few minutes, stirring it the whole time. When it thickens, gradually stir it to the eggs finely beaten; sweeten to your taste; put into a buttered dish; grate nutmeg over, and bake half, or three quarters of an hour; this is a convenient pudding, as it may be made of any size, and bakes well in the oven of a Yorkshire grate. If currants are to be added, strew them over the top, the moment before putting into the oven. If a ver

plain economical pudding is desired, three eggs to a quart of milk will do; and it may be sweetened with moist sugar: allspice also may be substituted for nutmeg. If on the other hand a richer pudding be desired, it may be made so, by using new milk or part cream, and adding another egg or two and an ounce of fresh butter or marrow.

DUTCH RICE PUDDING. Soak four ounces of rice in warm water half an hour, drain off the water, then simmer with half a pint of new milk and a piece of cinnamon, or four laurel leaves. When tender, add four eggs well beaten, two ounces of butter melted in a teacup-ful of cream, three ounces of loaf sugar, a quarter of a nutmeg, and some grated lemon-peel; put a light puff paste in a mould or dish, or grate tops-and-bottoms. Pour over the pudding, and bake in a quick oven; or you may put only a border of paste: in this case the oven must not be quite so quick. When the crust is baked enough the pudding will be sure to be so too.

SAGO, TAPIOCA, VERMICELLE, OR RUSSIAN SEED PUDDING. Boil a pint and a half of new milk, with four spoonfuls of sago nicely washed and picked, lemon-peel, cinnamon, and nutmeg; sweeten to taste; then mix four eggs, put a paste round the dish, and bake slowly.

SKIMMER CAKE. Mix flour and water and a pinch of salt to the consistency of dough; make a cake half an inch thick, and boil it on the skimmer. It will take about twenty minutes to boil; but the best rules of judging are, when a fork stuck in will draw out without any particles of the cake adhering to it, or when it will slip off the skimmer without sticking. Let it be eaten as hot as possible; if it stands it will become heavy. It is usually eaten with sugar and butter.

HARD DUMPLINGS are made exactly in the same manner, only being round and thick will take longer to boil: dumplings of a quarter of a pound of flour in each will take three quarters of an hour. They are usually eaten with cold butter and salt.

POTATOE PUDDING TO GO BELOW A ROAST. Peel, boil, and mash the potatoes, with a little milk, salt, pepper, and a finely shred onion if approved. Dish and score this, and set it below the roast to catch the dripping, and to brown.

This pudding may be browned in an oven with no meat above it; but in that case a piece of butter or good dripping should be stirred in, and if you have it, a little roast meat gravy. In either case the dish in which it is baked should be greased.

POTATOE PUDDING WITH MEAT. Mash the potatoes. Make them thin with milk, and season them as above. Cut either fat beef, mutton, or pork into very small bits, and season these well with salt, pepper, allspice, and shred onion. Place a layer of the meat at the bottom of a baking dish, then potatoes, and proceed thus till the dish is filled. Pour all the potatoe batter that remains equally over the top, and stick some butter over that. Bake of a fine brown, covering with paper to prevent scorching.

RICH POTATOE PUDDING, BAKED OR BOILED. Take one pound of mealy potatoes boiled, rub them through a sieve; add four ounces of fresh butter, melted in half a pint of cream, six ounces of sugar, six whole eggs, one ounce of currants, one lemon-peel, and half a nutmeg grated, with a spoonful of brandy; mix all these together, and bake in a dish lined with puff paste. This may be boiled or steamed in a mould.

Another. Take eight ounces of boiled potatoes, two ounces of butter, the yelks and whites of two eggs, a quarter of a pint of cream, one spoonful of white wine, a morsel of salt, the juice and rind of a lemon; beat all to froth; sugar to taste. A crust or not, as you like. Bake it. If wanted richer, put three ounces more butter, sweetmeats and almonds, and another egg.

HASTY PUDDING. Boil a quart of milk with two or three laurel leaves; throw in two ounces of flour out of a dredging box, whilst boiling; stir all the time till thick enough; put

into a dish, with a piece of butter in the middle, and moist sugar, and half a nutmeg grated over it.

PEASE PUDDING. Boil a quart of split pease in a cloth, till tender, mash and rub them through a sieve; add three whole eggs, three ounces of butter, salt and pepper to taste; tie it up in a cloth, and let it boil again half an hour, then turn it out; or it will do very well without the eggs. Be sure that the liquor fast boils when you first put in the pudding; this is the great secret of having peas floury, whether in puddings or soup; and by no means soak the peas previous to boiling, which is a long established but very erroneous practice. Any person who will impartially try both ways will soon be convinced of the truth of these observations.

YEAST, OR SUFFOLK DUMPLINGS. Make a very light dough with yeast, as for bread, but with milk instead of water, and put salt. Let it rise an hour before the fire.

Twenty minutes before you are to serve, have ready a large stew-pan of boiling water; make the dough into balls, the size of a middling apple; throw them in, and boil twenty minutes. If you doubt when done enough, stick a clean fork into one, and if it come out clear, it is done.

The way to eat them is to tear them apart on the top with two forks, for they become heavy by their own steam. Eat immediately with meat, or sugar and butter, or salt.

Another way. Set one pound of flour with three spoonfuls of yeast, and half a cupful of warm milk; let it rise in a warm place for one hour; work it well up and make it the size of a small orange; let them remain ten minutes after making up, and boil in plenty of water twenty minutes; serve with wine sauce. If convenient to steam twenty minutes they are much better.

To those who are not expert at making dough, a great deal of trouble is saved by purchasing it at the baker's; three-penny worth will make a good dish of dumplings. The dough must be kept within the influence of the fire, but at a moderate distance from it, and covered with a thick cloth until it is time to make it up.

CHAPTER VI.

VEGETABLES.

General Remarks.

VEGETABLES should be gathered in the cool of the morning or evening. If gathered when the sun is upon them, they are sure to be tough and discoloured.

Let them be carefully cleaned from insects and dirt; if this can be done without washing them, so much the better. The colour is much more preserved by avoiding to wet them, until they go into the saucepan for boiling.

The fresher they are used the better. If they have been gathered long and become flabby, they must then be soaked some time in cold water. In that case let them be put in the colander and well shaken, to free them from every drop of water, the moment before putting into the saucepan.

River, or very fresh rain water is preferable to pump water for boiling such vegetables as should be green. Hard water, especially if it be at all chalybeate, is to be avoided, both as injuring the colour, and in some instances, by combining its qualities with those of the vegetables, becoming really injurious.*

Let all green vegetables be thrown into the water perfectly boiling; put in with them a table spoonful of common salt, or

* An instance of this kind came within the knowledge of the writer, a person having at supper eaten freely of artichokes, was in the night taken extremely ill as if under the influence of poison. The cause remained for some days a mystery, until observing an odd flavour in the pump water, a glass of it was shown to the medical man who attended the family, and analyzed by him; it was found to be strongly impregnated with iron and allum, and he had no doubt that these having in boiling combined with the qualities of the artichokes, produced the injurious effects. The family had recently removed into the house, and were not aware of the peculiar quality of the water.

a tea-spoonful of salt of wormwood; put the lid on instantly, and make them boil up very fast. When they do so, but not before, remove the lid, and put it on no more. Keep them very fast boiling the whole time, and when done, they will sink. If the boiling have at all slackened, this rule will not apply. Vegetables cannot be well boiled if crowded in the saucepan; they require plenty of room and plenty of water. Nothing answers so well for boiling vegetables in, as large saucepans of common tin.

The water should boil just at the moment it is wanted, and not before. If it be suffered to boil several minutes before the vegetables are put in, they will be discoloured; or if the water has boiled and stood on the hob, and has to be boiled up again.

The moment vegetables are done enough, they should be drained off, otherwise they lose their beauty and crispness.

Cauliflower, brocoli, and turnip-greens, are best taken up with a ladle, made of fine wire, through which the water runs off without bruising them. If the whole be poured through a colander, the cauliflower or brocoli is liable to be broken; and turnip-greens to be swampy.

As to the length of time and manner of serving particular vegetables, the following directions will suffice, but practice must make perfect. Except where particular sauces are specified, melted butter is served for all vegetables.

YOUNG COLEWORTS and SCOTCH KALE will take a quarter of an hour or twenty minutes.

SAVOYS and CABBAGE, if large, full half an hour.

GREEN PEAS should not be overdone, nor boiled in much water. If very young and fresh, scarcely a quarter of an hour; from that to twenty minutes, and even longer still, if very old; but the best rule is, as above, when they sink. A few tops of mint should be boiled with them, and chopped up for garnish, and a piece of butter stirred in the dish.

N. B. It is not generally approved to boil either peas or beans with bacon, but some people still prefer it; if so, the

pot must be very carefully skimmed previously to their being put in, and they will require rather less boiling.

STEWED PEAS. To a quart of peas add a quart of gravy, two or three lumps of sugar, some pepper and salt. Stew them gently till the peas are quite tender; and if the gravy is not sufficiently thick, add a piece of butter rolled in flour.

If the peas are old, half boil them first in hard water before they are stewed. Whether for young or old peas, the gravy must be strong.

Another way. Put a quart of peas, a lettuce and an onion both sliced, a bit of butter, pepper, salt, and no more water than hangs round the lettuce from washing. Stew them two hours very gently. When to be served, beat up an egg, and stir it into them: or a bit of flour and butter.

Some think a tea-spoonful of white powdered sugar is an improvement. Gravy may be added, but then there will be less of the flavour of the peas. Chop a bit of mint, and stew in them.

LONG PODS, WINDSOR, or BROAD BEANS, should be chosen young, before they are even full grown. If suffered to grow till their eyes become blackish, they eat harsh and strong. The time of boiling differs according to the size and age, from twenty minutes to half an hour; boil till they are tender; a bunch of parsley should be boiled and served to eat with them, but not boiled nearly so long as the beans, or it will be discoloured. Some people stir cold butter in the dish, but in general parsley and butter is served in a boat to eat with the beans.

FRENCH BEANS. Choose them young and quick grown. Scarlet runners are the best. Top and tail and string them; slit down the middle and cut across. If young, they will boil in ten minutes or a quarter of an hour.

TURNIP GREENS. Use only the very hearts, trimming off the outside leaves, and skinning the stalks, which, if properly done, are very nice. They will not take more than four or five minutes boiling.

Asparagus. Scrape the stalks clean; tie them up with bass or tape in bundles of about a quarter of a hundred each; cut off the ends of the stalks to an equal length, leaving only enough of the white to serve as handles. Throw them in the water fast boiling, (as above directed,) with a handful of salt; they will require from fifteen to twenty minutes boiling; observe to take them up the moment they are tender, otherwise the colour will be injured, and the flavour lost; meanwhile, toast a slice of bread; dip it lightly in the liquor the asparagus was boiled in, and lay it on a fish plate; pour a little melted butter on the toast, then lay the asparagus in a circle, the heads inwards; instead of dipping in the liquor and pouring melted butter, some prefer spreading the toast with butter, and immediately laying the hot asparagus upon it. We are inclined to recommend the latter mode. Serve melted butter in a boat.

Cauliflowers. Choose those that are close and white, and of the middle size; trim off the outside leaves; cut off the stalk flat at the bottom, and let them lie an hour in salt and water, to draw out the caterpillars, with which they abound.

A small cauliflower will take fifteen, a larger one twenty minutes boiling. It may be proved by sticking a fork in the stalk. When that is tender, the flower is done, and should be taken up instantly; a minute or two over boiling will break and spoil it.

Brocoli. As it is not of summer growth, it will not require soaking for caterpillars. Trim it in the same manner as cauliflowers. It will take from twelve to twenty minutes boiling, according to the size of the heads. If some heads are much larger than others, either put them in a few minutes first, or let them remain in a few minutes later. Perhaps the latter is preferable, as putting in the cold vegetables to those which boil, is apt to injure the colour. Brocoli is sometimes served on a toast like asparagus.

Sea kale, is tied in bundles and boiled like asparagus,

and about the same length of time. Served on a toast, with melted butter or very rich gravy.

SPINACH should be picked leaf by leaf, and washed in three or four waters; then thoroughly drained. Boil it in plenty of water very quickly, pressing it down frequently, that all may be done equally; ten minutes will boil it. When done, strain it on the back of a sieve, and squeeze it quite dry with a plate or between two trenchers: spread it in a dish, and score it in squares of an inch and a half or two inches.

Another way. Take it up and squeeze it before it is quite done; have ready a small stewpan, the bottom just covered with rich gravy, boiling; put in the spinach, with a bit of butter, two spoonfuls of cream, a little pepper, salt, and nutmeg; shake it well round, and let it stew five minutes.

Spinach is often served with poached eggs and buttered toast, or slices of fried bread.

GOURD, or VEGETABLE MARROW. When the fruit is the size of a pullet's egg, it is fit to cut. Boil it in salt and water thirty minutes, or until it is tender: then cut it in slices one-eighth of an inch thick, and spread it on a buttered toast· sprinkle pepper and salt, and pour over melted butter.

If the fruit be large, so that seeds have begun to form, the whole seedy part must be scooped out.

Another way. Cut the fruit in slices raw; scoop out the seeds, dip the slices in butter and fry them; serve with melted butter and vinegar.

WHITE BEET. This is a very wholesome and agreeable vegetable, and only requires a fair trial to bring it into much more general use than at present. It is a handsome growing plant, takes little room, and is hardy. The stalks and leaves afford as complete a variety as two distinct vegetables.

The large fibrous stalks of the leaves (resembling in growth those of rhubarb,) may be tied in bundles and boiled as asparagus. They are commonly eaten with melted butter and vinegar.

The leaves, when freed from the stalks, may be dressed in the same manner as spinach, which they greatly resemble.

ARTICHOKES. Soak them in cold water, wash them well, then put them into plenty of boiling water, with a handful of salt, and let them boil gently till they are tender, which will take an hour and a half, or two hours; the surest way to know when they are done enough, is to draw out a leaf; trim them and drain them on a sieve; and send up melted butter with them, which is usually put into small cups, so that each guest may have one.

ONIONS, boiled as sauce for roast mutton, boiled rabbits, &c. Take off two coats of skin, throw the onions into boiling water, let them boil five minutes, (not more,) then drain off that water, and put some fresh, which you should have ready boiling in a kettle. In this let them boil till quite tender, then strain off and press. In a clean saucepan of a much smaller size, put an ounce and a half, or two ounces of butter, a little flour, half a teacup-ful of cream or new milk, a little pepper and salt, and the onions; shake the whole well round till it boils, then pour out.

Another way. Those who like the full flavour of onions, only cut off the strings and tops, (without peeling off any of the skins,) put them into salt and water, and let them lie an hour; then wash them, put them into a kettle with plenty of water, and boil them till they are tender: now skin them, pass them through a colander, and mix a little melted butter with them.

STEWED ONIONS. The large Portugal onions are the best; take off the top coats of half a dozen of these, (taking care not to cut off the tops or tails too near, or the onions will go to pieces;) and put them into a stew-pan broad enough to hold them, without laying them at top of one another, and just cover them with good broth.

Put them over a slow fire, and let them simmer about two hours; when you dish them, turn them upside down, thicken

the gravy with a bit of butter, a little cream and flour, simmer two or three minutes, and pour over.

FRIED ONIONS, for eating with beef steak. Peel the largest onions and cut them in slices the thickness of a penny piece, put them in the frying pan with a little boiling water and salt; let them boil four or five minutes, then drain off the water perfectly dry, put at least one ounce of butter, shake a dust of flour and fry till of a fine pale brown on both sides. It is a very good way to scald the onions first, and leave them draining in the colander while you fry the steak in the same pan; then cover up the steak and fry the onions in what remains in the pan from the steak. A much smaller quantity of butter will suffice in that case, or indeed none at all, if a bit is rubbed over the steak.

BROWNED ONIONS, OR ONION GRAVY. Peel and slice the onions (some put in an equal quantity of cucumber or celery) into a quart stew-pan, with an ounce of butter; set it on a slow fire, and turn the onion about till it is very lightly browned; now gradually stir in half an ounce of flour; add a little broth, and a little pepper and salt; boil it up for a few minutes, add a table-spoonful of mushroom catsup, (you may sharpen it with a little lemon juice or vinegar) and rub it through a tammis, or fine sieve.

If this sauce is for steaks, shred an ounce of onions, fry them a nice brown, and put them to the sauce you have rubbed through a tammis; or some very small round young silver button onions, peeled and boiled tender, and put in whole when your sauce is done, will be an acceptable addition.

ROAST ONIONS. Choose the largest, do them with the skins on; they will take an hour to do, may be done in front of a brisk fire or on the embers of a wood fire that is nearly expended, or in, or under a copper hole, or in an oven. They are served in the skins, and eaten with cold butter and salt: some people consider them a proper accompaniment for roast potatoes or beet roots.

STEWED CUCUMBERS. Slice them thick; or halve and divide them into two lengths; strew some salt and pepper, and sliced onions; add a little broth, or a bit of butter. Simmer very slowly; and before serving, if no butter was in before, put some, and a little flour, or if there was butter in, only a little flour, unless it wants richness.

Another way. Slice the onions, and cut the cucumbers large; flour them, and fry them in some butter; then pour on some good broth or gravy, and stew them till done enough. Skim off the fat.

JERUSALEM ARTICHOKES. Boil them with the lid off, in water just enough to cover them, try them with a fork, and when they stick tender, drain them off immediately, peel and serve as hot as possible; as they are exceedingly apt to chill the best thing to serve them in is a hash-dish, which drops into another deep dish, containing boiling water, and has a cover. They are eaten with melted butter and vinegar, or some people simmer a teacup-ful of rich veal broth, a piece of butter, two spoonfuls of cream, a little flour, pepper, salt, and nutmeg; and pour these over them.

TO STEW CELERY. Wash six heads, and strip off their outer leaves; either halve, or leave them whole, according to their size; cut into lengths of four inches. Put them into a stew-pan with a cup of broth, or weak white gravy: stew till tender; then add two spoonfuls of cream, and a little flour and butter seasoned with pepper, salt, and nutmeg, and simmer all together.

TO FRY HERBS for eating with calf's liver, or with rashers and eggs: clean and drain four handfuls of young spinach, two of young lettuce leaves, two of parsley and one of green onions, the three latter to be chopped and mingled among the former. Set them on in a small stew-pan or frying-pan that has a lid, with an ounce or rather more of butter and some pepper and salt. When the pan begins to grow warm, shake it well and let it stand beside the fire or over a slow stove till

done enough. If to eat with rashers and eggs lay them upon it.

To stew red cabbage. Wash, pick, and shred what will fill a large pint bason. Melt some butter in a saucepan, and put in the cabbage with only the water that hangs about it, pepper, cayenne, salt, and an onion sliced. Stew this, keeping the saucepan close covered; and when just ready add a glass of vinegar, which may just boil up. Fried sausages are served on this preparation; or it may be served with bouilli.

Potatoes. This most important and every day article of consumption is rarely enjoyed in perfection, except in the Irish cabin or Scotch hovel, where it forms the only dish. They are far best when just ripe, fresh dug, well scrubbed, sorted in size, and hastily boiled with scanty water, plenty of salt and no lid to the vessel. As they cannot be just ripe and fresh dug all the year round, it is of importance to choose those sorts which are best suited to the season of the year. Potatoes may be had much earlier, but they are not really good before midsummer; then come in Fox's seedling, and the Early Manly; soon afterwards the Early Champion is in perfection. Late in August comes in the yellow mealy kidney potatoe. In October the golden reed, which if properly secured will last till potatoes come in again.

Moderate sized potatoes are preferable to very large ones. Let them never be washed or in any way wetted until just as they are to be used. New potatoes should be well scrubbed with a birch broom and washed very clean; but not skinned after boiling, as the time taken in skinning them causes them to chill and become heavy.

In keeping potatoes through the winter, the great object is to secure them against air, damp, and frost; but especially the latter which is most destructive: a slight degree of frost renders potatoes very unwholesome, and a considerable degree of it causes them speedily to rot. They may be kept in a cellar or store room between layers of straw, or covered with mats, or

buried in sand or in earth. This latter is the best way also of keeping carrots and parsnips.

In spring, when potatoes become old and specky, the best way of doing them is to peel raw, cut out every speck, boil in a small quantity of water, drain through a colander, put the colander (covered up with a plate or napkin) to dry in a cool oven, or on the hob, for a quarter of an hour; the potatoes will then have become quite floury and fit to mash. In farm-houses it is a common way to put into a saucepan of potatoes two table-spoonfuls of brine, which makes them boil floury.

To boil potatoes. Wash them, but do not pare or cut them unless they are very large; fill a saucepan half full of potatoes of an equal size, or the small ones will be done to pieces before the large ones are boiled enough. Put to them as much cold water as will cover them about an inch, so that they may be just covered at the finish.

Set them on a moderate fire till they boil, then take them off, and set them rather higher or by the side of the fire to simmer more slowly till they are soft enough to admit a fork, (place no dependence on the usual test of their skin cracking, which will happen to some potatoes when they are not half done, and the inside is quite hard,) then pour the water off, (if you let the potatoes remain in the water a moment after they are done enough, they will become waxy and watery,) uncover the saucepan, and set it at such a distance from the fire as will secure it from burning; their superfluous moisture will evaporate, and the potatoes will be perfectly dry and mealy. You may afterwards place a napkin, folded up to the size of the saucepan's diameter, over the potatoes, to keep them hot and mealy till wanted; but they are much best served the moment they are done.

This method of managing potatoes in is every respect far better than steaming them; and they are dressed in half the time.

To steam potatoes. The potatoes must be well washed, but not pared, and put into the steamer when the water boils.

Moderate sized potatoes will require three-quarters of an hour to do them properly. They should be taken up as soon as they are done enough, or they will become watery. Peel them or not at pleasure.

POTATOES BOILED AND BROILED. Boil your potatoes as before directed, and put them on a gridiron over a very clear and brisk fire; turn them till they are brown all over, and send them up dry, with melted butter in a cup.

COLD POTATOES FRIED. Put a bit of clean dripping into a frying-pan; when it is melted, slice in your potatoes with a little pepper and salt, put them on the fire, keep stirring them; when they are quite hot, they are ready.

This is a very good way of re-dressing potatoes.

POTATOES FRIED IN SLICES OR SHAVINGS. Peel large potatoes; slice them about a quarter of an inch thick, or cut them in shavings round and round as you would peel a lemon; dry them well in a clean cloth, and fry them in lard or dripping. Take care that your fat and frying-pan are quite clean; put it on a quick fire, watch it, and as soon as the lard boils and is still, put in the slices of potatoe, and keep moving them till they are crisp; take them up and lay them to drain on a sieve; send them up with a very little salt sprinkled over them.

POTATOES FRIED WHOLE. When nearly boiled enough, put them into a stew-pan with a bit of butter, or some nice clean beef drippings; shake them about often (for fear of burning them,) till they are brown and crisp: drain them from the fat.

It will be an improvement to this and the foregoing receipt, previous to frying the potatoes, to flour them and dip them in the yelk of an egg, and then roll them in fine sifted bread crumbs.

POTATOES MASHED. When your potatoes are thoroughly boiled, drain dry, and pick out every speck, &c. and while hot, rub them through a colander into a clean stew-pan: to a

pound of potatoes put about half an ounce of butter, and a table-spoonful of milk: do not make them too moist; mix them well together.

After Lady-day, when the potatoes are getting old and specky, and in frosty weather, this is the best way of dressing them. You may put them into shapes, egg them with the yelk of egg, and brown them very slightly before a slow fire.

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

POTATOES ESCALOPED. Mash potatoes as before directed; then butter some nice clean scollop shells, or patte-pans, put in your potatoes, make them smooth at the top, cross a knife over them, strew a few fine bread crumbs on them, sprinkle them with a paste brush with a few drops of melted butter, and then set them in a Dutch oven; when they are browned on the top, take them carefully out of the shells, and brown the other side.

COLCANNON. Boil potatoes and greens, or spinage, separately. Mash the potatoes, squeeze the greens dry, chop them quite fine, and mix them with the potatoes with a little butter, pepper, and salt. Put it into a mould, greasing it well first; let it stand in a hot oven for ten minutes.

TO ROAST POTATOES. Wash and dry your potatoes (all of a size,) and put them in a tin Dutch oven, or cheese toaster; take care not to put them too near the fire, or they will get burnt on the outside before they are warmed through. Large potatoes will require two hours to roast them. To save time and trouble, some cooks half boil them first.

This is one of the best opportunities the baker has to rival the cook.

POTATOES ROASTED UNDER MEAT. Half boil large pota-

toes, drain the water from them, and put them into an earthen dish, or small tin pan, under meat that is roasting, and baste them with some of the dripping; when they are browned on one side, turn them and brown the other. Send them up round the meat, or in a small dish.

POTATOE BALLS. Mix mashed potatoes with the yelk of an egg, roll them into balls, flour them, or egg and bread-crumb them, and fry them in clean drippings, or brown them in a Dutch oven.

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

TO DRESS NEW POTATOES. The best way to clean new potatoes is to rub them with a coarse cloth or a flannel, or scrubbing brush. Boil them as directed in the first receipt. New potatoes are poor, watery, and insipid, till they are full two inches diameter.

Some cooks prepare sauces to pour over potatoes, made with butter, salt, and pepper, or gravy, or melted butter and catsup, or stew the potatoes in ale, or water seasoned with pepper and salt; or bake them with herrings, or sprats, mixed with layers of potatoes, seasoned with pepper, salt, sweet herbs, vinegar, and water; or cut mutton or beef into slices, and lay them in a stew-pan, and on them potatoes and spices, then another layer of the meat alternately, pouring in a little water, covering it up very close, and stewing slowly. Or put new potatoes when boiled, between two plates with a good piece of cold butter and shake them together till the butter is dissolved among them; they must then be eaten immediately.

RED BEET ROOTS. Wash and scrub them clean, but avoid scraping or in any way touching with a knife, or the

colour will fly; boil them whole, then peel and cut in slices and pour cold vinegar over them. According to their size they will take from an hour and a half to three hours boiling: put salt in the boil. This is a very wholesome vegetable, both palatable and ornamental in salads and for garnishing, especially of salt fish, salt beef, &c. when used for this latter purpose, no vinegar should be added.

BEET ROOTS make a good dish, thus—parboil the roots, then skin and slice them and stew with small onions in a little gravy, with pepper and salt; and when nearly done a bit of butter rolled in flour or cream. Some dispense with the butter and prefer a spoonful of vinegar.

BAKED BEET ROOTS are very palatable, wholesome, and nutritious. They may be done dry in the same manner as potatoes are roasted; and eaten with pepper, salt, and cold butter.

CARROTS. Let them be well washed and brushed, not scraped; an hour is enough for young spring carrots; grown carrots will take from an hour and a half to two hours and a half. When done, rub off the peels with a clean coarse cloth, and slice them in two or four, according to their size The best way to try if they are done enough, is to pierce them with a fork.

Many people are fond of cold carrot with cold beef.

PARSNIPS are to be cooked just in the same manner as carrots; they require more or less time according to their size, therefore match them in size; and you must try them, by thrusting a fork into them as they are in the water; when that goes easily through, they are done enough; boil them from an hour to two hours, according to their size and freshness.

Parsnips are sometimes sent up mashed in the same way as turnips, and some cooks quarter them before they boil them.

TURNIPS. Peel off half an inch of the string outside;

full-grown turnips will take about an hour and a half gentle boiling; if you quarter them, which most people do, they will be done sooner; try them with a fork,—when tender take them up, and lay them on a sieve till the water is thoroughly drained from them: send them up whole.

To very young turnips leave about two inches of the green top.

MASHED TURNIPS. When they are boiled quite tender, squeeze them as dry as possible between two trenchers, put them into a saucepan, mash them with a wooden spoon, and rub them through a colander; add a little bit of butter, keep stirring them till the butter is melted and well mixed with them, and they are ready for table; besides the butter a spoonful of cream and a little pepper and salt are generally added, and will be found a great improvement.

FRIED PARSLEY. Let it be nicely picked and washed, then put into a cloth, and swung backwards and forwards till it is perfectly dry; put it into a pan of hot fat, fry it quick, and have a slice ready to take it out the moment it is crisp, (in another moment it will be spoilt;) put it on a sieve, or coarse cloth, before the fire to drain.

CRISP PARSLEY. Pick and wash young parsley, shake it in a dry cloth to drain the water from it; spread it on a sheet of clean paper, in a Dutch oven before the fire, and turn it frequently until it is quite crisp. This is a much more easy way of preparing it than frying it, which is not seldom ill done.

It is a very pretty garnish for lamb chops, fish, &c.

GREEN PEAS SOUP. In shelling the peas, divide the old from the young; put the old ones, with an ounce of butter, a pint of water, the outside leaves of a lettuce or two, two onions, pepper and salt, to stew till you can pulp the peas; and when you have done so, put to the liquor that stewed them some more water, the hearts and tender stalks of the lettuces, the young peas, a handful of spinach cut small, and salt and pep-

per to relish properly, and stew till quite soft. If the soup is too thin, or not rich enough, either of these faults may be removed by adding an ounce or two of butter, mixed with a spoonful of rice or wheat flour, and boiled with it half an hour. Before serving, boil some green mint shred fine in the soup.

When there is plenty of vegetables, no meat is necessary, but if meat be preferred, a pig's foot or ham-bone, &c. may be boiled with the old peas, which is called the stock. More butter than is mentioned above may be used with advantage, if the soup is required to be very rich.

When peas first come in, or are very young, the stock may be made of the shells washed, and boiled till they will pulp with the above; more thickening will then be wanted.

Another way. Having shelled half a peck of fine green peas, boil the well-washed shells, till very soft, in three quarts of water, with an onion, some pepper and allspice, a bunch of mint and other herbs, and another of parsley, and strain off the liquor; then boil the peas in a quart of water, with a little sugar; and, heating the strained liquor, add that also. In the mean time, having chopped all the parsley and green herbs small, and fried them with a quarter of a pound of butter, and a little flour and salt, add them to the soup, with another quarter of a pound of butter rolled in flour; let them boil three quarters of an hour, season to palate, and serve up in a tureen, with thin slices or sippets of bread, dried before the fire, but not toasted or brown, placed on a plate. French roll is still better than bread. If a fine colour be desired, add half a pint of spinach juice just before taking the soup; but it must not be afterward suffered to boil.

Another way. In the liquor in which has boiled a knuckle of veal, or leg or neck of lamb, boil for half an hour the shells of half a peck of green peas and a few tops of mint; then strain off, make the liquor boil up again, then throw in the peas, a handful of young onions, the same of young carrots, of parsley, and hearts of young lettuces nicely picked and chopped, and a little salt; let it boil half an hour, or rather more. It may be enriched with butter rolled in flour, or

cream, but is much more wholesome without these additions, especially for the use of children, with whom it is generally a favourite dish.

Other vegetable soups will be found under the general head of soups.

PORRIDGE OF GREEN PEAS, ONIONS, OR LEEKS. In two quarts of water or liquor in which fresh meat has been boiled, boil a quart (when shelled) of green peas, or a dozen large onions or leeks; when they are quite tender have ready four table-spoonfuls of oatmeal or flour, rubbed perfectly smooth in a quart of new milk, which stir in, and keep stirring until it boils and thickens; then take it off the fire directly, season with pepper, salt, and nutmeg, and stir in two ounces of butter.

Of Salads.

Salad herbs are cooling and refreshing. They correct the putrescent and scorbutic qualities of animal food, and purify the blood. They also form a pleasing accompaniment to many dishes, especially to cold meat, and are ornamental either on the table or sideboard.

LETTUCE is the principal ingredient in a salad. The best summer lettuce is the white cos, next to that the green cos; and for standing the winter, the Bath cos and brown Dutch; they should be blanched by tying up with bass a week or so before using, and should be eaten as fresh as possible after cutting. Lettuce possesses soporific powers, and is recommended as a supper article for bad sleepers.

ENDIVE, of different kinds, forms a useful part of winter salads. The curled leaf is the best; they should be blanched by laying tiles upon them.

CORN-SALAD AND WATERCRESSES; both are remarkably wholesome, the leaves of both should be of a brownish cast.

MUSTARD AND CRESS, or SMALL SALADING, form an agreeable spring variety. They may be raised very quickly and early in the season on a hot bed, or under a hand-glass in a south border; but as the cress is slower of growth, it should be sown two or three days before the mustard.

CELERY, when young and properly blanched, contributes much by its crispness and peculiar nutty flavour, to the perfect composition of a salad.

CUCUMBERS either sliced by themselves, or mingling with other articles in the general salad, are much esteemed for their fine flavour, but are reckoned rather crude and unwholesome.

RADISHES, when young and quick grown are juicy and cooling, but a very few days changes their nature and they become woody and acrid.

YOUNG ONIONS also are much esteemed, and even scallions; but as the flavour of these is offensive to many persons, they should not be mixed in a salad but served in a separate dish, unless it be known that they are agreeable to all the company.

A variety of other herbs mingled in salads, many of them wild, such as sorrel, pimpernelle and dandelion, which last if full grown and properly blanched before it begins to head for flower, is equal to the finest endive, of which indeed it is a species. Nor must the red beet be omitted, which is a wholesome addition and beautiful garnish to a salad.

Let the herbs be as fresh as possible, nicely trimmed, picked, and cleared of vermin. Let them be carefully and repeatedly washed, but not suffered to remain long in the water. Let them drain awhile in a colander, and then shake them in a thin strainer cloth until perfectly dry.

Let the dressing of the salad be deferred as near to the time of eating as possible, otherwise it is apt to become flabby. The most simple way of dressing salad is by far the most wholesome—merely with salt, oil, and vinegar to taste. Eggs,

cream, and all the various additions considered essential to a complete salad, are exceedingly apt to disorder the stomach. However, it is our part to give directions for dressing salads, and that of our readers to observe what agrees or disagrees with their health, and to act accordingly.

The best way of mixing a salad, is to prepare the dressings in the salad bowl, then add the lettuce and other herbs, arranging the whole in a tasty and graceful manner.

The best Florence oil is unquestionably the best and most wholesome softening ingredient in a salad mixture; but as some persons dislike it, and (especially in country places) it cannot always be obtained, the following may serve as substitutes for it:—

1. The gravy that has dripped from roast meat.
2. Good sweet thick cream.
3. Fresh butter melted without any addition of flour or water. This process must be managed very carefully, or the butter will be apt to oil and curdle. The butter should be melted in a very small silver or earthen vessel, shaken one way only, and kept near the fire no longer than just to dissolve the lumps.

Eggs used in the composition of salads, should be boiled quite hard, ten or twelve minutes, and suffered to become perfectly cold before mixing with the other ingredients. If not boiled long enough beforehand to ensure this, the cooling may be expedited by putting them in cold water.

The following will be found good proportions. The yelks of two eggs rubbed very smooth with a little very rich cream; some people rub them through a seive, but if thoroughly boiled, perfectly cold, and well rubbed, it is not necessary. When well mixed, add a tea-spoonful of thick made mustard, a little salt, and a little powdered loaf sugar if approved; next add two table-spoonfuls of oil, (butter, or cream,) and then three of the best white wine vinegar. At every stage of the process, see that the articles are thoroughly well incorporated with each other, before any fresh article be added, otherwise the mixture, which ought to resemble a smooth batter, will be either lumpy, curdled, or watery. Next lay the herbs lightly over, garnishing the top with radishes, celery, beet root sliced,

and the white of the eggs. Some people add the coral of a lobster or a crab cut in slices and laid among the green and white vegetables, so as best to contrast the colours. When mustard is not approved, cayenne pepper may be substituted; half the quantity will suffice. Cucumbers require only to be very thinly sliced; slices of onion added if approved; and a pickle of pepper, salt, oil, and vinegar.

As some people are fond of having things out of season, we insert the following directions for preserving green peas and French beans for winter use; but after all they have been justly called the ghosts, or rather the carcases of those articles, for the spirit and essence are gone, and those who have a mind to try them for Christmas eating will most likely afterwards coincide in our opinion, and be content with them when fresh gathered in their proper season.

To KEEP GREEN PEAS. Shell, and put them into a kettle of water when it boils; give them two or three warms only, and pour them into a colander. When the water drains off, turn them out on a dresser covered with cloth, and pour them on another cloth to dry perfectly. Then bottle them in wide-mouthed bottles; leaving only room to pour clarified mutton suet upon them an inch thick, and for the cork. Rosin it down; and keep it in a cellar or in the earth, as will be directed for gooseberries under the head of preserved fruits. When they are to be used, boil them till tender, with a bit of butter, a spoonful of sugar, and a bit of mint.

Another way, as practised in the Emperor of Russia's kitchen. Shell, scald, and dry them as above: put them on tins or earthen dishes in a cool oven once or twice to harden. Keep them in paper bags hung up in the kitchen. When they are to be used, let them lie an hour in water; then set them on with cold water and a bit of butter, and boil them till ready. Put a sprig of dried mint to boil with them.

FRENCH BEANS. Pick them young, and throw into a little wooden keg a layer of them three inches deep; then sprinkle them with salt, put another layer of beans, and do the same as

high as you think proper, alternately with salt, but not too much of this. Lay over them a plate, or cover of wood, that will go into the keg, and put a heavy stone on it. A pickle will rise from the beans and salt. If they are too salt, the soaking and boiling will not be sufficient to make them pleasant to the taste. When they are to be eaten, cut, soak, and boil them as if fresh.

ONIONS keep best roped and hung up in a dry cold room.

ARTICHOKE BOTTOMS, slowly dried, should be kept in paper bags; and truffles, morels, lemon-peel, &c. in a dry place, ticketed.

SMALL CABBAGES, laid on a stone floor before the frost sets in, will blanch and be very fine, after many weeks' keeping.

SHALLOTS may be either roped as onions, or separated from the haum and hung up in paper bags in a dry place.

The best way to preserve sweet and savoury herbs for winter use, is, 1. To gather them at the right time, that is, just before they begin to flower. 2. For that purpose be sure to choose a fine dry day, and gather them when the dew is off. 3. To clean them well from dust and dirt; cut off the roots, and separate the bunches into smaller ones. 4. Dry them as quickly as possible without scorching them; the best way of doing this is to lay them pretty singly on a stove or in a Dutch oven in front of the fire. Thus their flavour and colour will be best preserved. 5. When thoroughly dried, pick off the leaves, pound and rub through a hair sieve, and keep them in bottles closely stopped down.

Basil is in the best state for drying from the middle of August, and three weeks after.

Knotted Marjoram, from the beginning of July, and during the same.

Winter and *Summer Savory*, the latter end of July, and throughout August.

Thyme, *Lemon Thyme*, and *Orange Thyme*, during June and July.

Mint, latter end of June, and during July.

Balm in June. This is better preserved in bunches in a place free from dust.

Sage, August and September.

Tarragon, June, July, and August.

Chervil, May, June, and July.

Burnet, June, July, and August.

Parsley, *Fennel*, *Elder Flowers*, and *Orange Flowers*, during May, June, and July.

Herbs nicely dried are a very acceptable substitute when fresh ones cannot be got,—but, however carefully dried, the flavour and fragrance of the fresh herbs is incomparably finer; and by those who have a sheltered garden, may generally be obtained, except in a very hard winter, to provide against which it is well to secure some dried herbs.

The seeds of parsley, fennel, celery, and some others, answer every purpose of imparting a flavour when the green herbs cannot be obtained, and are perhaps preferable to dried leaves.

CHAPTER VII.

FISH, PLAINLY DRESSED.

FISH requires great care in cooking, as it is easily spoiled both in flavour and appearance; if underdone it is both unpleasant and unwholesome, if overdone a minute or two, it breaks to pieces and is scarcely fit to send to table. Rules can never make a good fish cook, she must become so by her own observation and practice.

Some kinds of fish are better kept a day or two after being caught, as turbot, cod, salmon, skate, &c.

Others ought to be dressed as quickly as possible, as Mackarel, herrings, sprats, and all kinds of freshwater fish.

The cleaning of fish is a very important matter; the fishmongers in general do it, but it wants better and more thorough doing than theirs. In cleaning of fish, three things require attention. 1. Entirely to remove the entrails. 2. To remove any blood that may have settled down the back bone. 3. To avoid breaking the gall-bag. Some fish must be slit open in order to clean them; of others, the entrails may be drawn out at the gills; this is preferable when it can be adopted. Pearch are cleaned in this way.

Some fish require to be scraped from scales, as salmon and of freshwater fish, pearch, roach, dace, &c.

Others require to be skinned, as soals and eels.

Others have nothing of this kind done to them, as mackarel, whiting, &c.

Fish that is to be fried should be washed as little as possible, and care taken to have it perfectly dry; if it can be thoroughly cleaned with only wiping, it is all the better. If it must be washed, it should be done an hour or two before dressing, drained some minutes in a colander, then wiped with a soft cloth and wrapped in a very dry coarse one.

PLAICE, after being cleaned, (whether for frying or boiling) should be lightly sprinkled with salt, and hung up for two or three hours; they will then eat nearly as firm as turbot.

Fish should be washed in salt and water, in the proportion of a pound to a gallon, which, now salt is so cheap, will not be thought much of, considering the improvement it affords to the fish.

A pan in which fish is fried should have a thick bottom to prevent its burning. The fire should be brisk and clear, but not blazing. Allow plenty of good clear lard or dripping; let it fast boil before the fish is put in: the fish should be either sprinkled with flour, or washed with egg and dipped in bread crumbs. Put no more in the pan at once, than you

can easily turn; when one side is crisp and of a fine yellowish brown, turn it. Be sure to have your dish, plates, and fish drainers quite hot; and your sauce ready to serve immediately you take it up. The same fat will serve many times in succession, if it be strained or poured quite clear of sediment. Fish fried in oil is very delicious, but it must be esteemed an expensive luxury.

For boiled fish, a little salt and vinegar added to the water, makes the fish firm. Let the liquor be skimmed as fast as the scum rises. In order that the thick parts of fish, (as for instance a cod's head and shoulders) should be thoroughly done without breaking, the best way is to keep it a long time at a gentle simmer without suffering it to boil.

Mackarel is best set on in cold water, and simmered until the eye starts and the tail splits. When this is the case let them be immediately raised out of the water, and if possible served directly; if they must be kept a few minutes, put the tin drainer across the fish kettle and cover with a napkin. In order to clean mackarel properly, and to secure the roe being thoroughly done, it is better to open a slit opposite the middle of the roe. The usual sauce with mackarel is fennel, or parsley and butter.

Turbot being drawn and rubbed lightly with salt, may be kept a day or two with advantage, provided the weather be moderate. It must be hung in a cool place. An hour or two before it is wanted to be dressed, soak it in spring water with more or less salt; and if, at any time, it should not be perfectly sweet, shift the water five or six times, and put a larger quantity of salt than usual in the mouth and belly. The turbot kettle being of a proper size, put the fish on the plate, cover it well with cold water, set it over a gentle fire; add a handful of salt and half a gill of vinegar; carefully take off the scum as it rises, and preserve in every way the delicacy of its colour from injury. When it boils up, put in a little cold water, and take out some of the hot: then, almost immediately, add more cold water; and, on its again boiling,

if it be not very large, take it off the fire: for it is a general rule, that fish should never be suffered to boil strongly up. Boiled turbot is occasionally served up with many different sauces; but, in general, lobster or shrimp is preferred to all others. This, therefore, in one tureen, with anchovy butter, and plain butter, in two others, is now the usual style. The proper garnish for a turbot is sprigs of curled parsley, sliced lemon, and scraped horseradish, alternately placed round the dish. Sometimes, however, it is dished up, surrounded only with nicely-fried smelts.

SALMON is better put on in warmish water, with salt and vinegar. Be very careful in removing the scum as fast as it rises; and to prevent its gathering, boil the liver in a separate saucepan. Have plenty of water to cover it, let it boil very gently from twenty minutes to three quarters of an hour, according to the thickness of the fish.

When the eyes start and the fins draw out quite easily, the fish is done, provided the process has been carried on slowly, which is of the first importance in boiling fish. Lobster, shrimp, and anchovy sauce are proper.

TO BOIL COD. Wash and clean the fish, and rub a little salt in the inside of it; (if the weather is very cold, a large cod is the better for being kept a day:) put plenty of water in your fish-kettle, so that the fish may be well covered: put in a large handful of salt; and when it is dissolved, put in your fish; a very small fish will require from fifteen to twenty minutes, after the water boils; large ones about half an hour. Drain it on the fish plate; dish it with a garnish of the roe, liver, chitterlings, &c.

Oyster sauce is most esteemed with boiled cod, and horseradish for garnish.

A COD'S TAIL, which is spoiled if boiled with the fish, is exceedingly good fried. Two or three may often be bought cheap at the fishmonger's who cut them off to oblige their stylish customers. Serve with anchovy sauce.

HADDOCK and WHITING require but little boiling; they may be put on in the water blood warm with a little salt and vinegar. A haddock of 3 lbs. will take about ten minutes after the water boils; smaller sized in proportion. Oyster or anchovy sauce. If salted a day or two and then boiled, egg sauce is usually eaten with them. These fish are equally good fried or broiled, especially whiting; to fry, they should be turned round, the tail in the mouth, dipped in eggs and bread crumbs. Anchovy sauce.

If broiled they should be well dried in a cloth, and then rolled well in flour; and before they are put on the gridiron, the bars should be made very clean, and rubbed with a bit of fat bacon to prevent the whiting sticking to the bars.

HADDOCKS, or large WHITING are very good baked with a pudding in the belly, and served with good gravy, or melted butter and catsup. The pudding may be made in the following manner: take an equal quantity of fat bacon, beef suet, and fresh butter, some savory, thyme, and parsley, a few leaves of sweet marjoram, two anchovies, with some salt, pepper, and nutmeg; to this add crumbs, and an egg to bind. Oysters added to the above will be a considerable improvement.

TO BOIL SOLES. A fine fresh thick sole is almost as good eating as a turbot. Wash and clean it nicely; put it into a fish-kettle with a handful of salt, and as much cold water as will cover it; set it on the side of the fire, take off the scum as it rises, and let it boil gently; about five minutes (according to its size) will be long enough, unless it be very large. Send it up on a fish-drainer, garnished with slices of lemon and sprigs of curled parsley, or nicely fried smelts, or oysters.

TO FRY SOLES. Take off the skin, rub the fish over with the yelk of an egg, and strew on some crumbs of bread. Fry them in hog's lard over a brisk fire, till they are of a fine light brown. Then take them up, drain them, put them into

your dish, and serve them up with plain melted butter and anchovy sauce.

To DRESS A LARGE PLAICE. Keep it a day sprinkled with salt, after which wash and wipe it dry, wet it over with egg, and cover with crumbs of bread. When your lard, to which must be added two table-spoonfuls of vinegar, is boiling hot, lay the fish in it, and fry it of a fine colour; when, enough, drain it from the fat, and serve with fried parsley and anchovy sauce. This fish is equally good boiled and served with oyster sauce.

To FRY SMELTS. They should not be washed more than is necessary to clean them. Dry them in a cloth; then lightly flour them, but shake it off. Dip them into plenty of egg, then into bread crumbs grated fine, and plunge them into a good pan of boiling lard; let them continue gently boiling, and a few minutes will make them a bright yellow brown. Take care not to take off the light roughness of the crumbs, or their beauty will be lost.

To BOIL SALT FISH. The fish must be soaked for a length of time corresponding to its dryness, and the hardness it has acquired. Soak it in cold water for a night; that done, if still hard, beat it well with a paste-roller, and soak it in lukewarm water. Let it come very slowly to boil. When it has simmered for an hour and a half by the side of the fire take up the pieces; clean off the dirty filmy skin, and trim them neatly from bones, &c. Place them in the stew-pan or on the strainer, and pour boiling water over them, which will both freshen and soften the fish. Never allow the fish to boil till it is almost ready. Serve with egg sauce, and parsnips mashed with plenty of butter. Mashed potatoes are also served with salt fish, and mustard must never be forgotten. Garnish with hard boiled eggs in circular slices, yelks and white.——*Observations.*—At sea, salt fish is dressed after a very palatable fashion, by pulling it into flakes, and beating it up with mashed potatoes and butter.

To FRY SPRATS, &c. Clean them well*, and when wiped dry rub them with flour to absorb any moisture that remains. Dip them in beat egg, and then in bread crumbs rubbed through a colander. Fry them in plenty of oil, lard, or clarified dripping, making it quite hot. Take care in turning not to break them.

To BROIL SPRATS, SMELTS, &c. Run a long bird skewer through the eyes, or a common knitting needle. Dust them with flour, and have a hot gridiron rubbed with mutton suet, and a clear fire. Serve them very hot.

To BROIL FRESH HERRINGS. Choose the true silver-stringed herring, which requires no drawing; wipe perfectly clean; rub the bars of the gridiron with mutton suet or fat bacon; have a clear fire, lay them on, and when nicely browned turn them. Serve very hot with cold butter.

To DRESS RED HERRINGS, &c. Skin, open, and trim red herrings. If old and hard pour some hot small beer over them, and let them steep half an hour. Broil them over a clear fire at a considerable distance, or before the fire; rub them with good oil or fresh butter while broiling, and rub on a little more when they are served. Serve them very hot with cold butter, or melted butter and mustard, and mashed potatoes or parsnips.—Steep pickled herrings from one to two days and nights, changing the water if they be very salt. Hang them up on a stick pushed through the eyes, and broil them when wanted. These are buffed herrings.

To FRY EELS. Skin and clean them, rub them with salt, and wash them in several waters. Cut them in four inch lengths, and, having rubbed them with salt and mixed spices, dip them in beat egg, and roll in crumbs. Fry in plenty of boiling lard, drain from the fat on a sieve before the fire, and

* This cleaning consists merely in well wiping them; they are never gutted.

serve them with chervil, or parsley and butter, or melted butter, or melted butter sharpened with vinegar, or lemon juice. ——*Observation.*—The fat in which eels are fried does not answer well for other fish.

The best eels are found in the clearest water; the silver eel is the mildest and most esteemed; the dingy yellow and deep sallow green are never good. The difficulty of depriving an eel of life, and the cruelty of flaying and cutting it up while sensitive life continues, have induced many humane persons wholly to abstain from a species of food involving a practice so repugnant to their feelings. To remedy this, if the spinal marrow at the back part of the skull be pierced with a sharp skewer, all capability of pain will instantly cease, it has been said "life," and in a sense life may be said to cease then; but as the muscular motion may be exercised long after, we fear our readers will not give us credit should we say that the creature was dead. It is enough for them and for us to be assured, and on that assurance reliance may be placed, that all capacity of suffering has ceased.

PEARCH have no air bladder, and the entrails may be drawn out at the gills: all other freshwater fish, we believe, require to be slit.

JACK, or PIKE (which is only another name for the same fish after it has attained a certain size) are sometimes boiled and eaten with parsley and butter, more frequently cut in pieces about four inches long and fried, sometimes they are stuffed with a pudding of herbs, baked, and eaten with good gravy.

With freshwater fish in general, fried, the only sauce required is thick melted butter, to which may be added if approved, mushroom or walnut catsup. Or in mushroom season a very good fish sauce may be made by sprinkling salt on a few fresh mushrooms, make a little good thick melted butter, add to it the mushrooms and liquor, a little cayenne pepper, a little nutmeg and a spoonful of cream, and simmer for three or four minutes.

To FEED OYSTERS. Lay them with the round shall downwards in a pan or tub; scatter salt over them, and cover with fresh river or rain water. Change the liquor every twelve hours, and if any of the oysters are open, and do not instantly close on being touched, remove them as they are dead and will corrupt the rest. A little oatmeal or flour is often sprinkled in the water; it makes the oysters plump and white, if they are for immediate eating, but they do not keep long after it.

Oysters are particularly wholesome, being nourishing, strengthening, and easy of digestion; for these reasons they are often recommended to the delicate and the declining. When eaten for health, oysters are best swallowed in their own liquor the moment they are opened. If too cold for the stomach a little pepper may be added, and hot milk drank with them; vinegar should always be avoided by invalids, as it destroys the tendency of the oysters to enrich the blood. Various modes of dressing oysters will be found in the list of higher preparations of fish.

To PICKLE SALMON. Place what is left in a deep dish, with a close cover. To a quart of the liquor in which the fish was boiled put a half ounce of black pepper and allspice in grains, and half a pint of the best vinegar, and a teaspoonful of salt. Boil this with a bay leaf or two, and a sprig of lemon thyme. When cold pour it over the salmon, which must be kept covered. This pickle will keep the fish good for some days; but if it be necessary to keep it longer, boil up the pickle, adding more vinegar and spice, and when cold pour it again on the fish.

Another way. *Aberdeen Method.* Boil salmon, as if intended immediately for the table, in water mixed with a good quantity of common salt; then lay it to drain, till cold, in the open air. Afterwards put it in a close cask or pot, with a gallon of vinegar to thirty pounds of salmon, and half the quantity of water in which the fish was boiled. Great care must be used in taking off the scum as it rises, during the whole time the salmon is boiling, which should on no account be overdone.

Berwick Method. Take a salmon of about twelve pounds weight, and having cut off the head, divide it into pieces without splitting. Scrape the blood from the bone, and wash it well out, tie it across in squares, set it in the pan with two quarts of water and three of strong beer, half a pound of bay and one of common salt. Skim it well while boiling, and add as much fish as the liquor will cover. When done enough, take it out, and lay the pieces on dishes till the next day; then put them into pots, and add to the liquor three quarts of strong beer vinegar, half an ounce of mace, as much cloves and black pepper, one ounce of long pepper, and double that quantity of sliced ginger. Boil these ingredients for half an hour, then pour the whole quite hot over the fish, which, when cold, must be covered with strong brown paper.

Another way; in our opinion preferable to all the rest. Cut and wash the slices of salmon; put them in boiling brine; boil half an hour; when done, dry on a cloth; pack it close in a pan or tub; cover it over with strong vinegar, and close it up. N. B.—Sturgeon is done the same way.

For the ordinary family purpose of preserving either salmon or mackarel to eat cold, we believe the very best way is, to put the salmon, perfectly dry and free from liquor, into a deep pot that has a lid, and pour over it strong vinegar, cold, and enough to cover it. Keep it closely covered; it may be eaten the next day, and will keep three or four. Without any intention to deceive, this has often been mistaken and admired for real Newcastle pickled salmon.

Shell fish, especially lobsters, crabs, prawns, and shrimps, are apt to disagree with some persons, occasioning violent sickness, pain in the bowels, and swelling of the whole body as if under the influence of poison. It is said that these unpleasant effects may be corrected, by drinking hot milk. This may be worth a trial; and should it not succeed, persons suffering in this manner will do wisely to refrain from an indulgence so expensive in its effects.

At certain times of the year, several, perhaps most kinds of fish are unwholesome, and have a tendency to produce cholera morbus and other violent diseases. Skate is particu-

larly so, nor is salmon free from the tendency. Muscles possess in general a poisonous quality, the cause of which is not exactly ascertained. The presence of this injurious quality in any fish may be easily ascertained by the simple test of putting into the vessel in which the fish is cooked, a piece of silver. If it turn black, the fish must be considered dangerous, if not absolutely poisonous.

Here we close the first part of our work, in which it has been our object to keep in view the wants and conveniences of plain families, and to bring together all that is most essential thereunto in our department. We have often seen plain cooks, who are generally also plain scholars, perplexed and hindered, in having to search for some simple matter in the midst of a number of high flying articles, to the very names of which they were almost total strangers. To avoid this perplexity, we have first gone through what may be considered a round of plain cookery, and which we hope will be not merely occasionally referred to, but read through and made perfectly familiar to young cooks and housekeepers, who, we are well persuaded, will find their account in thoroughly grounding themselves in the general principles and familiar practice of domestic economy, which we hope will be found laid down in a simple and intelligible manner in the foregoing pages.

It may entitle the foregoing directions to some degree of confidence, to assure our readers that they have not been presented with a compilation of untried and uncertain recipes, but with the details of daily practice and the results and observations of actual experience. Nothing has been advanced which does not bear the author's own *probatum est.*

We shall next proceed to the more elaborate processes of the culinary and confectionary arts, and shall endeavour to collect from the best sources, both published and original, such information as shall render the work truly valuable; it will also be our care to afford every facility of reference, by adopting a simple and efficient mode of arrangement.

PART II.

OF COMPOUND OR MADE DISHES

EXPLANATION OF PHRASES FREQUENTLY OCCURRING IN DIRECTIONS FOR COOKERY.

Browning ... A preparation of white sugar, browned over the fire, and then diluted to the consistency of soy, for the purpose of colouring soups, gravies, &c.

Bechamel ..... A simple white gravy or sauce.

To Braize ... To stew over a slow fire.

Comsommé... A rich soup or gravy consumed over the fire to the consistency of a jelly, to be diluted and converted, when wanted, into soup.

Cullis .... A rich brown gravy, made in various ways, according to the purpose for which it is intended.

Entrés ..... Dishes for a first course.

Entremets ... Dishes for a second course.

Esculents or Edibles } Animal or Vegetable food—any article that may be eaten.

Fricandeau. A sort of Scotch collops.

Fricassee .... Fowls, rabbits, or other things cut to pieces and dressed with a strong white sauce.

Garnishes ... Articles laid round a dish by way of ornament, and generally, but not always, intended to be eaten therewith.

Glaze .... A very rich sauce or gravy boiled to a thick substance, and preserved in pots, to be laid on with a long-haired brush, over high seasoned dishes.

To Glaze. . To cover the outsides of hams, tongues, and all stewed dishes, with glaze or braize, to give them a rich appearance.

Harrico ..... Veal, mutton, &c. stewed with vegetables.

Hot Bath ... A pan or other vessel filled with water, and placed in a pot, which is kept boiling over the fire for the purpose of scalding fruits, or preparing meats.

Maigre ..... Soup, or any other dish, made without meat or gravy.

To Pass ..... To dress a thing partially, by setting on, or shaking it over the fire for a short time.

Ragout ..... Stewing or boiling meat or other articles, to preserve their juices.

To Sheet .... To line the inside of a dish with paste.

Stock .... A preparation from gravy meats, &c. always to be kept at hand, for the purpose of making soup or gravy.

CHAPTER I.

OF BUTCHER'S MEAT.

BEEF.

Beef a-la-mode.

THE clod, the mouse buttock, the rump, or the thick of the flank, may be dressed in this way. Take from six to ten pounds, and rub it well with minced spices and salt, and dredge it with flour. Lay skewers in the bottom of a well-tinned stew-pan, and on them spread some thin slices of good bacon; place the meat on these, with a few more slices of bacon above, and a small quantity of vinegar and gravy, or good broth. Make the stew-pan very close, and let the meat stew as slowly as possible over embers for two hours. Turn it, and put to the gravy a high seasoning of cloves, black and Jamaica pepper, with a few bay leaves and mushrooms if in season, or a little catsup and a few button onions roasted. Let it then stew very slowly till the meat is tender. Pick out the bay leaves, and serve the meat in a tureen with the gravy, which, if it is slowly stewed, will have thickened to the consistence of rob. Veal is very good dressed in the same manner. The gristly part of the breast is best adapted for this purpose, and lemon grate may be added to the seasonings, but no catsup.

Another way. Choose a piece of thick flank of a fine heifer or ox. Cut into long slices some fat bacon, but quite free from yellow; let each bit be near an inch thick: dip them into vinegar, and then into a seasoning ready prepared of salt, black pepper, allspice, and a clove, all in fine powder, with parsley, chives, thyme, savoury, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding; then rub

the beef over with the seasoning, and bind it up tight with tape. Set it in a well-tinned pot over a fire, or rather stove: three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water; let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice.

Put the gravy into a pan, remove the fat, keep the beef covered, then put them together, and add a glass of port wine. Take off the tape, and serve with the vegetables; or you may strain them off, and send them up cut into dice for garnish. Onions roasted and then stewed with the gravy, are a great improvement. A teacup-ful of vinegar should be stewed with the beef.

A Fricandeau of Beef.

Take a nice bit of lean beef; lard it with bacon seasoned with pepper, salt, cloves, mace, and allspice. Put it into a stew-pan with a pint of broth, a glass of white wine, a bundle of parsley, all sorts of sweet herbs, a clove of garlic, a shalot or two, four cloves, pepper, and salt. When the meat is become tender, cover it close: skim the sauce well, and strain it; set it on the fire, and let it boil till it is reduced to a glaze. Glaze the larded side with this, and serve the meat on sorrel-sauce.

To stew a Rump of Beef.

Wash it well; and season it high with pepper, cayenne, salt, allspice, three cloves, and a blade of mace, all in fine powder. Bind it up tight, and lay it into a pot that will just hold it. Fry three large onions sliced, and put them to it, with three carrots, two turnips, a shalot, four cloves, a blade of mace, and some celery. Cover the meat with good beef broth, or weak gravy. Simmer it as gently as possible for several hours, till quite tender. Clear off the fat: and add to the gravy half a pint of port wine, a glass of vinegar, and a large spoonful of catsup; simmer half an hour, and serve in a deep dish. Half a pint of table beer may be added. The herbs to be used should be burnet, tarragon, parsley, thyme, basil, savoury, marjoram, penny-royal, knotted marjoram, and

some chives if you can get them; but observe to proportion the quantities to the pungency of the several sorts; let there be a good handful all together.

Garnish with carrots, turnips, or truffles and morels, or pickles of different colours, cut small, and laid in little heaps separate; chopped parsley, chives, beet-root, &c. If, when done, the gravy is too much to fill the dish, take only a part to season for serving, but the less water the better; and to increase the richness, add a few beef bones and shanks of mutton in stewing.

A spoonful or two of made mustard is a great improvement to the gravy.

Another way. Half roast it; then put it into a large pot with three pints of water, one of small beer, one of port wine, some salt, three or four spoonfuls of vinegar, two of catsup, a bunch of sweet herbs of various kinds (such as burnet, tarragon, parsley, thyme, basil, savoury, penny-royal, marjoram, knotted marjoram, and a leaf or two of sage,) some onions, cloves, and cayenne; cover it close, and simmer till quite tender; two or three hours will do it. When done lay it into a deep dish, set it over hot water, and cover it close. Skim the gravy; put in a few pickled mushrooms, truffles, morels, and oysters, if agreeable, but it is very good without; thicken the gravy with flour and butter, and heat it with the above, and pour over the beef. Forcemeat-balls of veal, anchovies, bacon, suet, herbs, spice, bread and eggs, to bind, are a great improvement.

To bake a Rump of Beef.

Cut out the bone quite clean, then beat the flesh well with a rolling-pin, and lard it with a piece of bacon. Season your bacon with pepper, salt, and cloves; and lard across the meat, that it may cut handsomer. Season the meat with pepper, salt, and cloves; put it into an earthen pot with all the broken bones, half a pound of butter, some bay leaves, whole pepper, one or two shalots, and some sweet herbs. Let the top of the pan be covered quite close, then put it into the oven, and it will be done in about six hours. When enough, skim off

the fat clean, put the meat into a dish, and serve it up with a good ragout of mushrooms, truffles, forcemeat-balls and yelks of eggs. Let the gravy which comes from the beef be added, nicely seasoned, to those ingredients.

To stew a Brisket of Beef.

Put the part which has the hard fat into a stew-pot with a small quantity of water: let it boil up, and skim it thoroughly; then add carrots, turnips, onions, celery, and a few peppercorns. Stew till extremely tender; then take out the flat bones, and remove all the fat from the soup. Either serve that and the meat in a tureen, or the soup alone, and the meat on a dish, garnished with some vegetables. The following sauce is much admired, served with the beef:—Take half a pint of the soup, and mix it with a spoonful of catsup, a glass of port wine, a tea-spoonful of made mustard, a little flour, a bit of butter, and salt; boil all together a few minutes, then pour it round the meat. Chop capers, walnuts, red cabbage, pickled cucumbers, and chives or parsley, small, and put in separate heaps over it.

Beef Bouillie.

Boil slowly the thick end of a brisket, or any other piece or pieces of good fresh beef, tying it round with packthread, or the pieces closely together, for the purpose of not only securely keeping in the gravy, but occasioning the meat to cut up firmly, should any of it remain to be eaten cold. It is to be well covered with water, have a moderate quantity of salt thrown in when it begins to boil, be well seasoned, and have fresh boiling water added as the former boils away. A faggot of sweet herbs may at any time be put in; but the carrots, turnips, onions, celery, or any other vegetables made choice of, should not be added till within the last hour of the time the whole is wanted to be served up, when it is to be also finally seasoned with salt and pepper, &c. The time, of course, must be proportioned to the magnitude of the meat; which, however, must continue slowly boiling till it becomes quite tender; this, for about six pounds, will not be less than

three hours. When done, it may be served up in the middle of the soup and vegetables, or the soup in a separate tureen, and the meat in a dish surrounded with vegetables, and strewed over with sprigs of parsley.

Cold Beef Bouillie.

Cut it on a trencher, in slices of nearly half an inch thick, and about three fingers in breadth, with fat in proportion to the lean, and lay on a dish as much as may be requisite for the occasion: then mix well together, in a bason, chopped onion or shalots, pepper, salt, mustard, egg, oil, vinegar, &c. exactly as for a salad; pour this mixture over the beef bouillie, and serve it up garnished with water-cresses or scraped horse-radish.

Hunter's Beef.

To a round of beef that weighs twenty-five pounds, take three ounces of saltpetre, three ounces of the coarsest sugar, an ounce of cloves, a nutmeg, half an ounce of allspice, and three handfuls of common salt, all in the finest powder.

The beef should hang two or three days: then rub the above well into it, and turn and rub it every day for two or three weeks. The bone must be taken out at first. When to be dressed, dip it into cold water, to take off the loose spice; bind it up tight with tape, and put it into a pan with a teacup-ful of water at the bottom; cover the top of the meat with shred suet, and the pan with a brown crust and paper, and bake it five or six hours. When cold, take off the paste and tape.

The gravy is very fine; and a little of it adds greatly to the flavour of any hash, soup, &c.

Both the gravy and the beef will keep some time. The meat should be cut with a very sharp knife, and quite smooth, to prevent waste.

Pressed Beef.

Salt a bit of brisket, thin part of the flank, or the tops of the ribs, with salt and saltpetre five days, then boil it gently

till extremely tender; put it under a great weight or in a cheese-press, till perfectly cold.

It eats excellently cold, and for sandwiches.

Collared Beef.

Choose the thin end of the flank of fine mellow beef, but not too fat: lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool. Then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning cut small: a large handful of parsley, the same of sage, some thyme, marjoram, and penny-royal, pepper, salt, and allspice. Roll the meat up as tight as possible, and bind it, then boil it gently for seven or eight hours. A cloth must be put round before the tape. Put the beef under a good weight while hot, without undoing it: the shape will then be oval. Part of a breast of veal rolled in with the beef, looks and eats very well.

A Round of Beef forced.

Rub your meat first with common salt, then a little bay-salt, some salt-petre, and coarse sugar. Let it lay a full week in this pickle, turning it every day. On the day it is to be dressed, wash and dry it, lard it a little, and make holes, which fill with bread crumbs, marrow or suet, parsley, grated lemon-peel, sweet-herbs, pepper, salt, nutmeg, and the yelk of an egg, made into stuffing. Bake it with a little water and some small beer, whole pepper, and an onion. When it comes from the oven, skim the fat clean off, put the meat into a dish, and pour the liquor over it. When cold, it makes a handsome side-board dish for a large company.

Staffordshire Beef-steaks.

Beat them a little with a rolling pin, flour and season, then fry with sliced onion of a fine light brown; lay the steaks into a stew-pan, and pour as much boiling water over them as will serve for sauce; stew them very gently half an hour, and add a spoonful of catsup, or walnut-liquor, before you serve.

Italian Beef-steaks.

Cut a fine large steak from a rump that has been well hung, or it will do from any tender part; beat it, and season with pepper, salt, and onion; lay it in an iron stew-pan that has a cover to fit quite close, and set it by the side of the fire without water. Take care it does not burn, but it must have a strong heat; in two or three hours it will be quite tender, and then serve with its own gravy.

Beef Collops.

Cut thin slices of beef from the rump, or any other tender part, and divide them into pieces three inches long; beat them with the blade of a knife, and flour them. Fry the collops quick in butter two minutes; then lay them into a small stew-pan, and cover them with a pint of gravy; add a bit of butter rubbed in flour, pepper, salt, the least bit of shalot shred as fine as possible, half a walnut, four small pickled cucumbers, and a tea-spoonful of capers cut small. Take care that it does not boil; and serve the stew in a very hot covered dish.

Beef Palates.

Simmer them in water several hours, till they will peel; then cut the palates into slices, or leave them whole, as you choose; and stew them in a rich gravy till as tender as possible. Before you serve, season them with cayenne, salt, and catsup. If the gravy was drawn clear, add also some butter and flour.

If to be served white, boil them in milk, and stew them in fricassee-sauce: adding cream, butter, flour, and mushroom-powder, and a little pounded mace.

Beef Cakes.

Pound some beef that is underdone with a little fat bacon, or ham; season with pepper, salt, and a little shalot, or garlic: mix them well, and make it into small cakes three inches long, and half as wide and thick; fry them in a light brown, and serve them in a good thick gravy.

Beef-steaks rolled.

Take the steaks, and after beating them to make them tender, put upon them any quantity of high-seasoned forcemeat, then roll them up, and secure their form by skewering. Fry them in mutton drippings, till they become of a delicate brown, when they should be taken from the fat in which they had been fried, and put into a stew-pan, with some good gravy, a spoonful of red wine, and some catsup. When sufficiently stewed, serve them with the gravy and a few pickled mushrooms.

To rewarm the Inside of Sirloin of Beef.

Cut out all the meat, and a little fat, into pieces as thick as your finger, and two inches long; dredge it with flour, and fry in butter, of a nice brown; drain the butter from the meat and toss it up in a rich gravy, seasoned with pepper, salt, anchovy, and shalot. Do not let it boil on any account. Before you serve add two spoonfuls of vinegar. Garnish with crimped parsley.

Fricassee of cold Beef.

Cut the beef into very thin slices, shred a handful of parsley very small, cut an onion into quarters, and put all together into a stew-pan, with a piece of butter and some strong broth; season with salt and pepper, and simmer very gently a quarter of an hour; then mix into it the yelks of two eggs, a glass of port wine, and a spoonful of vinegar; stir it quick, rub the dish with shalot, and turn the fricassee into it.

Beef Olives.

Cut slices half an inch thick, and four inches square; lay on them a forcemeat of crumbs of bread, shalot, a little suet or fat, pepper, and salt. Roll them, and fasten with a small skewer: put them into a stew-pan with some gravy made of the beef-bones, or the gravy of the meat and a spoonful of two of water, and stew them till tender. Fresh meat will do.

Sanders.

Mince beef or mutton, small, with onion, pepper, and salt,

add a little gravy; put it into scollop-shells, or saucers, making them three parts full, and fill them up with potatoes, mashed with a little cream; put a bit of butter on the top, and brown them in an oven or before the fire, or with a salamander.

Cecils.

Mince any kind of meat, crumbs of bread, a good deal of onion, some anchovies, lemon-peel, salt, nutmeg, chopped parsley, pepper, and a bit of butter warm, and mix these over a fire for a few minutes; when cool enough, make them up into balls of the size and shape of a turkey's egg, with an egg; sprinkle them with fine crumbs, and then fry them of a yellow brown, and serve with gravy, as before directed for beef-olives.

Rolled Beef.

Take the inside of a large sirloin, soak it in a glass of port wine and a glass of vinegar mixed, for forty-eight hours; have ready a very fine stuffing, and bind it up tight. Roast it on a hanging-spit; and baste it with a glass of port wine, the same quantity of vinegar, and a tea-spoonful of pounded all-spice. Larding it improves the look and flavour; serve with a rich gravy in the dish; currant jelly and melted butter, in tureens.

Beef à-la-vingrette.

Cut a slice of underdone boiled beef three inches thick, and a little fat; stew it in half a pint of water, a glass of white wine, a bunch of sweet herbs, an onion, and a bay leaf; season it with three cloves pounded, and pepper, till the liquor is nearly wasted away, turning it once. When cold, serve it. Strain off the gravy, and mix it with a little vinegar for sauce.

Stewed Neat's Tongue.

Salt a tongue with salt-petre and common salt for a week, turning it every day. Boil it tender enough to peel: when done, stew it in a moderately strong gravy; season with soy,

mushroom catsup, cayenne, pounded cloves, and salt if necessary.

Serve with truffles, morels, and mushrooms. In both this receipt and the next, the roots must be taken off the tongues before salting, but some fat left.

Baked Tongue for eating cold.

Season with common salt and salt-petre, brown sugar, a little bay-salt, pepper, cloves, mace, and allspice, in fine powder, for a fortnight; then take away the pickle, put the tongue into a small pan, and lay some butter on it; cover it with brown crust, and bake slowly till so tender that a straw would go through it.

Roast Ribs of Beef stuffed.

Make a stuffing as for fillet of veal, bone the beef, put the stuffing into the middle of it, roll it up, and bind it very tight. Let it roast gently about two hours and a half; or if very thick, three hours will do it sufficiently. Serve it up with a brown sauce, of either celery or oysters.

Hung Beef.

Hang your beef till it begins to turn, then wipe it with a clean cloth, and salt it with a pound of bay salt, a quarter of a pound of salt-petre, and half a pound of coarse sugar; let it remain six weeks in this pickle, observing to turn it every day; then dry it.

Potted Beef.

Take four pounds of beef, free from skin or sinews, and rub it over with a composition of sugar, salt, and salt-petre, about half an ounce of each to the quantity of beef. In that state, let it lie for twenty-four or forty-eight hours, turning it over three or four times. Then put it into an oven with a little chopped suet, and about half a pint of water. When sufficiently stewed, drain the fat and gravy from the meat, and pound it in a marble mortar till it become perfectly smooth, adding to it some cayenne, white pepper, salt, a little pounded mace, a little of the clear gravy, and about half a

pound of butter melted to an oil, and added gradually during the beating. When reduced to an uniform and smooth consistence, put it into pots, and cover with melted butter.—When the stomach requires solid animal food, and is deprived of the assistance of mastication, this kind of potted meat may be recommended, as being restorative, and easy of digestion.

Another way. Take two pounds of lean beef, rub it with salt-petre, and let it lie one night; then salt with common salt, and cover it with water four days in a small pan. Dry it with a cloth, and season with black pepper; lay it into as small a pan as will hold it, cover it with coarse paste, and bake it five hours in a very cool oven. Put no liquor in.

When cold, pick out the strings and fat; beat the meat very fine with a quarter of a pound of fine butter just warm, but not oiled, and as much of the gravy as will make it into a paste: put it into very small pots, and cover them with melted butter.

Another way. Take beef that has been dressed, either boiled or roasted; beat it in a mortar with some pepper, salt, a few cloves, grated nutmeg, and a little fine butter just warm.

This eats as well as the former, but the colour is not so fine. It is a good way for using the remains of a large joint.

Red Beef for slicing Cold.

Take a piece of thin flank of beef, and cut off the skin: then rub it well with a mixture made with two pounds of common salt, two ounces of bay salt, two ounces of salt-petre, and half a pound of moist sugar, pounded in a marble mortar. Put it into an earthen pan, and turn and rub it every day for seven or eight days; then take it out of the brine, wipe it, strew over it pounded mace, cloves, pepper, a little all-spice, plenty of chopped parsley, and a few shalots. Then roll it up, bind it round with a tape, boil it till tender, press it, and when it is cold cut it into slices, and garnish it with pickled barberries, fresh parsley, or any other garnish, as approved

Ribs of Beef in a Porcupine.

Bone the flat ribs, and beat it half an hour with a paste-pin; then rub it over with the yelks of eggs: strew over it bread crumbs, parsley, leeks, sweet marjoram, lemon-peel shred fine, nutmeg, pepper, and salt; roll it up very close, and bind it hard; lard it across with bacon, then a row of cold boiled tongue, a third row of pickled cucumbers, a fourth row of lemon-peel; do it over in rows as above, till it is larded all round; it will look like red, green, white, and yellow dices; then split, and put it in a deep pot with a pint of water; lay over a caul of veal, to keep it from scorching; tie it down with strong paper, and send it to the oven: when it comes out skim off the fat, and strain your gravy into a saucepan; add to it two spoonfuls of red wine, the same of browning, one of mushroom catsup, and half a lemon; thicken it with a lump of butter rolled in flour; dish up the meat, and pour the gravy on the dish; lay round forcemeat balls; garnish with horse-radish, and serve it up.

Ox-cheek stewed.

Soak and cleanse a fine cheek the day before it is to be eaten; put it into a stew-pot that will cover close, with three quarts of water; simmer it after it has first boiled up and been well skimmed. In two hours put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of allspice. Skim it often; when the meat is tender, take it out; let the soup get cold, take off the cake of fat, and serve the soup separate or with the meat.

It should be of a fine brown; which might be done by burnt sugar, or by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

If vegetables are not approved of in the soup, they may be taken out, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled in, and strained off.

VEAL.

To disguise a Leg of Veal.

Lard the top-side of a leg of veal in rows with bacon, and stuff it well with forcemeat made of oysters; then put it into a large saucepan, with as much water as will cover it; put on a close lid, to keep the steam in; stew it gently till quite tender; then take it up, and boil down the gravy in the pan to a quart; skim off the fat, and add half a lemon, a spoonful of mushroom catsup, a little lemon pickle, the crumbs of half a penny-loaf grated exceedingly fine; boil it in your gravy till it looks thick; then add half a pint of oysters; if not thick enough, roll a lump of butter in flour and put it in, with half a pint of good cream, and the yelks of three eggs; shake your sauce over the fire, but do not let it boil after the eggs are in, lest it curdle; put your veal in a deep dish, and pour the sauce over it; garnish with crisped parsley and fried oysters. It is an excellent dish for the top of a large table.

To ragout a Knuckle of Veal.

Cut a knuckle of veal into slices about half an inch thick; pepper, salt, and flour them; fry them a light brown; put the trimmings into a stew-pan, with the bone broke in several places; an onion sliced, a head of celery, a bunch of sweet herbs, and two blades of bruised mace: pour in warm water enough to cover them about an inch: cover the pot close, and let it stew very gently for a couple of hours: strain it, and then thicken it with flour and butter: put in a spoonful of catsup, a glass of wine, and juice of half a lemon; give it a boil up, and strain into a clean stew-pan: put in the meat, make it hot, and serve up.

If celery is not to be had, use a carrot instead, or flavour it with celery seed.

To fry a Knuckle of Veal.

Fry the knuckle with sliced onion and butter to a good brown; and have ready peas, lettuce, onion, and a cucumber or two, stewed in a small quantity of water, an hour; then

add these to the veal; and stew it till the meat is tender enough to eat, but not overdone. Throw in pepper, salt, and a bit of shred mint, and serve all together.

Veal Cutlets.

Cut slices half an inch thick from the fillet, neck, or loin. If not equally cut, level them with the cleaver. Fry them either in butter or very good dripping. If the cutlets be thick, keep the pan a good distance above the fire; when browned on both sides of a fine golden-tinged brown, pour off any superfluous fat, raise the pan still higher from the fire, and cover it. Have ready some gravy made thus: A quarter of a pound of skins, bones, or trimmings of the cutlets, a blade of mace, the head of a young onion, a sprig of parsley, a good bit of lemon peel, six white pepper corns, a bay leaf, if the flavour is liked, and a pint of water, which may boil down one-half; add fresh butter, the size of a large walnut, rolled in flour. When this gravy is well thickened, strain, boil again, and pour hot over the cutlets, which must be served very hot. This sauce may be made brown, by the addition of a little walnut or mushroom catsup. Veal cutlets may also be more highly dressed by dipping the slices in beat egg, and then strewing over them a mixture of bread crumbs, parsley and lemon peel chopped very fine, and a scrape of nutmeg. They must be fried in plenty of butter, and more of the mixture may be strewed over them in the pan. When the cutlets are done, place them before the fire in a hot dish covered, and to the gravy in the pan add veal broth or gravy, and a few little bits of butter separately rolled in flour; let it boil and thicken; add a little lemon juice and white pepper, skim the sauce, and pour it over the cutlets. Where the flavour of lemon thyme or vervain is liked, a sprig of it makes a grateful addition to sauce for cutlets.

Scotch Collops.

Cut small slices of equal thickness out of the fillet, and flour and brown them over a brisk fire in fresh butter. When enough are browned for the dish put a little weak veal broth or boiling water to them in a small stew-pan, adding, when

they are nearly tender, the juice of a lemon, a spoonful of catsup, or the same of lemon pickle, with mace, pepper and salt to taste. Thicken and strain the sauce, and pour it over the collops. Serve curled slices of bacon, or mushrooms if in season.

Veal Collops.

Cut long thin collops; beat them well; and lay on them a bit of thin bacon of the same size, and spread forcemeat on that, seasoned high, and also a little garlic and cayenne. Roll them up tight about the size of two fingers, but not more than two or three inches long; put a very small skewer to fasten each firmly; rub egg over; fry them of a fine brown, and pour a rich brown gravy over.

To dress Collops quick.

Cut them as thin as paper with a very sharp knife, and in small bits. Throw the skin, and any odd bits of the veal, into a little water, with a dust of pepper and salt; set them on the fire while you beat the collops; and dip them into a seasoning of herbs, bread, pepper, salt, and a scrape of nutmeg, but first wet them in egg. Then put a bit of butter into a frying-pan, and give the collops a very quick fry; for as they are so thin, two minutes will do them on both sides; put them into a hot dish before the fire; then strain and thicken the gravy, give it a boil in the frying-pan, and pour it over the collops. A little catsup is an improvement.

Or, fry them in butter, only seasoned with salt and pepper; then simmer them in gravy, either white or brown, with bits of bacon served with them.

If white, add lemon peel and mace, and some cream.

To dress Scotch Collops white.

Cut them off the thick part of a leg of veal, the size and thickness of a crown piece: put a lump of butter into a tossing-pan, and set it over a slow fire, or it will discolour your collops: before the pan is hot, lay the collops in, and keep turning them over till you see the butter is turned to a thick white gravy; put your collops and gravy in a pot, and set

them upon the hearth to keep warm; put cold butter again into your pan every time you fill it, and fry them as above, and so continue till you have finished; when you have fried them, pour your gravy from them into your pan, with a tea-spoonful of lemon pickle, mushroom catsup, caper liquor, beaten mace, cayenne pepper, and salt; thicken with flour and butter; when it has boiled five minutes, put in the yelks of two eggs well beat and mixed, with a tea-spoonful of rich cream; keep shaking your pan over the fire till your gravy looks of a fine thickness, then put in your collops and shake them; when they are quite hot, put them on your dish, with forcemeat balls; strew over them pickled mushrooms. Garnish with barberries and kidney-beans.

To dress Scotch Collops brown.

Cut your collops the same way as the white ones, but brown your butter before you lay in your collops; fry them over a quick fire; shake and turn them, and keep on them a fine froth; when they are a light brown, put them into a pot, and fry them as the white ones; when you have fried them all brown, pour all the gravy from them into a clean tossing-pan, with half a pint of the gravy made of the bones and bits you cut the collops off, two tea-spoonfuls of lemon pickle, a large one of catsup, the same of browning, half an ounce of morels, half a lemon, a little anchovy, cayenne and salt to your taste: thicken it with flour and butter; let it boil five or six minutes; then put in your collops, and shake them over the fire; if they boil, it will make them hard: when they have simmered a little, take them out with an egg-spoon, and lay them on your dish; strain your gravy, and pour it hot on them; lay over them forcemeat balls, and little slices of bacon curled round a skewer and boiled; throw a few mushrooms over. Garnish with lemon and barberries, and serve them up.

To dress Scotch Collops the French way.

Take a leg of veal, and cut your collops pretty thick, five or six inches long, and three inches broad; rub them over with the yelk of an egg; put pepper and salt; and grate a little nutmeg on them, and a little shred parsley; lay them on

an earthen dish, and set them before the fire; baste them with butter, and let them be a fine brown; then turn them on the other side, and rub them as above; baste and brown it the same way; when they are thoroughly enough, make a good brown gravy with truffles and morels; dish up your collops, lay truffles and morels, and the yelks of hard boiled eggs over them. Garnish with crisp parsley and lemon.

To stew a Fillet of Veal.

Take the fillet of a cow-calf, stuff it well under the udder, and at the bone-end quite through to the shank. Put it into the oven, with a pint of water under it, till it is of a fine brown; then put it into a stew-pan, with three pints of gravy. Stew it till it is tender, and then put a few morels, truffles, a tea-spoonful of lemon-pickle, a large one of browning, one of catsup, and a little cayenne pepper. Thicken it with a lump of butter rolled in flour. Take out your veal, and put it into a dish; then strain the gravy, pour it over, and lay round forcemeat balls. Garnish with sliced lemon and pickles.

Another way. Take off the knuckle either to stew or for soup, and also the square end, which will cut up into cutlets or olives, or make a pie. Stuff the middle part of the fillet with a forcemeat, and rolling it up tightly skewer it neatly, and simmer it very slowly in a close nice stew-pan that will just contain it. Lay skewers below to prevent the meat from sticking. When quite tender take it up, and thicken and strain the sauce. Serve with mushrooms parboiled, and then stewed in the sauce, and season with white pepper and mace; or the sauce may be enriched with a few pickled oysters and forcemeat balls, seasoning with a glass of white wine and the juice of a lemon, and garnishing with lemon sliced.——*Observations.*—The fillet may be half baked and then stewed.

Fillet of Veal with Collops.

Take a small fillet of veal, and cut what collops you want; then take the udder, and fill it with forcemeat; roll it round, tie it with packthread across, and roast it. Lay your collops in the dish, and lay your udder in the middle. Garnish with lemon.

Breast of Veal roasted.

Before roasted, if large, the two ends may be taken off and fried to stew, or the whole may be roasted. Butter should be poured over it.

If any be left, cut the pieces into handsome sizes; put them into a stew-pan, and pour some broth over it; or if you have no broth, a little water will do: add a bunch of herbs, a blade or two of mace, some pepper, and an anchovy; stew till the meat is tender; thicken with butter and flour; and add a little catsup; or the whole breast may be stewed, after cutting off the two ends.

Serve the sweetbread whole upon it, which may either be stewed or parboiled, and then covered with crumbs, herbs, pepper and salt, and browned in a Dutch oven.

If you have a few mushrooms, truffles, and morels, stew them with it, and serve.

A boiled breast of veal, smothered with onion-sauce, is an excellent dish, if not old nor too fat.

To stew a Breast of Veal.

Put a breast of veal into the stew-pan, with a little broth, a glass of white wine, a bunch of sweet herbs, a few mushrooms, two or three onions, with some pepper and salt. Stew it over a gentle fire till it is tender; and when done, strain and scum the sauce. Garnish with forcemeat balls.

Another way. Choose thick, fat, white veal. Chop off the neck and the edge-bone, and stew them for gravy. Stuff the thin part of the breast with a relishing forcemeat, made of a sweetbread parboiled, bread crumbs, lemon grate, nutmeg, pepper, salt, shred suet, and yelk of egg to bind the forcemeat. Skewer the stuffing neatly in, or sew it, and stew the meat for an hour in the gravy made of the neck. Thicken a pint and a half of the sauce, and put to it a hundred oysters cut, a few mushrooms chopped, lemon juice, white pepper and mace. Pour this over the stew; and garnish with slices of lemon and forcemeat balls.

To ragout a Breast of Veal.

Make a little strong gravy as above, of the scrag and bones

of the breast, and cut the meat into neat pieces, rather larger than for currie. Brown these nicely in fresh butter; drain them from the fat, and put them to stew in the broth with a faggot of sweet herbs, a piece of lemon peel, cloves, mace, white pepper, allspice, and three young onions, and salt to taste This, like all stews, cannot be too slowly simmered over the embers, keeping the lid of the stew-pan very close. When the veal is quite tender set the stew-pan to cool, and skim off all the fat that floats on the sauce, which must then be strained and thickened to the degree of a thin batter, and enriched just before serving with a glassful of white wine and the juice of a lemon. Dish the veal and pour the sauce over it, holding back the sediment. Forcemeat balls may be used as a garnishing to this dish, and will be the more suitable if made with a large proportion of grated tongue, sausage meat, &c.

Another way. Half-roast a breast of veal; then bone it, and put it in a tossing-pan, with a quart of veal gravy, one ounce of morels, the same of truffles; stew it till tender, and just before you thicken the gravy put in a few oysters, pickled mushrooms, pickled cucumbers cut in small square pieces, and the yelks of four eggs boiled hard; cut your sweetbread in slices, and fry it a light brown; dish up your veal, and pour the gravy hot over it; lay your sweetbread round, truffles, morels, and eggs upon it; garnish with pickled barberries. This is proper for either top or side for dinner, or bottom for supper.

Another way. Take off the under bone, and cut the breast in half, lengthways; divide it into handsome pieces, not too large to help at once: put about two ounces of butter into a frying-pan, and fry the veal till it is a light brown, then put it into a stew-pan with veal broth, or as much boiling water as will cover it, a bundle of sweet marjoram, common or lemon thyme, and parsley, with four cloves, or a couple of blades of pounded mace, three young onions, or one old one, a roll of lemon-peel, a dozen corns of allspice bruised, and a tea-spoonful of salt; cover it close, and let it all simmer very gently till the veal is tender, that is, for about an hour and a half; if it is very thick, two hours; then strain off as

much (about a quart) of the gravy as you think you will want into a basin; set the stew-pan, with the meat, &c. in it, by the fire to keep hot. To thicken the gravy you have taken out, put an ounce and a half of butter into a clean stew-pan, when it is melted, stir in as much flour as it will take, add the gravy by degrees, season it with salt, let it boil ten minutes, skim it well, and season it with two table-spoonfuls of white wine, one of mushroom catsup, and the same of lemon juice, give it a boil up, and it is ready: now put the veal into a ragout dish, and strain the gravy through a fine sieve to it.

To roll a Breast of Veal.

Bone it, take off the thick skin and gristle, and beat the meat with a rolling pin. Season it with herbs chopped very fine, mixed with salt, pepper, and mace. Lay some thick slices of fine ham; or roll it into two or three calves' tongues of a fine red, boiled first an hour or two, and skinned. Bind it up tight in a cloth, and tape it. Set it over the fire to simmer in a small quantity of water, till it is quite tender: this will take some hours. Lay it on the dresser, with a board and weight on it, till quite cold.

Pigs' or calves' feet boiled, and taken from the bones, may be put in, or round it. The different colours laid in layers look well when cut; and you may put in yelks of eggs boiled, beet-root, grated ham, and chopped parsley, in different parts.

Porcupine of a Breast of Veal.

Take a fine large breast of veal, bone it, and rub it over with the yelks of two eggs. Spread it on a table, and lay over it a little bacon cut as thin as possible, a handful of parsley shred fine, the yelks of five hard boiled eggs chopped small, a little lemon peel cut fine, the crumbs of a penny loaf steeped in cream, and season to your taste with salt, pepper, and nutmeg. Roll the breast of veal close, and skewer it up. Then cut some fat bacon, the lean of ham that has been a little boiled, and pickled cucumbers, about two inches long. Lard the veal with this in rows, first ham, then bacon, and then cucumbers, till you have larded every part of it.

Put it into a deep earthen pot, with a pint of water, cover it close, and set it in a slow oven for two hours. When it comes from the oven, skim off the fat, and strain the gravy through a sieve into a stew-pan. Put into it a glass of white wine, a little lemon-pickle and caper liquor, and a spoonful of mushroom catsup. Thicken it with a little butter rolled in flour, lay your porcupine on the dish, and pour your sauce over it. Have ready a roll of forcemeat made thus: take the crumbs of a penny loaf, half a pound of beef suet shred fine, the yelks of four eggs, and a few chopped oysters. Mix these well together, and season it to your taste with cayenne pepper, salt, and nutmeg. Spread it on a veal caul, and having rolled it up close like a collared eel, bind it in a cloth, and boil it an hour. This done, cut it into four slices, lay one at each end, and the others on the sides. Have ready your sweetbread cut in slices and fried, and lay them round it with a few mushrooms. This makes a grand bottom dish at that time of the year when game is not to be had.

Pillau of Veal.

Having half roasted a neck or breast of veal, cut it into six or seven pieces, and season it with white pepper, salt, and nutmeg. Take a pound of rice, put to it a quart of stock, some mace, and a little salt. Do it over a stove, or very slow fire, till it is thick; but butter the bottom of the pan or dish you do it in. Beat up the yelks of six eggs, and stir them into it. Then take up a little round deep dish, butter it, and lay some of the rice at the bottom. Then lay the veal on a round heap, and cover it all over with rice. Wash it over with the yelks of eggs, and bake it an hour and a half. Then open the top, and pour in a pint of rich good gravy.

Savoury Dish of Veal.

Having cut large collops out of a leg of veal, spread these abroad on a dresser, hack them with the back of a knife, and dip them into the yelks of eggs. Season with salt, mace, nutmeg, and pepper, beaten fine. Make forcemeat with some of your veal, beef suet, oysters chopped, sweet herbs shred fine, and kitchen pepper: strew all these over your collops,

roll and tie them up, put them on skewers, tie them to a spit, and roast them. To the rest of your forcemeat add a raw egg or two, and roll them in balls and fry them. Put them into your dish with your meat when roasted, and make the sauce with strong stock, an anchovy, an eschalot, a little white wine, and some spice. Let it stew, and thicken it with a piece of butter rolled in flour. Pour the sauce into the dish, lay the meat in, and serve.

A Fricandeau of Veal.

Trim the fleshy side of a large knuckle, or take a long thick piece from the fillet; skin it, beat it flat, season, and lard it with forcemeat. Lay some slices of good bacon in a small stew-pan, and place the veal on them with more slices above it. Put in a pint or more of broth, the knuckle bone broken, or two shanks of mutton, a faggot of herbs, a turnip, a carrot, and four onions sliced, mace, four bay leaves, and some white pepper. Let this stew for more than two hours over a very slow fire, and keep the stew-pan closely covered. The gravy will be very strong. Take up the fricandeau and keep it hot; skim the fat from the gravy; pour it from the sediment, and boil it quickly up till it thicken—or, as it is technically called, become a glaze, which pour over the meat. Serve with sorrel or tomata sauce.——*Observations.*—The lean part of a large neck may be dressed as a fricandeau, drawing a glaze from the bones. Truffles and morels, artichoke bottoms, and mushrooms are all served with this dish.

To Braise a Neck of Veal.

Cut the scrag in bits, and lard the best end with chopped bacon, minced parsley, pepper, salt, and mace. Lay the larded meat in a shallow stew-pan, with hot water to cover it, and put around it the cut scrag, some slices of bacon, four onions, a turnip, a head of celery, two carrots, and three bay leaves. Stew till tender, strain off the gravy, and melting some butter in another stew-pan, take the neck gently up, and lay it there to brown. When browned put as much of the strained gravy to it as will do for sauce, with a glass of white wine, the juice of a Seville orange, white pepper, and mace. Dish with the

browned side uppermost, and pour the sauce over it.——*Observations.*—This is an elegant but an expensive dish, with little to recommend it over plain savoury stews of veal, save the name and the larding—a resource of cookery, by the way, which does not seem peculiarly suited to English palates, and which is every day less employed even in the French kitchen. Any piece of meat, poultry, or game, may be braised as above; or, as another variety, stuffed with forcemeat instead of being larded. Braising is, in fact, slow stew-baking in fat rich compound juices, with high seasonings.

To dress Veal à-la-daube.

Trim off the edge-bone of a good loin of veal, and cut off the chump. Raise the skin, season the meat, and fill the hollow with a relishing forcemeat; bind up the loin with fillets of linen, and cover it with slices of bacon; place the loin in a stew-pan, with the bones and trimmings, and veal broth, if you have it, or jelly of cow-heels. Put in a faggot of herbs, mace, white pepper, and two anchovies. Cover the lid of the pan with a cloth, and force it down very close, placing a weight over it. Simmer slowly for two hours, shaking the stew-pan occasionally. By this time the gravy will be reduced to a strong glaze. Take out the bacon and herbs, and glaze the veal. Serve with sorrel or tomata sauce; or with mushrooms, which are a very suitable accompaniment to made dishes of veal or poultry.

Another way. Cut off the chump end of the loin; take out the edge-bone; stuff the hollow with good forcemeat, tie it up tight, and lay it in a stew-pan, with the bone you took out, a little faggot of herbs, an anchovy, two blades of mace, a few white peppers, and a pint of good veal broth. Cover the veal with slices of fat bacon, and lay a sheet of white paper over it. Cover the pan close, simmer it two hours, then take out the bacon, and glaze the veal.—Serve it on mushrooms or with sorrel-sauce, or what else you please.

Loin of Veal en Epigram.

Roast a loin of veal properly for eating, then take it up, and carefully cut off the skin from the back part without

breaking it. Cut out the lean part, but leave the ends whole, to contain the following mincemeat: mince all the veal very fine with the kidney part, put it into a little gravy, enough to moisten it with the gravy that comes from the loin. Put in a little pepper and salt, some lemon-peel shred fine, the yelks of three eggs, and a spoonful of catsup. Thicken it with a little butter rolled in flour. Give it a shake or two over the fire, put it into the loin, and pull the skin gently over it. If the skin should not quite cover it, give the part wanting a brown with a hot iron, or put it into an oven for about a quarter of an hour. Send it up hot, and garnish with lemon and barberries.

Veal-rolls of either cold or fresh Meat.

Cut thin slices; and spread on them a fine seasoning of a very few crumbs, a little chopped bacon or scraped ham, and a little suet, parsley, and shalot, (or, instead of the parsley and shalot, some fresh mushrooms stewed and minced,) pepper, and a small piece of pounded mace.

This stuffing may either fill up the roll like a sausage, or be rolled with the meat. In either case tie it up very tight, and stew very slowly in a gravy, and a glass of sherry.

Serve it when tender, after skimming it nicely.

Ragout of cold Veal.

Either a neck, loin, or fillet of veal, will furnish this excellent ragout, with a very little expense or trouble.

Cut the veal into handsome cutlets; put a piece of butter, or clean dripping, into a frying-pan; as soon as it is hot, flour, and fry the veal of a light brown: take it out, and if you have no gravy ready, put a pint of boiling water into the frying-pan, give it a boil for a minute, and strain it into a basin, while you make some thickening in the following manner:— Put about an ounce of butter into a stew-pan; as soon as it melts, mix with it as much flour as will dry it up; stir it over the fire for a few minutes, and gradually add to it the gravy you made in the frying-pan: let them simmer together for ten minutes, (till thoroughly incorporated;) season it with pepper, salt, and a little mace, and a wine glass of mushroom catsup,

or wine; strain it through a tammis to the meat; and stew very gently till the meat is thoroughly warmed. If you have any ready boiled bacon, cut it in slices, and put it in to warm with the meat.

Veal Florendine.

Mince a fine kidney or two of veal, with the surrounding fat; chop parsley and other fresh herbs, a large apple or two, some candied orange-peel, and two or three hard yelks of eggs, quite small; then add a handful of nicely-picked currants; two or three grated biscuits, or some crumbs of bread; a little beaten mace, cloves, nutmeg, and sugar; with a glass of mountain wine, and as much orange-flower water. Mix the whole well together, lay a sheet of puff-paste at the bottom and round a dish, put in the mixed meat, and lay over it a cut-paste lid garnished round the edge. Bake it in a slack oven; and serve it up quite hot, with sugar scraped over the top.

Veal Harrico.

Take the best end of a small neck; cut the bones short, but leave it whole; then put it into a stew-pan just covered with brown gravy: and when it is nearly done, have ready a pint of boiled peas, six cucumbers pared and sliced, and two cabbage-lettuces cut into quarters, all stewed in a little good broth: put them to the veal, and let them simmer ten minutes. When the veal is in the dish, pour the sauce and vegetables over it, and lay the lettuce with forcemeat balls round it.

Maintenon Cutlets.

Cut and flatten the cutlets, season them with mixed spices, dip them in beat egg, and then in bread crumbs and pulverized sweet herbs, with a little grated nutmeg. Broil them over a quick clear fire, turning them quickly, and moistening them with melted butter. Twist each cutlet neatly up in thin writing paper made hot, and serve them with mushroom sauce, or catsup stirred into plain melted butter.

To pot Veal.

Cold fillet makes the finest potted veal; or you may do it as follows:

Season a large slice of the fillet, before it is dressed, with some mace, pepper-corns, and two or three cloves; lay it close into a potting-pan that will but just hold it, fill it up with water, and bake it three hours; then pound it quite small in a mortar, and add salt to taste; put a little gravy that was baked to it in pounding, if to be eaten soon; otherwise, only a little butter just melted. When done, cover it over with butter.

To pot Veal or Chicken with Ham.

Pound some cold veal or white of chicken, seasoned as directed in the last article, and put layers of it with layers of ham, pounded, or rather shred; press each down, and cover with butter.

To marble Veal.

Boil, skin, and cut a dried tongue as thin as possible, and beat it well with near a pound of butter, and a little beaten mace, till it is like a paste. Have ready some veal stewed, and beat in the same manner. Then put some veal into potting-pots, and thin some tongue in lumps over the veal. Do not lay on your tongue in any form, but let it be in lumps, and it will then cut like marble. Fill your pot up close with veal, press it very hard down, and pour clarified butter over it. Remember to keep it in a dry place, and when you send it to table, cut it into slices. Garnish it with parsley.

Veal Olives.

Cut half a dozen slices off a fillet of veal, half an inch thick, and as long and square as you can; flat them with a chopper, and rub them over with an egg that has been beat on a plate; cut some fat bacon as thin as possible, the same size as the veal, lay it on the veal, and rub it with a little of the egg; make a little veal forcemeat, and spread it very thin over the bacon; roll up the olives tight, rub them with the egg, and then roll them in fine bread crumbs; put them on a

lark spit, and roast them at a brisk fire; they will take three quarters of an hour. Serve with brown gravy, in which boil some mushrooms, pickled or fresh. Garnish with balls, fried.

To dress Sweetbreads.

Parboil them, but be sure not to boil them much. Stew them in white gravy; thicken and season it with salt, mace, white pepper, and, when just ready, a little cream; or egg the parboiled sweetbreads, dip them in crumbs, chopped herbs, and seasonings, and finish them in a Dutch oven, and serve with melted butter and catsup.

To ragout Sweetbreads.

Cut them in mouthfuls, wash and dry them in a cloth, brown them in fresh butter, and pouring as much brown rich gravy as will just cover them into the stew-pan, let them simmer gently, adding a seasoning of pepper, allspice, salt, and mushroom catsup. Thicken the sauce, and dishing the sweetbreads very hot, pour the sauce over them through a sieve.

Veal Kidney

May be minced and fried as sausage, or in oval balls, mixing the fat and lean together, with a little bacon, onion, pepper, salt, &c. and dressed thus forms a good accompaniment to plain stews of veal.

To jug Veal.

Cut, flatten, and season slices of veal, and put them into an earthen or stone jar, with a sprig of sweet herbs, a roll of lemon peel, and some bits of fresh butter. Cover the jar very closely, and set it in a pot of boiling water, or in a slow oven for from two to three hours. Take off the covering, and stir a little thickening and the juice of a lemon into the sauce, and allowing a few minutes for this to mix, dish the veal in a ragout dish, picking out the herbs and lemon peel. Garnish with slices of lemon.

Veal Cake.

This is rather a pretty fantastical dish to ornament a table, than one about which either the epicure or economist cares much. Take the hard yelks of eight or more eggs, and cut them in two. Put some of them in the bottom of a small nice tin pan, or earthenware vessel. Strew chopped parsley over them, with seasonings; then thin slices of veal and ham, or veal and ham separately beaten to a paste in a mortar. Place thus alternate layers of egg, parsley, and meat, till you have enough. Stick bits of butter over the top, and add a little water or gravy; cover the sauce-pan very close, and set it in an oven. When done, which will be in about three quarters of an hour, take off the covering, and press the meat down. When cold and firm turn it out. It may be baked in an oval or fluted earthenware shape, turned out, and garnished with curled parsley, stars of orange skin, &c.

To dress a Calf's Pluck.

Clean and stuff the heart with a relishing forcemeat. Spread a caul, or slices of fat bacon over it, and bake it. Parboil the half of the liver and lights, and mince them rather finer than for a hash. Simmer this mince in good gravy, and season it with the juice of a lemon, catsup, white pepper, chopped parsley, and salt. Dish the mince, and place the heart above it, and lay slices of fried liver round it, with fried parsley, or sippets, or bread crumbs; or the heart, if large and fat, will make a handsome dish if stuffed with a rich forcemeat, roasted with caul or paper over it, and served with melted butter and catsup poured about it, or venison sauce.

To dress a Midcalf.

Take a calf's heart, stuff it with good forcemeat, and send it to the oven in an earthen dish, with a little water under it; lay butter over it, and dredge it with flour; boil half the liver and all the lights together half an hour, then chop them small, and put them in a tossing-pan, with a pint of gravy, one spoonful of lemon pickle, and one of catsup; squeeze in half a lemon, pepper, and salt; thicken with a good piece of butter rolled in flour; when you dish it up, pour the minced

meat in the bottom, and have ready fried, a fine brown, the other half of the liver cut in thin slices, and little bits of bacon; set the heart in the middle, and lay the liver and bacon over the minced meat, and serve it up.

To dress a Calf's Head.

Wash it and soak it in hot water that it may blanch. Take out the brains, and cut away the black part of the eyes. Boil it in a large fish kettle, putting it on with plenty of cold water, and some salt to throw up the scum. Simmer it gently for an hour and a half. Take up the head, and cut out the tongue. Score the head (but not deeply) in diamonds; brush it over with beat egg, and sprinkle it with bread crumbs, chopped parsley, and seasonings. Stick a few bits of butter over it, and brown the head in a Dutch oven. Meanwhile, wash, scald, skin, and parboil the brains, and chop them up with parsley and sage first parboiled and chopped, white pepper, and salt. Stir them into hot melted butter. Add the squeeze of a lemon, or a little lemon pickle, a small quantity of cayenne, and a minced shalot. Skin the tongue, and serve the brains dressed as above directed, around it, as a small dish to accompany the calf's head. Serve also parsley and butter. Curled slices of toasted bacon, a piece of ham or bacon, a pig's cheek, or sausage, are indispensable with calf's head, even when full dressed.

Another way. *A Scotch dish.*—Having parboiled the head as above, cut down the one half of it, with the skinned tongue, the palate, &c. into dice, and other neatly shaped bits. Trim and brush the other half with egg, and strew crumbs, chopped parsley, &c. over it, and set it to brown, sticking butter over it, and basting it with more crumbs, &c. Meanwhile stew the hash in good veal broth, or jelly of cow-heels, any rich stock you have, seasoned with mixed spices, the grate and juice of a lemon, mace, or whatever seasoning is most approved. Dish the mince, and lay the browned head upon it. Garnish with brain cakes and forcemeat balls, or or fried sippets. Anchovies, pickled oysters, catsup, &c. may be added to this ragout, which may, at the discretion of the

cook, be either a white or brown ragout. A lamb's head may be dressed in the same manner.

A Calf's Head, one half boiled, and the other baked.

Cleanse the head, parboil one half, rub it over the head with a feather dipt in the beaten yelk of an egg. Strew over it a seasoning of pepper, salt, thyme, parsley chopped small, shred lemon peel, grated bread, and a little nutmeg; stick bits of butter over it, and send it to the oven. Boil the other half in a white cloth, and serve them both in one dish. Boil the brains in a piece of clean cloth, with a very little parsley, and a leaf or two of sage. When they are boiled, chop them small, and warm them up in a saucepan, with a bit of butter, and a little pepper and salt. Lay the tongue, boiled and peeled, in the middle of a small dish, and the brains round it; have in another dish, bacon and pickled pork; and in a third, greens and carrots.

To fricassee a Calf's Head.

Clean and parboil the head; cut the cheeks, tongue, palate, &c. into nice bits, and stew them in a rich white gravy, with a little of the broth in which the head was parboiled, seasoned with white pepper, mace, herbs, onion, and salt. Thicken with butter rolled in flour, and just before dishing the fricassee add a little cream or beat yelk of egg. Simmer this, but do not allow it to boil. Garnish with brain cakes and forcemeat balls, or curled slices of bacon and egg balls.

Another way. Clean and half-boil half a head; cut the meat into small bits, and put it into a tosser, with a little gravy made of the bones, some of the water it was boiled in, a bunch of sweet herbs, an onion, and a blade of mace. If you have any young cockrels in the house, use the cockscombs, but first boil them tender, and blanch them; or a sweetbread will do as well. Season the gravy with a little pepper, nutmeg, and salt; rub down some flour and butter, and give all a boil together; then take out the herbs and onion, and add a little cup of cream, but do not boil it in.

Serve with small bits of bacon rolled round, and balls.

To hash a Calf's Head.

Clean and parboil the head; or take what is left of a plainly boiled cold head, and cut it into slices of a rather larger size than for fricassee. Peel and slice the tongue. Take upwards of a quart of the liquor in which the head was boiled, with the bones, trimmings, and a shank of veal or mutton, and boil these for the hash-stock, with a faggot of sweet herbs, a good bit of lemon-peel, onions, and white pepper. Boil this gravy till it is good and well flavoured. Thicken it with flour kneaded in butter, and strain it into a clean saucepan. Season with pounded mace, catsup, or lemon pickle, or a little of any piquante store sauce, and warm up the hash, without suffering it to boil, though boiling will not harden calf's head as it does other meat. Garnish with forcemeat balls, or curled slices of bacon, or fried bread, which forms a suitable accompaniment to all hashes. This hash may be rendered more piquante by anchovy, pickled oysters, &c. It may be dressed as a currie hash by the addition of fried onions and currie powder; or receive the flavour of a genuine French dish from finely shred parsley, knotted marjoram, and a bit of tarragon being added to the sauce just before dishing, or a little tarragon vinegar. It may also be flavoured very agreeably with a little basil wine. A brown hash may be made as above, by using fried onion, catsup, soy, a little red wine, &c.

Another way. When half boiled, cut off the meat in slices, half an inch thick, and two or three inches long; brown some butter, flour, and sliced onion, and throw in the slices with some good gravy, truffles, and morels; give it one boil, skim it well, and set it in a moderate heat to simmer till very tender.

Season with pepper, salt, and cayenne, at first; and ten minutes before serving, throw in some shred parsley, and a very small bit of tarragon and knotted marjoram cut as fine as possible; just before you serve, add the squeeze of a lemon. Forcemeat balls, and bits of bacon rolled round.

Or, boil the head almost enough, and take the meat of the best side neatly off the bone with a sharp knife; lay this into

a small dish, wash it over with the yelks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper and salt, and a grate of nutmeg, all mixed together first. Set the dish before the fire, and keep turning it now and then, that all parts of the head may be equally brown. In the mean time, slice the remainder of the head and tongue, but first peel the tongue; put a pint of good gravy into a pan, with an onion, a small bunch of herbs, (consisting of parsley, basil, savory, tarragon, knotted marjoram, and a little thyme,) a little salt and cayenne, a shalot, a glass of sherry, and a little oyster liquor. Boil this for a few minutes, and strain it upon the meat, which should be dredged with some flour. Add some mushrooms either fresh or pickled, a few truffles and morels, and two spoonfuls of catsup; then beat up half the brains, and put this to the rest, with a bit of butter and flour. Simmer the whole.

Beat the other part of the brains with shred lemon peel, a little nutmeg and mace, some parsley shred, and an egg. Then fry it in little cakes of a beautiful yellow brown. Dip some oysters into the yelk of an egg, and do the same; and also some relishing forcemeat balls, made as for mock turtle. Garnish with these, and small bits of bacon just made hot before the fire.

To collar a Calf's Head.

Scald the skin off a fine head, clean it nicely, and take out the brains. Boil it tender enough to remove the bones: then have ready a good quantity of chopped parsley, mace, nutmeg, salt, and white pepper, mixed well: season it high with these; lay the parsley in a thick layer, then a quantity of thick slices of fine ham, or beautiful-coloured tongue skinned, and then the yelks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it up as tight as you can. Boil it, and then lay a weight on it.

A cloth must be put under the tape, as for other collars.

To fry a Calf's Brains.

Cut the brains into four pieces, and soak them in broth and white wine, with two slices of lemon put into it, a little

pepper and salt, thyme, laurel, cloves, parsley, and shalots. When they have remained in this about half an hour, take them out and soak them in batter made of white wine, a little oil, and a little salt, and fry them of a fine colour. You may likewise strew over them crumbs of bread mixed with the yelks of eggs. Serve them up with plain melted butter, and garnish with parsley.

Calf's Feet.

Boil the feet; take out the bones, and cut the meat in thin slices, put it into a tossing-pan, with half a pint of good gravy; boil them a little, and then put in a few morels, a tea-spoonful of lemon pickle, a little mushroom powder, or pickled mushrooms, the yelks of four eggs boiled hard, and a little salt; thicken with a little butter rolled in flour; mix the yelk of an egg with a teacup-ful of good cream, and half a nutmeg grated; put it in, and shake it over the fire, but do not let it boil, it will curdle the cream. Garnish with lemon and curled parsley.

Kidneys.

Chop veal kidney, and some of the fat; likewise a little leek or onion, pepper, and salt; wet it with an egg or two, roll it up into balls, and fry them.

Mock Turtle several Ways.

1. Get a large fat head with the skin on. Scald and clean it well. Soak it in hot water, and if you wish to have the imitation dish very rich, parboil it in good veal broth, with a turnip, carrot, onions, and sweet herbs. Skim this well. In half an hour take up the head, and when cold enough to be firm and easily handled cut the meat thus:—the eyes into round slices, having first picked out the black part; the gristly part about the ears into long narrow stripes; the fleshy part into round slices; the thick of the cheeks into small dice; the thin on the forehead into long stripes; and the peeled tongue into nice small bits. Put the bones and trimmings, with a piece of bacon, back into the stock-pot. Fry some minced

shalot in plenty of butter browned with flour. Put the cut meat to this browning, and give it a toss for a few minutes, then strain a sufficient quantity of the stock over it to make the dish not much thicker than a stew-soup. Season with mace, pepper, salt, and a-half pint of Madeira When the meat has stewed very slowly, rather soaking in the gravy than actually boiling, and is nearly ready, put to it cayenne to taste, a small glass of catsup, a very little soy, and a couple of spoonfuls of chopped basil, tarragon, chives, and parsley. When skimmed to be dished add the juice of a lemon. Serve in a large but not deep soup dish, ornamented with a cut paste border, and garnish with forcemeat balls, and egg balls, with a few green pickles intermixed.——*Observations.*—This highly flavoured dish may be enriched by parboiled sweetbreads cut, oysters, turtle balls, &c.; or if the head be lean or small, good cow-heel cut down will make an excellent addition to it, but will require more boiling, and must be put into the stock-pot an hour before the head.

2. Bespeak a calf's head with the skin on, cut it in half, and clean it well; then half-boil it, take all the meat off in square bits, break the bones of the head, and boil them in some veal and beef broth to add to the richness. Fry some shalot in butter, and dredge in flour enough to thicken the gravy; stir this into the browning, and give it one or two boils; skim it carefully, and then put in the head; put in also a pint of Madeira wine, and simmer it till the meat is quite tender. About ten minutes before you serve, put in some basil, tarragon, chives, parsley, cayenne pepper, and salt, to your taste; also two spoonfuls of mushroom catsup, and one of soy. Squeeze the juice of a lemon into the tureen, and pour the soup upon it. Forcemeat balls and small eggs.

3. Prepare half a calf's head, with the skin as above: when the meat is cut off, break the bones, and put them into a saucepan with some gravy made of beef and veal bones, and seasoned with fried onions, herbs, mace, and pepper. Have ready two or three ox-palates boiled so tender as to blanch, and cut into small pieces; to which a cow-heel, likewise cut into pieces, is a great improvement. Brown some butter, flour, and onion, and pour the gravy to it; then add the meats

as above, and stew. Half a pint of sherry, an anchovy, two spoonfuls of walnut catsup, the same of mushroom catsup, and some chopped herbs as before.

4. Or, put into a pan a knuckle of veal, two fine cow heels, two onions, a few cloves, pepper, berries of allspice, mace, and sweet herbs: cover them with water, then tie a thick paper over the pan, and set it in an oven for three hours. When cold, take off the fat very nicely; cut the meat and feet into bits an inch and a half square; remove the bones and coarse parts; and then put the rest on to warm, with a large spoonful of walnut and one of mushroom catsup, half a pint of sherry or Madeira wine, a little mushroom powder, and the jelly of the meat. When hot, if it wants any more seasoning, add some; and serve with hard eggs, forcemeat balls, a squeeze of lemon, and a spoonful of soy.—This is a very easy way, and the dish is excellent.

5. Or, stew a pound and a half of scrag of mutton, with from three pints of water to a quart; then set the broth on, with a calf's foot and a cow heel, cover the stew-pan tight, and simmer till you can get off the meat from the bones in proper bits. Set it on again with the broth, a quarter of a pint of Madeira or sherry wine, a large onion, half a tea-spoonful of cayenne pepper, a bit of lemon peel, two anchovies, some sweet herbs, eighteen oysters cut into pieces and then chopped fine, a tea-spoonful of salt, a little nutmeg, and the liquor of the oyster; cover it tight, and simmer three quarters of an hour. Serve with forcemeat balls, and hard eggs in the tureen.

An excellent and very cheap mock turtle may be made of two or three cow heels baked, with two pounds and a half of gravy beef, herbs, &c. as above, with cow heels and veal.

6. Scald a calf's head with the skin on; put it in sufficient broth to cover it; add two onions, a few allspice, and a bunch of sweet herbs tied up. Let it boil tender, (for which two hours and a half will suffice;) strain off the broth, and cut the head and tongue in square pieces: take half a pound of good butter, four large onions chopped, a handful of parsley, a tea-spoonful of thyme, ditto of knotted marjoram, and ditto of sweet basil in powder: boil it well with the butter: then add

a lemon peel, two teacup-fuls of flour, and a table-spoonful of ground allspice, with pepper, salt, and cayenne pepper, to the broth which was strained from the head. Let it boil well for a quarter of an hour, then put the pieces of head in with the forcemeat balls, and hard yelks of eggs. When sent to table, to three quarts of the soup add two large glasses of sherry or Madeira. Four or five yelks of eggs are sufficient for three quarts of soup.

7. Line the bottom of a stew-pan that will hold five pints, with an ounce of nice bacon, or ham, a pound and a half of lean gravy beef, a cow heel, the inner rind of a quarter of a carrot, a sprig of lemon-thyme, winter savory, three times the quantity of parsley, a few green leaves of sweet basil, and two shalots: make a bundle of these, and tie up in it a couple of blades of mace; put in a large onion, with four cloves stuck in it, twelve corns of allspice, the same of black pepper; pour on these a quarter of a pint of cold water, cover your stewpan, and set it on a slow fire to boil gently for a quarter of an hour; then, lest your meat should catch, take off the cover, and watch it; and when it has got a good brown colour, fill up your stew-pan with boiling water, and let it simmer very gently for two hours; if you wish to have the full benefit of your meat, only stew it till it is just tender, and cut it into mouthfuls, and put it into your soup. Put a table-spoonful of thickening into a two-quart stew-pan, pour to it a ladleful of your gravy, and stir it quick till it is well mixed, pour it back into the stew-pan where your gravy is, and let it simmer gently for half an hour longer, then strain it through a tammis into a gallon stew-pan: cut the cow heel into pieces about an inch square, squeeze through a sieve the juice of a lemon, a table-spoonful of plain browning, the same of mushroom catsup, a tea-spoonful of salt, half a tea-spoonful of ground black pepper, as much grated nutmeg as will lie on a sixpence, and a glass of Madeira or sherry wine; let it all simmer together for about half an hour.

MUTTON.

A Leg of Mutton to imitate Venison.

Get the largest and fattest leg of mutton, cut like a haunch of venison. This should be done as soon as the sheep is killed, whilst it is warm. Take out the bloody vein; stick it in several places in the under-side with a sharp-pointed knife; pour over it a bottle of red wine; turn it in the wine four or five times a day for five days, then dry it exceedingly well with a clean cloth, hang it up in the air with the thick end uppermost for five days; dry it night and morning to keep it from being damp, or growing musty; when you roast it, cover it with paper and paste, as you do venison; serve it up with venison sauce. It will take four hours roasting.

To force a Leg of Mutton.

Raise the skin, and take out the lean part of the mutton: chop it exceedingly fine, with one anchovy: shred a bundle of sweet herbs, grate a penny loaf, half a lemon, nutmeg, pepper, and salt to your taste; make them into a forcemeat with three eggs and a large glass of red wine; fill up the skin with the forcemeat, but leave the bone and shank in their place, and it will appear like a whole leg; lay it on an earthen dish, with a pint of red wine under it, and send it to the oven; it will take two hours and a half; when it comes out, take off all the fat, strain the gravy over the mutton, lay round it hard yelks of eggs, and pickled mushrooms. Garnish with pickles, and serve it up.

To dress a Haunch of Mutton.

Keep it as long as it can be preserved sweet by the different modes: let it be washed with warm milk and water, or vinegar, if necessary; but when to be dressed, observe to wash it well, lest the outside should have a bad flavour from keeping. Put a paste of coarse flour or strong paper, and fold the haunch in; set it a great distance from the fire, and allow proportionable time for the paste; do not take it off till

about thirty-five or forty minutes before serving, and then baste it continually. Bring the haunch nearer to the fire before you take off the paste, and froth it up as you would venison.

A gravy must be made of a pound and a half of loin of old mutton, simmered in a pint of water to half, and no seasoning but salt: brown it with a little burnt sugar, and send it up in the dish; but there should be a good deal of gravy in the meat; for though long at the fire, the distance and covering will prevent its running out.

Serve with currant-jelly sauce.

To roast a Saddle of Mutton.

Let it be first well kept. Raise the skin, and then skewer it on again: take it off a quarter of an hour before serving, sprinkle it with some salt, baste it, and dredge it well with flour. The rump should be split, and skewered back on each side. The joint may be large or small according to the company: it is the most elegant if the latter. Being broad, it requires a high and strong fire.

Fillet of Mutton braised.

Take off the chump end of the loin, butter some paper, and put over it, and then paste it as for venison; roast it two hours. Do not let it be the least brown. Have ready some French beans boiled, and drained on a sieve; and while the mutton is being glazed, give them one heat up in gravy, and lay them on the dish with the meat over them.

Fillet of Mutton with Cucumbers.

Take the best end of a neck of mutton, cut off the under bone, leaving the long ones on; then trim it neatly, lard it, let it remain plain, roast it gently, and serve it up with cucumbers or sorrel sauce under it.

A Shoulder of Mutton called Hen and Chickens.

Half roast a shoulder, then take it up, and cut off the blade at the first joint, and both the flaps, to make the blade round; score the blade round in diamonds, throw a little pepper and

salt over it, and set it in a tin oven to broil. Cut the flaps and meat off the shank in thin slices, and put the gravy that came out of the mutton into a stew-pan, with a little good gravy, two spoonfuls of walnut catsup, one of browning, a little cayenne pepper, and one or two shalots. When your meat is tender, thicken it with flour and butter, put it into the dish with the gravy, and lay the blade on the top. Garnish with green pickles.

Shoulder of Mutton en Epigram.

Roast a shoulder of mutton till it is nearly enough done, then carefully take off the skin about the thickness of a crown piece, and also the shank bone at the end. Season both the skin and shank bone with pepper, salt, a little lemon peel cut small, and a few sweet herbs and crumbs of bread; lay it on the gridiron till it is of a fine brown; and in the meantime, take the rest of the meat, and cut it like a hash, in pieces about the bigness of a shilling. Save the gravy and put to it, with a few spoonfuls of strong drawn gravy, a little nutmeg, half an onion cut fine, a small bundle of herbs, a little pepper and salt, some gherkins cut very small, a few mushrooms, two or three truffles cut small, two spoonfuls of wine, and a little flour dredged into it. Let all these stew together very slowly for five or six minutes, but be careful it does not boil. Take out the sweet herbs, lay the hash in the dish, and the broiled upon it. Garnish with pickles.

To boil a Shoulder of Mutton with Oysters.

Hang it some days, then salt it well for two days; bone it, and sprinkle it with pepper, and a bit of mace pounded: lay some oysters over it, and roll the meat up tight, and tie it. Stew it in a small quantity of water, with an onion and a few pepper-corns, till quite tender.

Have ready a little good gravy, and some oysters stewed in it: thicken this with flour and butter, and pour over the mutton when the tape is taken off. The stew-pan should be kept close covered.

Harrico of Mutton.

Take off some of the fat, and cut the middle or best end of the neck into rather thin steaks; flour and fry them in their own fat of a fine light brown, but not enough for eating. Then put them into a dish while you fry carrots, turnips, and onions; which must have been previously boiled, and will only require warming. Then lay the steaks at the bottom of a stew-pan, the vegetables over them, and pour as much boiling water as will just cover the whole: give one boil, skim well, and then set the pan on the side of the fire to simmer gently till tender. In three or four hours skim again: and add pepper, salt, and a spoonful of catsup.

To ragout Mutton.

Cut some thin slices, the right way of the grain, off a fine leg of mutton, and pare off all the skin and fat. Then put a piece of butter into your stew-pan, and shake some flour over it; add to these two or three slices of lemon, with half an onion cut very small, a bunch of sweet herbs, and a blade of mace. Put your meat with these into the pan, stir them together, for five or six minutes, and then put in half a pint of gravy, with an anchovy minced small, and a piece of butter rolled in flour. Stir the whole well together, and when it has stewed about ten minutes, dish it up, and serve it to table. Garnish with pickles and sliced lemon.

To hash Mutton.

Cut thin slices of dressed mutton, fat and lean; flour them; have ready a little onion boiled in two or three spoonfuls of water; add to it a little gravy and the meat seasoned, and make it hot, but not to boil. Serve in a covered dish. Instead of onion, a clove, a spoonful of currant-jelly, and half a glass of port wine, will give an agreeable flavour of venison, if the meat be fine.

Pickled cucumber, or walnut, cut small, may be warmed in it for change.

To dress Mutton the Turkish way.

Having cut your meat into thin slices, wash it in vinegar, and put it into a pot or saucepan that has a close cover to it. Put in some rice, whole pepper, and three or four whole onions. Let all these stew together, skimming it frequently. When enough, take out the onions, and season with salt to your palate. Lay the mutton in the dish, and pour the rice and liquor over it.

To dress a Breast of Mutton.

Cut off the superfluous fat, and roast and serve the meat with stewed cucumbers; or to eat cold, cover with chopped parsley. Or half boil, and then grill before the fire; in which case cover it with crumbs and herbs, and serve with caper sauce. Or if boned, take off a good deal of the fat, and cover it with bread, herbs, and seasoning; then roll and boil; and serve with chopped walnuts, or capers and butter.

To collar a Breast of Mutton.

Bone your mutton, and rub it over with the yelk of an egg; then grate over it a little lemon peel, and a nutmeg, with a little pepper and salt; then chop small one teacup-ful of capers, two anchovies; shred fine a handful of parsley, a few sweet herbs; mix them with the crumbs of a penny loaf, strew it over your mutton, and roll it up tight, boil it two hours; then take it up, and put it into a pickle made as for calf's head.

To grill a Breast of Mutton.

Score a breast of mutton in diamonds, and rub it over with the yelk of an egg; then strew on a few bread crumbs and shred parsley; put it in a Dutch oven to broil: baste it with fresh butter: pour in the dish good caper sauce, and serve it up.

To roll a Loin of Mutton.

Hang the mutton till tender; bone it, and lay a seasoning of pepper, allspice, mace, nutmeg, and a few cloves, all in fine

powder, over it. Next day prepare a stuffing as for hare; beat the meat and cover it with the stuffing; roll it up tight, and tie it. Half-bake it in a slow oven; let it grow cold; take off the fat, and put the gravy into a stew-pan; flour the meat, and put it in likewise; stew it till almost ready; and add a glass of port wine, some catsup, an anchovy, and a little lemon pickle, half an hour before serving: serve it in the gravy, and with jelly sauce. A few fresh mushrooms are a great improvement: but if to eat like hare, do not use these, nor the lemon pickle.

To roast a collared Loin of Mutton.

Take off the fat from the upper side, and the meat from the under side of a loin of mutton; bone it; season it with pepper and salt, and some shalot or sweet herbs, chopped very small. Let it be rolled up very tight, well tied round, and roasted gently. About an hour and three quarters will do it. While this is roasting, half-boil the meat taken from the under side, then mince it small, put it into half a pint of gravy, and against the mutton is ready, heat this, and pour it into the dish when it is served up.

To stew a Loin of Mutton.

Bone a loin of aged mutton, taking off the skin, and the inside fat. Then stew it in gravy till it becomes a good brown. Put into the stew-pan, with the mutton, two anchovies, and half a clove of garlic. Stew moderately till the meat becomes tender. Half an hour before taking up, add a few spoonfuls of port wine, and some catsup. Skim off the fat, and thicken the sauce with butter and flour.—If well dressed, this is a good looking dish, and in general is approved of. It eats very well with venison sauce.

Mutton Collops.

Take a loin of mutton that has been well hung; and cut from the part next the leg some collops very thin. Take out the sinews. Season the collops with salt, pepper, and mace; and strew over them shred parsley, thyme, and two or three shalots: fry them in butter till half done; add half a pint of

gravy, a little juice of lemon, and a piece of butter rubbed in flour; and simmer the whole very gently five minutes. They should be served immediately, or they will be hard.

Another way Take the lean of a loin of mutton; cut it in thin slices, the size of a crown piece; season them with salt and pepper, and fry on a saute-pan with butter, and glaze. Cut some slices of potatoes of the same size with the mutton, and fry them; place a collop of mutton and potatoe, alternately, round the dish, and put a quarter of a pint of white sauce in the middle of it.

Mutton Chops dressed in the Portuguese Fashion.

The chops are to be first about half fried with sliced onion or shalots, a bay leaf or two, some chopped parsley, salt, and pepper; forcemeat then being placed or spread on a piece of writing paper for each chop, it is put in, covered with more forcemeat, and twisted closely up; a hole being left for the end of the bone to pass through. In this state, it is broiled on a gentle fire, and served up either with sauce Robert or a little good gravy.

To fry Mutton Steaks.

Mix a little chopped parsley, thyme, and lemon peel, with a spoonful or two of fine bread crumbs, a little grated nutmeg, some pepper, and salt. Take some steaks from a neck or loin of mutton, cut off most of the fat, beat them well, rub them with yelk of egg, and strew them pretty thick with the bread and herbs. Fry them of a nice brown, and serve them up with crisped parsley in the dish.

Veal is very nice done in the same manner.

To stew Mutton Steaks.

Take some steaks off the best end of a loin of mutton, or some slices cut out of the middle part of a leg. Season them with pepper and salt, lay them into a stew-pan with some sliced onion, and cover them with water and a little gravy. When done on one side, turn the steaks on the other, and thicken the gravy at the same time with some flour and butter. A little shalot, or catsup or both, may be added at pleasure.

Twenty or twenty-five minutes will stew them enough. Long stewing makes meat hard.

Steaks of Mutton, or Lamb, and Cucumbers.

Quarter cucumbers, and lay them into a deep dish, sprinkle them with salt, and pour vinegar over them. Fry the chops of a fine brown, and put them into a stew-pan; drain the cucumbers, and put over the steaks; add some sliced onions, pepper, and salt; pour hot water or weak broth on them; stew and skim well.

Mutton Steaks Maintenon.

Half-fry, stew them while hot, with herbs, crumbs, and seasoning; put them in paper immediately, and finish on the gridiron. Be careful the paper does not catch: rub a bit of butter on it first to prevent that.

To make French Steaks of a Neck of Mutton.

Let your mutton be very good and large, and cut off most part of the fat of the neck, and then cut the steaks two inches thick; make a large hole through the middle of the fleshy part of every steak with a penknife, and stuff it with force-meat made of bread crumbs, beef suet, a little nutmeg, pepper, and salt, mixed up with the yelk of an egg; when they are stuffed, wrap them in writing paper, and put them in a Dutch oven; set them before the fire to broil; they will take near an hour; put a little brown gravy in your dish, and serve them up in the papers.

Mutton Chops in Disguise.

Rub the chops over with pepper, salt, nutmeg, and a little parsley. Roll each in half a sheet of white paper, well buttered within-side, and close the two ends. Boil some hog's lard, or beef dripping, in a stew-pan, and put the steaks in it. Fry them of a fine brown, then take them out, and let the fat thoroughly drain from them. Lay them in your dish, and serve them up with good gravy in a sauce-boat. Garnish with horse-radish and fried parsley.

Mutton Rumps a-la-Braise.

Boil six mutton rumps for fifteen minutes in water, then take them out, and cut them into two, and put them into a stew-pan, with half a pint of good gravy, a gill of white wine, an onion stuck with cloves, and a little salt and cayenne pepper. Cover them close, and stew them till they are tender, Take them and the onion out, and thicken the gravy with a little butter rolled in flour, a spoonful of browning, and the juice of half a lemon. Boil it up till it is smooth, but not too thick. Then put in the rumps, give them a shake or two, and dish them up hot. Garnish with horse-radish and beet root. For variety you may leave the rumps whole, and lard six kidneys on one side, and do them the same as the rumps, only not boil them, and put the rumps in the middle of the dish, and kidneys round them, with the sauce over all.

Mutton Rumps and Kidneys.

Bone four rumps, (or more properly called tails) fill them with forced meat, and put them in a stew-pan with about half a pint of best stock: split six kidneys, and put them in a stew-pan, cover them over with bacon; put them on a slow stove to simmer gently for about two hours. When done take the rumps up and glaze them; put the kidneys into another stew-pan: strain the liquor they were done in, skim the fat from it, and reduce it to a glaze; then add some coulis, make it hot, squeeze a lemon in it, and put a little cayenne pepper; put it to the kidneys; put the kidneys round the dish, the sauce over them, and the rumps in the middle. Garnish with paste or croutons.

To dress Mutton Rumps and Kidneys, with Rice.

Stew six rumps in some good mutton gravy half an hour; then take them up, and let them stand to cool. Clear the gravy from the fat; and put into it four ounces of boiled rice, an onion stuck with cloves, and a blade of mace; boil them till the rice is thick. Wash the rumps with yelks of eggs well beaten, and strew over them crumbs of bread, a little pepper and salt, chopped parsley and thyme, and grated lemon

peel. Fry in butter of a fine brown. While the rumps are stewing, lard the kidneys, and put them to roast in a Dutch oven. When the rumps are fried, the grease must be drained before they are put on the dish; and the pan being cleared likewise from the fat, warm the rice in it. Lay the latter on the dish: the rumps put round on the rice, the narrow ends towards the middle, and the kidneys between. Garnish with hard eggs cut in half, the white being left on; or with different coloured pickles.

Mutton kebobbed.

Take all the fat out of a loin of mutton, and that on the outside also if too fat, and remove the skin. Joint it at every bone: mix a small nutmeg grated with a little salt and pepper, crumbs and herbs; dip the steaks into the yelks of three eggs, and sprinkle the above mixture all over them. Then place the steaks together as they were before they were cut asunder, tie them, and fasten them on a small spit. Roast them at a quick fire; set a dish under, and baste them with a good piece of butter and the liquor that comes from the meat; but throw some more of the above seasoning over. When done enough, take it up, and lay it in a dish; have half a pint of good gravy ready besides that in the dish; and put into it two spoonfuls of catsup, and rub down a tea-spoonful of flour with it; give this a boil, and pour it over the mutton, but first skim off the fat well. Mind to keep the meat hot till the gravy is quite ready.

An excellent Hotch-potch.

Stew peas, lettuce, and onions, in a very little water with a beef or ham-bone. While these are doing, fry some mutton or lamb steaks seasoned, of a nice brown; three quarters of an hour before dinner, put the steaks into a stew-pan, and the vegetables over them; stew them, and serve all together in a tureen.

Or, knuckle of veal, and scrag of mutton, stewed with vegetables as above; to both add a bit of butter rolled in flour.

China Chilo.

Mince a pint bason of undressed neck of mutton, or leg, and some of the fat; put two onions, a lettuce, a pint of green peas, a tea-spoonful of salt, a tea-spoonful of pepper, four tea-spoonfuls of water, and two or three ounces of clarified butter, into a stew pan closely covered; simmer two hours, and serve in the middle of a dish of boiled dry rice. If cayenne is approved, add a little.

To dress Sheep's Trotters.

Boil them in water, and then put them into a stew-pan with a glass of white wine, half a pint of broth, as much coulis, a bunch of sweet herbs, with salt, whole pepper, and mace. Stew them by a slow fire till the sauce is reduced, then take out the herbs, and serve them upon a grattan.—Sheep's trotters may be served with a ragout of cucumbers.

Mutton Cutlets in Cabbage.

Take thick cutlets from the loin; blanch them by boiling up in water a minute or two, and prepare in the same manner a large cabbage cut in four quarters; put them together in a stew-pan; cover with slices of fat bacon; put a pint of gravy with salt and pepper, and stew them tender; when done, strain off the gravy, take off the fat, and thicken the sauce with a spoonful of flour, and pour it over the mutton and cabbage.

N. B. Lamb cutlets are done the same way.

Mutton Pie with Cabbage.

Raise a crust with raised paste; blanch ten slices of mutton, and one of cabbage, cut in quarters; lay a layer of mutton and one of cabbage, seasoned with salt and pepper, till the pie is full; cover with slices of fat bacon and crust; bake it tender two hours; when done, add half a pint of brown sauce.

Sheep's Tongues.

Blanch and skin eight sheep's tongues; trim neat, and put

them on in a braise; when tender, glaze them, and serve a sauce Robert under them.

N. B. Salted mutton tongues may be done the same way, and served with cabbage or endive sauce.

Another way. Scald and skin eight tongues; lard them all over the top; braise and glaze. Serve small onion sauce under them.

LAMB.

Leg and Loin of Lamb.

Cut the leg from the loin, and boil it three quarters of an hour. Cut the loin in handsome steaks, beat them with a cleaver, and fry them a good brown. Then stew them a little in strong gravy. Put the leg on the dish, and lay your steaks round it. Pour on your gravy, lay round lumps of staved spinach, and crisped parsley on every steak. Send it to table with gooseberry sauce in a boat, and garnish with lemon.

Another way. Cut the loin into handsome steaks, and fry them nicely. Boil the gigot slowly, skimming it well, that it may look white and plump. Place the gigot in the middle of the dish, lay the steaks around it, with sprigs of nicely boiled cauliflower on each steak; or it may be served with spinage, sorrel, or stewed cucumber. Pour some hot melted butter over the gigot. This is an elegant variety in dressing lamb, and is attended with no additional expense whatever.

Leg of Lamb and Cucumbers.

Put the leg on a spit, butter and salt it, then paper it and tie it on. When done take it up and glaze it: put the sauce on the dish, and then the lamb

To roast a Fore-quarter of Lamb.

Roast it either whole, or in separate parts. If left to be

cold, chopped parsley should be sprinkled over it. The neck and breast together are called a scoven or target.

A Forequarter of House Lamb.

A small forequarter of house lamb will take an hour and a half roasting; a leg three quarters of an hour. When it is done, and put into the dish, cut off the shoulder, and pepper and salt the ribs. Serve it up with salad, brocoli, potatoes, or mint sauce.

A Quarter of Lamb forced.

Take a large leg of lamb, cut a long slit on the back side, and take out the meat; but be careful you do not deface the other side. Then chop the meat small with marrow, half a pound of beef suet, some oysters, an anchovy washed, an onion, some sweet herbs, a little lemon peel, and some beaten mace and nutmeg. Beat all these together in a mortar, stuff up the leg in the shape it was before, sew it up, and rub it all over with the yelks of eggs beaten; spit it, flour it all over, lay it to the fire, and baste it with butter. An hour will roast it. In the meantime, cut the loin into steaks, season them with pepper, salt, and nutmeg, lemon peel cut fine, and a few herbs. Fry them in fresh butter of a fine brown, then pour out all the butter, put in a quarter of a pint of white wine, shake it about, and add half a pint of strong gravy wherein good spice has been boiled; a quarter of a pint of oysters, and the liquor; some mushrooms, and a spoonful of the pickle; a piece of butter rolled in flour, and the yelk of an egg beat fine; stir all these together till thick, then lay your leg of lamb in the dish, and the loin round it. Pour the sauce over them, and garnish with lemon.

Breast of Lamb and Cucumbers.

Cut off the chine bone from the breast, and set it on to stew with a pint of gravy. When the bones would draw out, put it on the gridiron to grill; and then lay it in a dish on cucumbers nicely stewed.

Shoulder of Lamb forced, with Sorrel Sauce.

Bone a shoulder of lamb, and fill it up with forcemeat, braise it two hours over a slow stove. Take it up, glaze it: or it may be glazed only, and not braised. Serve with sorrel sauce under the lamb.

Shoulder of Lamb grilled.

Having roasted the shoulder till three parts done, take it up, and with a sharp knife score it in small diamonds, seasoning with pepper and salt, or if intended to be highly seasoned, with cayenne; broil of a nice brown, and serve with a good coulis under it, to which add two spoonfuls of catsup, a little lemon juice and butter, and place over thin slices of lemon.

Shoulder of Lamb, and Sorrel Sauce.

Take the blade bone out, and fill up the place with forced meat; sew it up and put it into a braise, and put it on the stove to simmer quite slow: when done glaze it, put the sorrel sauce on the dish, and the lamb on it: garnish with either paste or croutons.

Another way. Bone a shoulder of lamb; lard it over the top, fill it with forcemeat, sew it up in the shape of a pear; braise it two hours; glaze it, serve cucumber or ragout sauce under it.

Lamb Chops.

Cut a neck of lamb neatly into chops, and rub them over with egg yelk; then strew over them some bread crumbs, mixed with a little clove, mace, white pepper, and salt. Fry to a nice brown, and place the chops regularly round a dish, leaving an opening in the middle, to be filled with stewed spinach, cucumber, or sorrel.

House-lamb Steaks, white.

Stew them in milk and water till very tender, with a bit of lemon peel, a little salt, some pepper, and mace. Have ready some veal gravy, and put the steaks into it; mix some mush-

room powder, a cup of cream, and the least bit of flour, shake the steaks in this liquor, stir it, and let it get quite hot. Just before you take it up, put in a few white mushrooms. This is a good substitute when poultry is very dear.

House-lamb Steaks, brown.

Season them with pepper, salt, nutmeg, grated lemon peel, and chopped parsley; but dip them first into egg: fry them quick. Thicken some good gravy with a bit of flour and butter; and add to it a spoonful of port wine, and some oysters; boil it up, and then put in the steaks warm; let them heat up, and serve. You may add palates, balls, or eggs, if you like.

Lamb Cutlets with Spinach, or mashed Potatoes.

Cut the steaks from the loin, and fry them; the spinach is to be stewed, or the potatoes mashed, and put into the dish first, and then the cutlets round it; the potatoes may be either plain mashed, or browned in a Dutch oven.

Lamb Cutlets, with Cucumber Sauce.

Cut the chine off a neck of lamb, cut it into cutlets, and trim them neatly: into a stew-pan put three ounces of butter, pepper, salt, chopped eschalots, thyme, parsley, and lemon juice: melt the butter, and put in the cutlets till three parts done: take them up, and when nearly cool, brush them over with yelk of egg, sprinkle with grated bread, and fry in boiling lard: drain off the fat, and serve with cucumber sauce in the middle of the dish.

Veal and mutton cutlets may be dressed in the same manner.

Lamb's Head.

Wash the head very clean, take the black part from the eyes, and the gall from the liver. Lay the head in warm water; boil the lights, heart, and part of the liver. Chop and flour them, and toss them up in a saucepan with some gravy, catsup, and a little pepper, salt, lemon juice, and a spoonful of cream. Boil the head very white, lay it in the

middle of the dish, and the mince-meat round it. Place the other parts of the liver fried, with some very small bits of bacon on the mince-meat, and the brains fried in little cakes, and laid on the rim of the dish, with some crisped parsley put between. Pour a little melted butter over the head, and garnish with lemon.

Another way. Boil the head and pluck tender, but do not let the liver be too much done. Hack the head cross and cross, grate some nutmeg over it, and lay it in a dish before a good fire. Grate some crumbs of bread, some sweet herbs rubbed, a little lemon peel chopped fine, a very little pepper and salt, and baste it with a little butter; throw a little flour over it, baste and dredge it. Take half the liver, the heart, lights and tongue, chop them small, with about a gill of gravy or water. Shake some flour over the meat, stir it together, put in the gravy or water a good piece of butter rolled in a little flour, a little pepper and salt, and what runs from the head in the dish. Simmer all together a few minutes, and add half a spoonful of vinegar; pour it into the dish, lay the head in the middle of the mince-meat, have ready the other half of the liver cut thin with some slices of bacon broiled, and lay round the head. Garnish with lemon.

Lamb's Head and Hinge.

Boil the head by itself till it is tender. Boil the liver and lights till they are nearly done enough, then mince them. Take about half a pint of the liquor they were boiled in, thicken it with a little butter and flour, add a little catsup, a little vinegar, salt and pepper. Put in the brains and the mince, and let it stew a short time. While this is doing, rub the head, which should be parted in two, with yelk of egg, strew it with bread crumbs and chopped parsley; and brown it with a salamander, or in a Dutch oven. Then serve it up with the mince poured round it. The heart may be seasoned and broiled if preferred, instead of mincing it.

Lamb's Head minced.

Chop the head in halves, and blanch it with the liver, heart, and lights: clean the brains in warm water, dip them

in yelk of egg, grated bread, and chopped parsley, seasoned with white pepper and salt; and whilst the head is blanching, fry them in boiling lard, and drain. Chop the heart, &c. and add a little parsley and lemon peel, chopped very fine, seasoned with white pepper and salt; stew in some coulis till tender. Wash the head over with yelk of egg, strew over grated bread, seasoned with white pepper and salt, and bake gently till very tender. Serve up, having browned the head with a salamander; put the mince under it, and the brains round it, with rashers of broiled bacon.

To stew Lamb's Head.

In order to stew a lamb's head, wash and pick it very clean. Lay it in water for an hour, take out the brains, and with a sharp knife carefully extract the bones and the tongue; but be careful to avoid breaking the meat. Then take out the eyes. Take two pounds of veal, and two pounds of beef suet, a very little thyme, a good piece of lemon-peel minced, part of a nutmeg grated, and two anchovies. Having chopped all these well together, grate two stale rolls, and mix all with the yelks of four eggs. Save enough of this meat to make about twenty balls. Take half a pint of fresh mushrooms, clean peeled and washed, the yelks of six eggs chopped, half a pint of oysters clean washed, or pickled cockles. Mix all together; but first stew your oysters, and put to them two quarts of gravy, with a blade or two of mace. Tie the head with packthread, cover it close, and let it stew two hours. While this is doing, beat up the brains with some lemon peel cut fine, a little chopped parsley, a little grated nutmeg, and the yelk of an egg. Fry the brains in little cakes, in boiling dripping, and fry the balls, and keep them both hot. Take half an ounce of truffles and morels, and strain the gravy the head was stewed in. Put to it the truffles and morels, and a few mushrooms, and boil all together; then put in the rest of the brains that are not fried, and stew them together for a minute or two. Pour this over the head, lay the fried brains and balls round it, and garnish with lemon.

Lamb's Sweetbreads.

Blanch them, and put them a little while into cold water. Then put them into a stew-pan, with a teacup-ful of broth, some pepper and salt, a small bunch of small onions, and a blade of mace; stir in a bit of butter and flour, and stew half an hour. Have ready two or three eggs well beaten in cream, with a little minced parsley, and a few grates of nutmeg. Put in some boiled asparagus tops to the other things. Do not let it boil after the cream is in; but make it hot, and stir it well all the while. Take great care it does not curdle. Young French beans or peas may be added, first boiled of a beautiful colour.

Lamb's Feet or Ears, with Mushrooms.

Scald and bone the feet; put in some forcemeat; braise them tender; serve mushroom sauce under them.

To dress Lamb's Feet with Asparagus Tops.

Take twelve scalded feet, remove the worm from the hoof, loosen the skin and gristles, put them into cold water, and let them boil till the shank will draw out, without breaking the skin. Put them into a stewpan, peel two lemons, and, having sliced them, lay them over the feet, with sliced bacon, and paper upon that. Pour into the pan half a pint of gravy, with the feet, and let the whole simmer half an hour. When done, set the feet aside, and in the mean time boil up the tops of small asparagus with a little stock, till reduced to a glaze. Add some white sauce and cream, take up the feet, and lay them round a dish, with the peas in the middle.

Hashed Lamb and broiled Blade-bone.

Cut the blade-bone from the shoulder of lamb, leaving a little meat upon it; score, pepper, and salt it; put it on a tart-dish; put over it a little oiled butter, and put it into the oven to warm through; cut the other part of the meat into neat collops; put a little coulis sauce into a stew-pan; make

it hot, and add a little mushroom catsup, and half a spoonful of eschalot vinegar; put in the collops, set them by the side of a stove to get hot, but do not let them boil; take the blade-bone out of the oven; put it on a gridiron to brown, and put the hash on the dish, and the blade-bone on the middle of the dish.

Fricasseed Lambstones.

Skin and wash, then dry and flour them; fry of a beautiful brown, in hog's lard. Lay them on a sieve before the fire till you have made the following sauce: Thicken almost half a pint of veal-gravy, with a bit of flour and butter, and then add to it a slice of lemon, a large spoonful of mushroom catsup, a tea-spoonful of lemon-pickle, a grate of nutmeg, and the yelk of an egg beaten well in two large spoonfuls of thick cream. Put this over the fire, and stir it well till it is hot, and looks white; but do not let it boil, or it will curdle. Then put in the fry, and shake it about near the fire for a minute or two. Serve in a very hot dish and cover.

Fricassee of Lambstones and Sweetbreads.

Have ready some lambstones blanched, parboiled, and sliced. Flour two or three sweetbreads: if very thick, cut them in two. Fry all together, with a few large oysters, of a fine yellow brown. Pour the butter off; and add a pint of good gravy, some asparagus tops about an inch long, a little nutmeg, pepper, and salt, two shalots shred fine, and a glass of white wine. Simmer ten minutes; then put a little of the gravy to the yelks of three eggs well beaten, and by degrees mix the whole. Turn the gravy back into the pan, and stir it till of a fine thickness, without boiling. Garnish with lemon.

Lamb's Rumps and Ears, brown.

Scald an equal number of each very clean; take a pint of veal stock, in which braise them till half done: take up the rumps, and having brushed them over with yelk of egg, strew with grated bread, and broil gently: stew the ears till

the liquor is nearly reduced, and having now added coulis, stew till tender, and serve with the rumps round the ears, and sauce.

Lamb's Rumps and Ears, white.

Proceed as above directed; and when they are tender, and the liquor is nearly reduced, add a leason of eggs, and serve.

Lamb's Bits.

Skin the stones, and split them; then lay them on a dry cloth with the sweetbreads and the liver, and dredge them well with flour. Fry them in lard or butter till they are of a light brown, and then lay them in a sieve to drain. Fry a good quantity of parsley, lay your bits on the dish, the parsley in lumps over them, and pour round them melted butter.

A very nice Dish.

Take the best end of a neck of lamb, cut it into steaks, and chop each bone so short as to make the steaks almost round. Egg and strew the crumbs, herbs, and seasoning; fry them of the finest brown; mash some potatoes with a little butter and cream, and put them into the middle of the dish raised high. Then place the edge of one steak on another with the small bone upward, all round the potatoes.

A Lamb's Haggis.

Slit up all the little fat tripes with scissors, and clean them. Clean the kernels also; and parboil the whole, and cut them into little bits. Clean and shred the web and kidney-fat, and mix it with the tripes. Season with salt, pepper, and grated nutmeg. Make a thin batter with two eggs, a half-pint of milk, and the necessary quantity of flour. Season with chopped chives or young onions. Mix the whole together. Sew up the bag, which must be very clean, and boil for an hour and a half.

Lamb's Rumps and Ears.

Scald them clean, put them into a pint of veal stock, and braise them till half done. Take up the rumps, brush them over with the yelk of an egg, strew upon them some grated bread, and broil them. In the mean time, stew the ears till the liquor is nearly reduced. Add some coulis, and stew them till tender. If intended to be served with white sauce, proceed as before, adding thereto some egg.

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*Rump of Beef en Matelotte.**

Cut a rump into pieces, and parboil them. Take some common stock, boil it whole without seasoning, and when half done, stir in some butter, with a spoonful of flour, till brown, and moisten it with the liquor the beef was done in. Put in with the rump twelve large onions parboiled, a glass of white wine, a bunch of parsley, a leaf of laurel, some sweet herbs, pepper, and salt. Stew the rump and onions till tender; skim the surface well, and put an anchovy cut small, with some chopped capers, into the sauce. Lay the rump in the middle of the dish, with the onions round it. A rump done in this way will take four hours.

To force the Inside of a Sirloin of Beef.

Raise the fat, cut the meat close to the bones, and chop it small. Cut a pound of suet in the same manner; then put to it some crumbs of bread, lemon peel shreded, thyme, pepper, and salt, half of a grated nutmeg, and two shalots chopped fine. Mix these with a glass of port: put the whole into the cavity from whence the beef was cut, draw the skin and fat over it, skewer it down, and cover it with paper. Spit the sirloin before the meat is taken out, and put it down to the fire. Previous to its being done, take a quarter of a pint of port, and shalots cut small; boil them,

* This and the two following recipes were accidentally omitted under their respective heads.

and pour the whole into the dish with the gravy. Send it hot to table, garnished with lemon. The inside of a rump of beef may be done in the same way, by taking off the skin, cutting out the meat in the middle, and proceeding as before.

Bombarded Veal.

Cut out the bone of a fillet; make a forcemeat with the crumb of a penny loaf, half a pound of fat bacon scraped, a little lemon-peel, parsley, two or three sprigs of sweet marjoram, and one anchovy, all chopped, some grated nutmeg, cayenne pepper, and salt. Mix all these together, with an egg and a little cream, and fill up the cavity from whence the bone was extracted. Cut the fillet across, in divisions about an inch asunder all round; fill one part with forcemeat, a second with boiled spinach well squeezed, a third with bread crumbs, chopped oysters, and beef marrow, and so on alternately. Having filled up all the divisons, fasten the caul over the fillet, and put it into a pot, with a pint of water, and cover it with a coarse paste. Then send it to the oven, and when done, skim off the fat, put the gravy into a stew-pan, with a spoonful of lemon pickle, one of mushroom catsup, two of browning, half an ounce of morels, and five boiled artichoke bottoms quartered. Thicken the sauce with butter and flour; give it a gentle boil, and pour it upon the veal in the dish.

PORK.

To roast a Leg of Pork in Imitation of Goose.

Having parboiled the leg, take off the skin, and then put it down to roast; baste it with butter, and when nearly done, sprinkle it with a powder made of dry sage, ground black pepper, salt, and grated bread, rubbed together through a colander. You may add a minced onion to the mixture. Put half a pint of gravy into the dish, and goose stuffing under the skin of the knuckle, or garnish with balls of it either fried or boiled.

Another way. Salt a small leg of pork, and let it lie two or three days; then wash it out of the brine, score the skin in the form of diamonds, about a quarter of an inch asunder; next take four onions chopped small, a little sage rubbed fine, pepper, and a very small quantity of salt; raise up the skin in the thick part, and having forced in the stuffing, skewer it up close. Roast it at a brisk fire, and serve it with apple sauce.

Leg of Pork à-la-Boisson.

Boil for ten minutes a leg of pork that has lain in salt three or four days; then take it up, skin, split, and put it to the fire. About half an hour before it is done, shake over it crumbs of bread, baste it with butter, put on more crumbs, and repeat the process till it is brown. Then take it up, lay under it some sage, an onion chopped fine, and boiled in gravy, and serve with apple sauce.

To dress a Loin of Pork to eat like Wild Boar.

Cut a loin of pork as for chops, but leave the end bones whole. Lay some minced sage between the cuts, and soak the meat in an equal quantity of vinegar and water, for ten or twelve days. Then put in more sage, tie it up close, and bake it with the rind downward in vinegar and water. When done, serve it up in its gravy, first skimming it clear, and adding a little sugar and red wine; or the pork may be eaten with sweet sauce.

To dress Fillet of Pork with Robert Sauce.

Bone a neck or loin of pork, cut off the rind, put some stock into a stew-pan, with fat, lay in the meat, cover it with sage and onions, sprinkle it with salt, and place the rind over it. Stew it three hours, drain off the fat, and put the sauce into the dish.

To dress a Pork Griskin.

Put it into as much cold water as will cover it, and let it oil; then take it off, and lay it in a Dutch oven, where it will be done in a few minutes. You may stuff it with sage

and onions. Rub butter and flour over it, before it is put down to the fire. A griskin of seven or eight pounds will take an hour and a half roasting, in the common way.

Fillet of Pork, braised.

Cut the fillet off the neck without bones; take the skin off, and braise it in the following manner. First blanch it in hot water; then put it into a stew-pan just large enough to hold it, with thin slices of fat bacon under and over; also, one onion, twenty peppercorns, and allspice, with three slices of lemon without the peel, and as much gravy or broth as to keep it stewing without covering it, adding to it as it boils away; and suffer to stew till it is quite tender. Then glaze by melting the portable gravy, and brushing it over the top till it is entirely covered, and serve tomata sauce or sauer kraut under it.

To roast a collared Neck of Pork.

Let the meat be boned, then strew the inside pretty well with bread crumbs, chopped sage, a very little beaten allspice, some pepper and salt, all mixed together. Roll it up very close, bind it tight, and roast it gently. An hour and a half, or a little more, according to the thickness, will roast it enough.

A loin of pork with the fat and kidney taken out and boned, and a spring of pork boned, are very nice dressed in the same way.

To dress Pork as Lamb.

For this purpose take a young pig of four or five months old; cut up the fore-quarter for roasting as you do lamb, and truss the shank close. The other parts will make delicate pickled pork; or steaks, pies, &c.

Spring or Forehand of Pork.

Cut out the bone: sprinkle salt, pepper, and sage dried, over the inside; but first warm a little butter to baste it, and then flour it; roll the pork tight, and tie it; then roast by a hanging jack. About two hours will do it.

To prepare a Hog's Head.

Split the head, take out the brains, cut off the ears, and sprinkle it with common salt for a day; then drain it: salt it well with common salt and saltpetre three days, then lay the salt and head into a small quantity of water for two days. Wash it, and boil it till all the bones will come out; remove them, and chop the head as quick as possible; but first skin the tongue, and take the skin carefully off the head, to put under and over. Season with pepper, salt, and a little mace or allspice berries. Put the skin into a small pan, press the cut head in, and put the other skin over; press it down. When cold, it will turn out, and make a kind of brawn. If too fat, you may put a few bits of lean pork to be prepared the same way. Add salt and vinegar, and boil these with some of the liquor for a pickle to keep it.

To collar a Pig's Head.

Scour the head and ears nicely; take off the hair and snout, and take out the eyes and the brain; lay it into water one night; then drain, salt it extremely well with common salt and saltpetre, and let it lie five days. Boil it enough to take out the bones; then lay it on a dresser, turning the thick end of one side of the head towards the thin end of the other to make the roll of equal size; sprinkle it well with salt and white pepper, and roll it with the ears; and if you approve, put the pig's feet round the outside when boned, or the thin parts of two cow-heels. Put it into a cloth, bind with a broad tape, and boil it till quite tender; then put a good weight upon it, and don't take off the covering till cold.

If you choose it to be more like brawn, salt it longer, and let the proportion of saltpetre be greater, and put in also some pieces of lean pork; and then cover it with cow-heel to look like the horn.

This may be kept either in or out of pickle of salt and water boiled, with vinegar; and is a very convenient thing to have in the house.

If likely to spoil, slice and fry it either with or without butter.

To force Hog's Ears.

Parboil two pair of ears, or take some that have been soused; make a forcemeat of an anchovy, some sage, parsley, a quarter of a pound of suet chopped, bread crumbs, pepper, and only a little salt. Mix all these with the yelks of two eggs; raise the skin of the upper side of the ears, and stuff them with the above. Fry the ears in fresh butter, of a fine colour; then pour away the fat, and drain them: make ready half a pint of rich gravy, with a glass of fine sherry, three teaspoonfuls of made mustard, a little bit of flour and butter, a small onion whole, and a little pepper and cayenne. Put this with the ears into a stew-pan, and cover it close; stew it gently for half an hour, shaking the pan often. When done enough, take out the onion, place the ears carefully in a dish, and pour the sauce over them. If a larger dish is wanted, the meat from two feet may be added to the above.

Different ways of dressing Pig's Feet and Ears.

1. Clean carefully, and soak some hours, and boil them tender; then take them out; boil some vinegar and a little salt with some of the water, and when cold put it over them. When they are to be dressed, dry them, cut the feet in two, and slice the ears; fry, and serve with butter, mustard, and vinegar. They may be either done in batter, or only floured.

2. Clean and scald the feet and ears, divide the feet down the middle, tie them together, put them into a saucepan with water enough to cover them well: when they boil, skim them clean, add some pepper, mace, allspice, salt, two or three onions, and a little thyme. Stew them till tender, and set them by. The next day clear them from fat, and shake the feet (untying them first) a little over the fire, with a little of the liquor they were boiled in, some chopped parsley and shalots, and a little lemon juice. Then rub the feet over with yelk of egg and bread crumbs, and brown them with a salamander. Slice the ears into long narrow slips, stew them a few minutes in some good gravy, and serve them up with the feet upon them.

3. Put no vinegar into the pickle, if to be dressed with

cream. Cut the feet and ears into neat bits, and boil them in a little milk; then pour that from them, and simmer it in a veal broth, with a bit of onion, mace, and lemon-peel. Before you serve, add a little cream, flour, butter, and salt.

4. Clean and prepare as in the last article, then boil them in a very small quantity of water till every bone can be taken out; throw in half a handful of chopped sage, the same of parsley, and a seasoning of pepper, salt, and mace, in fine powder; simmer it till the herbs are scalded, then pour the whole into a melon-form.

To roast a Sucking Pig without scalding.

The pig is not to be scalded; but, being drawn and washed, must be spitted with the hair on, and put to the fire, yet not so as to scorch. When it is about a quarter roasted, and the skin appears blistered from the flesh, the hair and skin is to be pulled clean away with the hand, leaving all the fat and flesh perfectly bare. Then, with a knife, the flesh is to be scotched or scored down to the bone, and exceedingly well basted with fresh butter and cream very moderately warm, and dredged plentifully with fine bread crumbs, currants, sugar, and salt mixed up together. Thus basting on dredging, and dredging on basting, must be constantly applied, in turns, till the entire flesh is covered a full inch deep; when, the meat being fully roasted, the pig is to be served up whole, with the usual sauce for a pig roasted in the common way.

To collar a Sucking Pig.

Bone your pig, and then rub it all over with pepper and salt beaten fine, a few sage leaves, and sweet herbs chopped small. Roll it up tight, and bind it with a fillet. Fill your boiler with soft water, put in a bunch of sweet herbs, a few pepper-corns, a blade or two of mace, eight or ten cloves, a handful of salt, and a pint of vinegar. When it boils, put in your pig, and let it boil till it is tender. Then take it up, and when it is almost cold, bind it over again, put it into an earthen pot, and pour the liquor your pig was boiled in upon it. Be careful to cover it close down after you cut any for use.

To barbecu a Pig.

Prepare it as for roasting. Make a forcemeat of two anchovies, six sage leaves, and the liver, all chopped fine; pound them in a mortar, with the crumb of a roll, four ounces of butter, half a spoonful of cayenne, and half a pint of red wine, Put this composition into the belly of the pig, and sew it up. Lay the pig before the fire, but at some distance, singe it well, put some more wine into the pan, and baste it often. When half done, put under it two rolls, and, if wanted, some more wine. Just before it is done, take out the bread and sauce, and put to it an anchovy chopped small, some sweet herbs, and half a lemon. Boil it a few minutes, take up the pig, strain the sauce, and pour it on boiling hot. Garnish with barberries and sliced lemon. A leg of pork may be done the same way.

Pig au Pere Duillet.

Cut off the head, quarter the body, lard it with bacon, and season with salt, pepper, nutmeg, cloves, and mace. Lay some fat bacon at the bottom of a kettle, put the head in the middle, and the quarters round it. Take a bay leaf, a shreded onion, a lemon, some carrots, parsley, and the liver and cover these with bacon. Stew the whole for an hour in a quart of stock, and take it up, put it into a stew-pan, pour thereto a bottle of wine, cover all close, and simmer gently for another hour. Skim the fat off the first gravy, and strain it, then take a sweetbread cut into slices, some truffles, morels, and mushrooms, and stew the whole. Thicken with yelks of eggs, or butter rolled in flour, and when the pig is done, take it out. Put the wine in which it was stewed into the sauce, pour it over the pig, and garnish with lemon. If to be eaten cold, let it stand: drain, and wipe it; then lay it in a dish, the head in the middle, and the quarters round it, with some parsley over all. Either of the quarters will make a neat dish of itself.

Method of roasting a Pig, as practised in the Kitchen of Queen Anne.

Put some sage into the belly of the pig, sew it up, roast, and baste it with butter, and sprinkle it with salt. When fine and crisp, serve it with a sauce made of chopped sage and currants, well boiled in vinegar and water, with the brains and gravy of the pig, some grated bread, barberries, and sugar, thoroughly mixed, and heated over the fire. Or, fill the belly with a pudding made of grated bread, a little minced beef-suet, the yelks of two or three raw eggs, three or four spoonfuls of cream, and a little salt. Sew it up, lay the pig before the fire, and baste it with yelks of eggs beaten thin. A few minutes before you take it up, squeeze over it the juice of a lemon, and strew thereon bread crumbs, pepper, nutmeg, ginger, and salt. Make a sauce with vinegar, butter, and the yelks of hard eggs minced and boiled together, with the gravy of the pig.

VENISON.

To keep Venison.

Preserve the venison dry, wash it with milk and water very clean, and dry it with clean cloths till not the least damp remains, then dust pounded ginger over every part, which is a good preventive against the fly. By thus managing and watching, it will hang a fortnight. When to be used, wash it with a little lukewarm water, and dry it. Pepper is by some persons recommended for keeping venison, but others disapprove it, we think with reason, and should greatly prefer laying among it bits of charcoal which indeed we consider to be the most effectual preventive of putridity that has hitherto been discovered.

To roast a Haunch of Venison.

If it is of a buck, and of large size, the haunch will take

four hours, or a smaller one three hours and a quarter, ut that of a doe will require a quarter of an hour less. All venison should be rather underdone. Take a large sheet of clean writing paper, butter it, sprinkle it with salt, and pla ce it over the fat; then lay thereon a coarse paste, and with it cover the haunch, which must be set at some distance fro the fire. Baste it repeatedly, and ten minutes previous to serving, take off the paper, place the meat nearer the fire, and baste it well with butter and flour to raise a froth. The best gravy for venison is that made from the joint itself; but if not sufficient, stew a scrag or part of a loin of mutton for the purpose, till a quart is reduced to a pint. Season it with salt alone, and serve with currant-jelly sauce in a boat.

A neck or shoulder of venison may be done in the same way. The gravy for venison should never be put in the dish, but served separately in a boat.

To boil a Haunch of Venison.

Let it lie a week in salt, then boil it in a floured cloth, allowing a quarter of an hour for every pound. For sauce, boil in milk and water some cauliflowers pulled into sprigs, with white cabbage, and turnips cut into dice, and beet-root sliced. First lay a sprig of cauliflower and some of the turnips mashed with cream and butter, next the cabbage that has been beaten in a saucepan with a little butter and salt, then cauliflower, and so on till the dish is full. Intermix the beet-root here and there, to variegate the appearance. Serve with melted butter. A neck may be done in the same manner and both will eat well the next day hashed, with gravy and sweet sauce.

To stew a Shoulder of Venison.

Let it hang some days, then take out the bone, beat the meat with a rolling-pin, lay some slices of mutton fat, that have been previously soaked some hours in port wine, about it; sprinkle a little pepper and allspice pounded over it, roll it up tight, and fasten it securely. Put the meat into a stew-pan that will just hold it, with some weak mutton or beef gravy, half a pint of port, some more pepper and allspice.

Cover it close, and let it simmer slowly three or four hours, stewing the bone with it. When done, unbind the meat, place it in a dish, and strain the gravy over it. Serve with sweet sauce. If the shoulder is very fat, it is best roasted as the haunch.

To hash Venison.

Slice the meat and warm it through, without boiling, in its own gravy, or in any other that is unseasoned. If there is no fat left from the preceding dinner, that of mutton may be substituted, by setting it over the fire with a little port wine and sugar, and letting it simmer till dry; then put it to the hash, and it will not be distinguishable from the fat of venison.

To fry Venison.

If it is a neck or breast of venison, bone it, but if it be a shoulder, cut off the meat in slices. Make some gravy with the bones, then fry the meat till brown, take it up, and keep it hot before the fire. Put butter and flour in the pan, and keep the whole stirring till thick and brown, taking care that it does not burn. Stir in half a pound of fine sugar powdered, and put in the gravy produced by the bones, with some port wine. Give the whole the consistence of cream, squeeze thereto the juice of a lemon, warm the venison in it, put it in a dish, and pour the sauce over it.

To dress a Fawn.

It should be cooked almost as soon as killed, and when very young, trussed, stuffed, and spitted as a hare. But a fawn is best when of the size of a house lamb, in which case it is roasted in quarters, of which the hind is in most request. Put it to a quick fire, and either baste it continually, or lay over it slices of fat bacon. When done, baste it with butter, and dredge it with salt and flour, to raise a froth.

The Umbles of Deer.

Take a deer's kidney with the fat of the heart, season them with pepper, salt, and nutmeg, fry and stew them in gravy

till they are tender, add a little lemon juice, stuff the skirts with forcemeat made of the fat of the venison, and fat of bacon, grated bread, pepper, mace, sage, and onion, mixed with the yelk of egg. Tie the stuffed skirts to the spit, and roast them, after strewing over them thyme and lemon-peel. When done, lay them in the middle, and the fricassee round them.

To marinate Venison.

Lay a neck of venison in the marinate, prepared by mixing together a glass of wine, a lemon-peel, two bay leaves, two onions cut in slices; let it remain four hours, then roast or bake it with a crust over; strain, take off the fat, and thicken it with a spoonful of butter and flour, and serve under it.

To collar Venison.

Bone a side of venison, take out the sinews, and cut the meat into square collars. Lard it with fat bacon in very small bits; season with pepper, salt, cloves, and nutmeg; then roll it up, and tie it with tape. Put the venison into deep pots, with seasoning at the bottom of each, fresh butter, and three or four bay leaves. Lay the remainder of the seasoning and butter on the top, and, over that, beef or mutton-suet firmly beaten. Cover the pots with coarse paste, and bake them four or five hours. When done, let them stand a little; take the venison out of the pots, and drain it; add more butter to the fat, and set it over a slow fire to clarify. Then take it off, and skim it. Put at the bottom of each pot, a little seasoning and clarified butter; then lay the venison upon it, with butter over all about an inch deep. When a pot is wanted for use, put it into boiling water, and it will come out whole.

To pot Venison.

If the meat is stale, rub it with vinegar, and let it lie an hour; dry it with a cloth, and rub it all over with red wine; season with pepper, salt, and mace; then put it in a dish, pour over it half a pint of port, add thereto a pound of butter, and send it to the oven. If it is a shoulder, lay a coarse paste over it, and bake it all night. When taken out, pick

the meat clear from the bones, and beat it in a mortar, with the fat of the gravy. If not seasoned enough, add more, with clarified butter, and beat it to a fine paste; press it into the pots, and cover it in the common way.

MADE DISHES OF POULTRY.

FOWLS.

Fowls boiled with Rice.

Stew the fowl very slowly in some clear mutton broth well skimmed; and seasoned with onion, mace, pepper, and salt. About half an hour before it is ready, put in a quarter of a pint of rice well washed and soaked. Simmer till tender; then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of the dish, and the rice round it, without the broth. The broth will be very nice to eat as such, but the less liquor the fowl is done with the better. Gravy, or parsley and butter, for sauce.

To broil Fowls.

Pick and truss your fowl the same as for boiling, cut it open down the back, wipe the inside clean with a cloth, season it with a little pepper and salt; have a clear fire, and set the gridiron at a good distance over it, lay the ckicken on with the inside towards the fire, (you may egg it, and strew some grated bread over it,) and broil it till it is a fine brown: take care the fleshy side is not burnt. Lay it on a hot dish; pickled mushrooms, or mushroom sauce, to be thrown over it, or parsley and butter, or melted butter flavoured with mushroom catsup. Garnish it with slices of lemon, and the liver

and gizzard, slit and notched, seasoned with pepper and salt, and broiled nicely brown, and some slices of lemon.

Another way. Cut a large fowl into four quarters, put them on a bird-spit, and tie it on another spit, and half-roast; or the whole fowl may be half-roasted: either way, it is to be finished on the gridiron, but is less dry when partly roasted than if wholly broiled. The fowl that is not cut before roasted, must be split down the back after.

To hash Fowls.

Cut up your fowl as for eating, then put it into a stew-pan with half a pint of gravy, a tea-spoonful of lemon pickle, a little catsup, and a slice of lemon. Thicken it with flour and butter: and just before you dish it up, put in a spoonful of good cream. Lay sippets in the dish, and pour the hash over them.

Davenport Fowls.

Hang young fowls a night; take the livers, hearts, and tenderest parts of the gizzards, shred very small, with half a handful of young clary, an anchovy to each fowl, an onion, and the yelks of four eggs boiled hard, with pepper, salt, and mace, to your taste. Stuff the fowls with this, and sew up the vents and necks quite close, that the water may not get in. Boil them in salt and water till almost done: then drain them, and put them into a stew-pan with butter enough to brown them. Serve them with fine melted butter, and a spoonful of catsup, of either sort, in the dish.

A nice Way to dress a Fowl for a small Dish.

Bone, singe, and wash a young fowl: make a forcemeat of four ounces of veal, two ounces of scraped lean of ham, two ounces of fat bacon, two hard yelks of eggs, a few sweet herbs chopped, two ounces of beef-suet, a tea-spoonful of lemon peel minced quite fine, an anchovy, salt, pepper, and a very little cayenne. Beat all in a mortar, with a teacup-ful of crumbs, and the yelks and whites of three eggs. Stuff the inside of the fowl, and draw the legs and wings inwards; tie

the neck and rump close. Stew the fowl in a white gravy; when it is done through and tender, add a large cup-ful of cream, and a bit of butter and flour; give it one boil, and serve: the last thing, add the squeeze of a lemon.

To force Fowls.

Take a large fowl, pick it clean, draw it, cut it down the back, and take the skin off the whole; cut the flesh from the bones, and chop it with half a pint of oysters, one ounce of beef marrow, and a little pepper and salt. Mix it up with cream; then lay the meat on the bones, draw the skin over it, and sew up the back. Cut large thin slices of bacon, lay them on the breast of your fowl, and tie them on with pack-thread in diamonds. It will take an hour roasting by a moderate fire. Make a good brown gravy sauce, pour it into your dish, take the bacon off, lay in your fowl, and serve it up. Garnish with pickles, mushrooms, or oysters. It is proper for a side-dish at dinner, or top-dish for supper.

Another way. Having cleaned and boned the fowl, stuff the inside with the following forcemeat,—a quarter pound of minced veal, two ounces of grated ham, two of chopped onion and suet, a spoonful of shred sweet herbs, two chopped hard yelks of eggs, a tea-spoonful of minced lemon peel, mixed spices, and a little cayenne. Let the several ingredients be very finely shred. Beat the whole to a paste in a mortar, adding two eggs to make them cohere. Stuff the fowl, sew it up, keeping it of a natural shape, draw in the legs and truss the wings. Stew it in white clear broth, and when nearly done thicken the sauce with butter rolled in flour. When just ready to serve add a little cream, squeeze a lemon into the dish, and serve the fowl with the sauce around it.

To braise Fowls.

Truss your fowl as for boiling, with the legs in the body; then lay over it a layer of fat bacon cut in thin slices, wrap it round in beet leaves, then in a caul of veal, and put it into a large saucepan with three pints of water, a glass of Madeira wine, a bunch of sweet herbs, two or three blades of mace, and half a lemon; stew it till it is quite tender, then take it

up and skim off the fat; make your gravy pretty thick with flour and butter, strain it through a hair sieve, and put to it a pint of oysters and a teacup-ful of thick cream; keep shaking your pan over the fire, and when it has simmered a short time, serve up your fowl with the bacon, beet leaves, and caul on, and pour your sauce hot upon it. Garnish with barberries and red beet root.

Another way. Bone them, and stuff them with forcemeat. Fry a few sliced onions in a stew-pan; add to these the bones and other trimmings of the chickens, with a broken shank of veal or mutton, a faggot of herbs, a few blades of mace, and a pint of good broth. Cover the chickens with slices of bacon, and then with veal caul or paper. Wrap a cloth about the lid of the stew-pan, and stew very slowly over embers or on a stove for an hour and a half. Take them up and keep them hot in an oven. Strain the braise gravy, and boil it up quickly to a jelly. Glaze the chickens with it, and serve with a brown fricassee of mushrooms.

To boil Chickens.

After you have drawn them, lay them in skimmed milk for two hours, and truss them. When you have properly singed and dusted them with flour, cover them close in cold water, and set them over a slow fire. Having taken off the scum, and boiled them slowly five or six minutes, take them off the fire, and keep them close covered for half an hour in the water, which will do them sufficiently, and make them plump and white. Before you dish them, set them on the fire to heat; then drain them, and pour over them white sauce, which you must have made ready in the following manner:

Take the heads and necks of the chickens, with a small bit of scrag of veal, or any scraps of mutton you may have by you, and put them into a saucepan, with a blade or two of mace, a few black pepper-corns, an anchovy, a head of celery, a slice of the end of a lemon, and a bunch of sweet herbs. Put to these a quart of water, cover it close, and let it boil till it is reduced to half a pint. Then strain it, and thicken it with a quarter of a pound of butter mixed with flour, and boil it five or six minutes. Then put in two

spoonfuls of mushrooms, and mix the yelks of two eggs with a teacup-ful of cream, and a little nutmeg grated. Put in your sauce, and keep shaking it over the fire till it is near boiling; then pour it into your boats, and serve it up with your chickens.

To broil Chickens.

Split your chickens down the back, season them with pepper and salt, and lay them on the gridiron over a clear fire, and at a great distance. Let the inside continue next the fire till they are nearly half done; then turn them, taking care that the fleshy sides do not burn, and let them broil till they are of a fine brown. Have ready good gravy sauce, with some mushrooms, and garnish them with lemon and the livers broiled; the gizzards cut, slashed, and broiled, with pepper and salt.

To fry Chickens.

Cut your chickens into quarters, and rub them with the yelk of an egg; then strew on them some crumbs of bread, with pepper, salt, grated nutmeg, and lemon-peel, and chopped parsley. Fry them in butter, and when done, put them into your dish before the fire. For sauce, thicken some gravy with a little flour, and put into it a small quantity of cayenne pepper, some mushroom powder or catsup, and a little lemon juice. When it is properly heated, pour it over the chickens, and serve it up.

To stew Chickens.

Half-boil them in as much water as will just cover them, then take them out, cut them up, and take out the breast bones. Put them into your stew-pan with the liquor, and add a blade of mace, and a little salt. Cover the pan close, and set it over a slow fire. Let it stew till the chickens are enough, then put the whole into your dish, and serve it to table.

To hash Chickens.

Cut a cold chicken into pieces, and if you have no gravy,

make a little with the long bones, onion, spice, &c. Flour the chicken, and put into the gravy, with white pepper, salt, nutmeg, and grated lemon. When it boils, stir in an egg, and mix it with a little cream. As soon as it is thoroughly hot, squeeze in a little lemon juice, then put the whole into a dish, strew over it some crumbs of bread, brown them with a salamander, and then serve it up hot to table.

To fricassee Chickens.

Boil a quarter of an hour in a small quantity of water; let them cool; then cut up; and put to simmer in a little gravy made of the liquor they are boiled in, and a bit of veal or mutton, onion, mace, and lemon-peel, some white pepper, and a bunch of sweet herbs. When quite tender, keep them hot while you thicken the sauce in the following manner: strain it off, and put it back into the saucepan with a little salt, a scrape of nutmeg, and a bit of flour and butter; give it one boil: and when you are going to serve, beat up the yelk of an egg, add half a pint of cream, and stir them over the fire, but do not let it boil. It is often done without the egg.

The gravy may be made (without any other meat) of the necks, feet, small wing-bones, gizzards, and livers; which are called the trimmings of the fowls.

To fricassee Chickens white.

Cut up each chicken into eight parts, as in carving them at table. Wash, dry, flatten, and season them with mixed spices, using only white pepper. Dip the pieces in egg, and brown them lightly in fresh butter. Take a pint of clear veal or mutton gravy, or other good clear stock, and put to it a roll of lemon-peel, two onions, three blades of mace, and a few sweet herbs, Stew the browned chicken in this very slowly for half an hour, keeping the stew-pan covered. Strain the sauce, and thicken it with butter rolled in flour, salt, and a scrape of nutmeg. When ready to be served add a quarter of a pint of good cream, and the yelk of one or two eggs well beat. Mix this very carefully lest it curdle, and be sure it

does not boil. A glass of white wine, and the squeeze of a lemon may be put to the fricassee.

To pull Chickens.

Take off the skin, and pull the flesh off the bone of a cold fowl, in as large pieces as you can: dredge it with flour, and fry it of a nice brown in butter. Drain the butter from it; and then simmer the flesh in a good gravy, well seasoned, and thickened with a little flour and butter. Add the juice of half a lemon.

Another way. Cut off the legs and the whole back of a dressed chicken; if underdone the better. Pull all the white part into little flakes free from skin; toss it up with a little cream thickened with a piece of butter mixed with flour, half a blade of mace in powder, white pepper, salt, and a squeeze of lemon. Cut off the neck end of the chicken; and broil the back and sidesmen in one piece, and the two legs seasoned. Put the hash in the middle, with the back on it, and the two legs at the end.

Another way. Skin them, and pull the meat off the breast and wings in large long flakes. Brown these in a Dutch oven, basting with butter, or very quickly in a frying-pan, so as not to dry the meat. Drain from the butter, and simmer the pulled meat in good gravy, seasoned with mixed spices. Thicken the sauce. Meanwhile cut off the legs, sidesmen, and back. Season and broil these, and serving the pulled hash in the middle of the dish, place these over and around it. Garnish with fried sippets. Turkey may be warmed as above, but the leg should be scored, seasoned, and grilled, and the hash served around it.

Chicken Currie.

Cut up the chickens raw, slice onions, and fry both in butter with great care, of a fine light brown; or if you use chickens that have been dressed, fry only the onions. Lay the joints, cut into two or three pieces each, into a stew-pan, with a veal or mutton gravy, and a clove or two of garlic. Simmer till the chicken is quite tender. Half an hour before you serve it, rub smooth a spoonful or two of currie powder, a

spoonful of flour, and an ounce of butter; and add this, with four large spoonfuls of cream, to the stew. Salt to your taste. When serving, squeeze in a little lemon.

Slices of underdone veal, or rabbit, turkey, &c. make excellent currie.

Another way. Cut a fowl or rabbit in joints, pour over it a pint of good cream, and the juice of a large lemon, three large onions cut in slices, and fried in butter till tender; fry a spoonful of tumeric powder in butter until the froth is gone; then put all together in a stew-pan, with two spoonfuls of good gravy, and let it boil till done; season with cayenne pepper and salt, and serve it in the middle of rice thus prepared. Boil half a pound of rice in four quarts of water twelve minutes; strain and wash it; when boiled, put it on a sieve to dry, in a warm place; toss it up with two forks frequently, to make it light. It is necessary to let the fowl remain in the cream and lemon an hour before using it.

N. B. Lobster, chicken, meat, or fish, may be curried the same way.

Another, more easily made. Cut up a chicken or young rabbit; if chicken, take off the skin. Roll each piece in a mixture of a large spoonful of flour, and half an ounce of currie powder. Slice two or three onions; and fry them in butter, of a light brown; then add the meat, and fry all together till the meat begins to brown. Put it all into a stew-pan, and pour boiling water enough just to cover it. Simmer very gently two or three hours. If too thick, put more water half an hour before serving.

If the meat has been dressed before, a little broth will be better than water: but the currie is richer when made of fresh meat.

To braise Chickens.

Bone them, and fill them with forcemeat. Lay the bones, and any other poultry trimmings, into a stew-pan, and the chickens on them. Put to them a few onions, a faggot of herbs, three blades of mace, a pint of stock, and a glass or two of sherry. Cover the chickens with slices of bacon, and then white paper; cover the whole close, and put them on a

slow stove for two hours. Then take them up, strain the braise, and skim off the fat carefully; set it on to boil very quick to a glaze, and do the chickens over with it with a brush.

Serve with a brown fricassee of mushrooms. Before glazing, put the chicken into an oven for a few minutes, to give a little colour.

Fowl with Mushrooms.

Stew a fowl (either whole or cut up,) in very rich gravy seasoned with salt, pepper, onion, and mace. When nearly done, add butter rolled in flour, and half a pint of button mushrooms carefully cleaned: let it simmer nearly half an hour longer; and serve with mushroom sauce or a white fricassee of mushrooms.

Chickens Chiringrate.

Flatten the breast-bones of two chickens with a rolling pin, taking care not to break the skin. Flour, and fry them in butter till they are brown, and then drain off the fat. Lay a pound of gravy beef, and as much veal cut into slices, over the chickens, with some mace, cloves, whole pepper, an onion, sweet herbs, and a slice of carrot. Pour in a quart of boiling water, cover the pan close, and let it stew a quarter of an hour. Take out the chickens, and keep them hot; boil the gravy till it is rich, strain it off, and return it to the pan, with two spoonfuls of port wine, and mushrooms. Serve them hot, with the sauce, and some ham.

Chickens stewed with Vegetables.

Chickens may be stewed with peas and lettuce in good broth, seasoned with parsley, young onions, salt and spices. If large fowls, they may be cut down the back. Young chickens may be trussed as for boiling, and stuffed. Put in the peas and cut lettuce, a quarter of an hour after the chickens. Fill up the dish with the gravy, laying the peas and lettuce over the chickens.

Fillets of Fowls larded.

Cut the fillets off the breast with the wing, lard them all over; braise them half an hour; glaze, and serve them with mushroom, peas, or asparagus sauce.

TURKIES

May be prepared in most or all of the above ways, to which the following may be added.

Roast Turkey, larded.

Lard the breast of a turkey all over; stuff it with veal forcemeat thus prepared: Scrape a pound of veal and half a pound of fat bacon; pound it fine in a mortar, add the crumb of a French roll, mace and nutmeg one drachm each, a table-spoonful of chopped onions, parsley, and mushroom, with pepper and salt; mix all these together, with two whole eggs, and rub it through a sieve. Roast the turkey, and serve with a mushroom or ragout sauce under it. If served with the Spanish sauce, it is called Dindon à l'Espagnol. (See Sauces.)

Turkey with Truffles.

Put two dozen of truffles in the forcemeat; fill the breast of the turkey with it, and let it remain in the turkey a week before using. Roast it, and serve truffle sauce under it.

N. B. Pheasant may be done the same way.

Pulled Turkey.

Skin a cold turkey; take off the fillets from the breast, and put them into a stew-pan with the rest of the white meat and wings, side bones, and merry-thought, with a pint of broth, a large blade of mace pounded, a shalot minced fine, the juice of half a lemon and a roll of the peel, some salt,

and a few grains of cayenne; thicken it with flour and butter, and let it simmer for two or three minutes till the meat is warm. In the meantime score the legs and rump, powder them with pepper and salt, broil them nicely brown, and lay them on, or round your pulled turkey. Three table-spoonfuls of good cream, or the yelks of as many eggs, will be a great improvement to it.

To stew Turkey.

Take a fine turkey, bone it, and put into the carcase a ragout composed of large livers, mushrooms, and streaked bacon, all cut in small dice, and mingled with salt, fine spices, and shred parsley and onions. Sew the turkey up, but take care to shape it nicely; then put a thin slice of bacon upon the breast, and wrap it in a cloth. Stew it in a pot, but not too large a one, with good broth, a glass of white wine, and a bunch of sweet herbs; when it is done, strain the liquor the turkey was done in into a stew-pan, after having taken off the fat; reduce it to a sauce, adding a spoonful of coulis; then unwrap your turkey, take off the bacon, dry away the grease, and serve it up with the sauce.

To hash Turkey.

Cut the flesh into pieces, and take off all the skin, otherwise it will give the gravy a greasy disagreeable taste. Put it into a stew-pan with a pint of gravy, a tea-spoonful of lemon pickle, a slice of the end of a lemon, and a little beaten mace. Let it boil about six or seven minutes, and then put it into your dish. Thicken your gravy with flour and butter, mix the yelks of two eggs with a spoonful of thick cream, put it into your gravy, and skake it over the fire till it is quite hot, but do not let it boil; then strain it, and pour it over your turkey. Lay sippets round, serve it up, and garnish with lemon and parsley.

To rewarm Turkey, Goose, Fowl, Duck, Pigeon, or Rabbit.

Cut them into quarters, beat up an egg or two (according

to the quantity you dress) with a little grated nutmeg, and pepper and salt, some parsley minced fine, and a few crumbs of bread; mix these well together, and cover the fowl, &c. with this batter; broil them, or put them into a dutch oven, or have ready some dripping hot in a pan, in which fry them a light brown colour; thicken a little gravy with some flour, put a large spoonful of catsup to it, lay the fry in a dish, and pour the sauce round it. You may garnish with slices of lemon and toasted bread.

Blanquet of Turkey.

Cut the breast of a turkey that has been dressed in thin slices; lay them in a dish; boil half a pint of white sauce, thickened with what is called a liason; season with salt, and with the squeeze of half a lemon; pour it over the turkey, quite hot.

Turkey in Jelly.

Take the bones out of the turkey; stuff it with forcemeat made as for roast turkey; put two dozen truffles and two dozen of mushrooms in it; lard it through with fat bacon, and tie it up in the shape; put it in a pan just large enough to hold it, with braize, and two quarts of strong gravy; stew it three hours, till tender enough to pass a skewer through it easily; let it get cold; take off the fat; serve it in a dish with a jelly round, and slices of lemon.

N. B. It may be done without boning the turkey. A large fowl may be done the same way.

DUCKS.

To boil Ducks.

When you have scalded and drawn your ducks, let them remain a few minutes in warm water, then take them out, put

them into an earthen pan, and pour a pint of boiling milk over them. Let them lie in it two or three hours, and when you take them out, dredge them well with flour; put them into cold water, and cover them up. Having boiled slowly about twenty minutes, take them out, and smother them with onion sauce.

To stew Ducks.

Half-roast a duck; put it into a stew-pan with a pint of beef gravy, a few leaves of sage and mint cut small, pepper and salt, and a small bit of onion shred as fine as possible. Simmer a quarter of an hour, and skim clean; then add near a quart of green peas. Cover close, and simmer near half an hour longer. Put in a piece of butter and a little flour, and give it one boil; then serve in one dish.

Another way. Take a couple of ducks, pick, draw, and dust them with flour, after which set them before the fire to brown. Put them into a stew-pan, with one quart of water, a pint of port wine, a spoonful of walnut catsup, as much browning, one anchovy, half a lemon, a clove of garlic, some sweet herbs, cayenne pepper, and salt. Stew them till tender, then lay them on a dish, skim the fat from the liquor, strain it through a sieve, add a few morels and truffles, boil it till reduced to half a pint, pour it over the ducks, and serve them up.

Another way. Clean and season the ducks with pepper and salt inside. Par-roast them, and stew them in beef gravy, with shred onions fried in the stew-pan before the gravy is put in. When the ducks have simmered for twenty minutes and been turned, put in a few leaves of sage and of lemon thyme chopped very fine, or in the season a pint and a half of young green peas. When these are tender thicken the sauce with butter rolled in flour, and serve the ducks and peas together in a deep dish. When peas are not in season, a dozen or two of button onions may be par-roasted and stewed with the ducks, or sliced cucumbers and onions first fried.

To stew a Duck with Green Peas.

Parboil a duck, then put it into a stew-pan, with a pint of

gravy, some mint, and three or four leaves of sage cut small. Cover the pan, and stew for half an hour. Thicken the gravy, and put in half a pint of green peas ready boiled; dish up the duck and peas together.

Another way. Put into your stew-pan a piece of fresh butter, and set it on the fire; then put in your duck, and turn it in the pan two or three minutes: take out the fat, but let the duck remain. Put to it a pint of good gravy, a pint of peas, two lettuces cut small, a bunch of sweet herbs, and a little pepper and salt. Cover them close, and let them stew for half an hour, now and then shaking the pan. When they are just done, grate in a little nutmeg, with a small quantity of beaten mace, and thicken it either with a piece of butter rolled in flour, or the yelk of an egg beat up with two or three spoonfuls of cream. Shake it all together for two or three minutes, then take out the sweet herbs, lay the duck in the dish, and pour the sauce over it. Garnish with boiled mint chopped very fine.

To ragout Ducks.

Put the gizzards, livers, necks, &c. to a pint of good strong beef broth, or other well seasoned good stock. Season the ducks inside with salt and mixed spices. Brown them on all sides in a frying-pan, and then stew them till tender in the strained stock. When nearly ready thicken the sauce with browned flour and butter.

To hash Ducks.

Cut them into pieces as in carving at table, and soak them by the side of the fire in boiling gravy till thoroughly hot. Add a glass of wine and a sufficient quantity of mixed spices, to give the sauce a high relish; or cut up the ducks, and make a gravy of the trimmings and some onions. Thicken it when strained with butter browned with flour. Stew the cut ducks gently till ready, and having seasoned the sauce, serve the hash on fried sippets.

Ducks à-la Françoise.

Put two dozen of peeled chesnuts into a pint of gravy, with

a few leaves of thyme, two onions, a little whole pepper, and some ginger. Lard a duck, and half roast it; then put it into the gravy, stew it ten minutes, and add thereto a pint of port. When done, take it out, boil the gravy till it is thick, skim it clean, lay the duck in the dish, pour the sauce over it, and send it to table garnished with lemon.

Ducks à-la-Braise.

Dress, singe, and lard a couple of ducks, with bacon, rolled in parsley, onions, beaten mace, cloves, pepper, and salt. Lay some slices of fat bacon at the bottom of a stew-pan, as much ham or gammon, and two or three slices of veal or beef; put in the ducks, with their breasts downwards; cover them with slices of meat as before, cut a carrot, a turnip, an onion, and a head of celery; add thereto a blade of mace, four or five cloves, and some whole pepper. Cover the whole close, and simmer over a gentle fire, till the breasts of the ducks are of a light brown; then put in some water, and let them remain till done. Next chop fine parsley, an onion or shalot, two anchovies, gherkins, and capers, put them into a stew-pan, with some of the liquor from the ducks, a little browning, and the juice of half a lemon. Boil it, cut the ends of the bacon even with the breasts of the ducks, lay them on a dish, pour the sauce over them, and serve them hot.

Ducks à-la-Mode.

Quarter two ducks, and fry them of a light brown, pour off the fat, flour them, put in half a pint of gravy, a quarter of a pint of port wine, an anchovy, two shalots, and some sweet herbs; cover, and stew them a quarter of an hour; then take out the herbs, skim off the fat, and thicken the gravy with butter and flour. Serve the ducks in the sauce, garnished as above.

GEESE.

To boil a Goose.

After singeing, pour over the goose a quart of boiling milk, and let it stay therein all night. On taking it out, dry it with a cloth. Cut an nion small, with some sage, stuff the goose, sew up the neck and vent, and hang it up by the legs till the following day; then put it into a pot of cold water, covered close, and boil gently for an hour. Serve with onion sauce. In some parts of Devonshire, they parboil the goose in a cloth, and having wiped it dry, put it upon a spit, and complete the cookery by roasting in the ordinary way, though the latter process does not take up above half the time.

To ragout a Goose.

Take off the skin, and plunge the goose into boiling water; then break the breast-bone, season it with pepper, salt, and a little pounded mace; lard, and flour it all over. Next lay a pound of beef-suet into a stew-pan, and when it boils, put the goose therein. As soon as it is brown, pour in a quart of beef gravy boiling hot, some sweet herbs, a blade of mace, a few cloves, some whole pepper, two or three small onions, and a bay leaf. Cover the pan close, and stew gently over a slow fire. A small goose will take an hour, but a large one an hour and a half. For the ragout, boil some turnips and carrots cut small, with three or four sliced onions; then put them, with half a pint of beef gravy, into a saucepan, add some pepper, salt, and a piece of butter rolled in flour. Let them stew about a quarter of an hour. When the goose is done, take it out, drain off the liquor, put it into a dish, and pour the ragout over it.

Goose à-la-Mode.

Skin and bone a goose, boil and peel a tongue, do the

same with a fowl, and season it with pepper, salt, and mace, after which roll it round the tongue. Season the goose also, and lay the fowl and tongue on it, with slices of ham between both. Beef marrow intermixed will be a great improvement. Put the whole into a stew-pan, with two quarts of beef gravy, the bones of the goose and fowl, sweet herbs, and an onion. Cover the pan close, and stew it an hour gently. When you take up the goose, skim off the fat, and strain it; then put in a glass of port wine, two spoonfuls of catsup, a sweetbread cut small, some truffles, mushrooms, and morels, a lump of butter rolled in flour, pepper, and salt. Stew the goose half an hour longer; then take it up, pour the ragout over it, and send it to table garnished with lemon.

Goose marinaded.

Bone, and stuff the goose with the following forcemeat:—take ten or twelve sage leaves, two large onions, and three apples, chop them fine, and mix them with bread crumbs, four ounces of beef marrow, one glass of port wine, half a nutmeg grated, pepper, salt, and lemon-peel, shreded small, and the yelks of four eggs. Having stuffed the goose, sew it up, and fry it till it is of a light brown; then put it into a stew-pan, with two quarts of gravy. Cover the pan close, and let it stew two hours; then take the goose out, and keep it hot. Take off the fat from the gravy, and put into it a spoonful each, of lemon pickle, browning, and port wine, an anchovy cut small, beaten mace, pepper, and salt. Thicken with flour and butter, strain the gravy over the goose, and serve it up.

Legs and Wings of Geese as dressed in Languedoc.

Take the legs and wings of five geese, with as much flesh as possible. Bone the legs, mix half an ounce of saltpetre, with some fine salt, and rub the joints well with it; then put them into an earthen pan, with bay, thyme, and basil, cover them close, and leave them four hours. When taken out, put them into fresh water, and then let them drain. In the mean time, collect all the fat from the bodies and intestines, and having melted it like lard, put the geese therein to stew

till tender. Take them out, and when cold, pack them in jars, with the fat poured over them.

To hash a dressed Goose.

Having cut an onion into small dice, put it into a stew-pan, with a little butter; fry it, but without letting it become brown; add thereto as much boiling water as will make sauce for the hash, thicken it with flour, cut up the goose, and put it into the sauce, but do not let it boil; season it with pepper, salt, and catsup. The legs of geese broiled, and served with apple sauce, form a good supper or luncheon.

PIGEONS.

To boil Pigeons.

When you draw your pigeons, be careful to take out the craw as clean as possible. Wash them in several waters, and having cut off the pinions, turn their legs under their wings. Let them boil very slowly a quarter of an hour, and they will be sufficiently done. Dish them up, and pour over them good melted butter; lay round the dish a little brocoli, and serve them up with melted butter and parsley in boats. They should be boiled by themselves, and may be eaten with bacon, greens, spinach, or asparagus.

To broil Pigeons.

When the pigeons are trussed as for boiling, flat them with a cleaver, taking care not to break the skin of the backs, or breasts; season them with pepper and salt, a little bit of butter, and a tea-spoonful of water, and tie them close at both ends; so when they are brought to table, they bring their sauce with them. Egg and dredge them well with grated

bread, (mixed with spice and sweet herbs, if you please,) then lay them on the gridiron, and turn them frequently: if your fire is not very clear, lay them on a sheet of paper well buttered, to keep them from getting smoked. They are much better broiled whole: when they are done, pour over them either stewed or pickled mushrooms, or catsup and melted butter.

Garnish with fried bread crumbs, or sippets.

To stew Pigeons.

Take care that they are quite fresh, and carefully cropped, drawn, and washed; then soak them half an hour. In the mean time, cut a hard white cabbage in slices (as if for pickling) into water: drain it, and then boil it in milk and water; drain it again, and lay some of it at the bottom of a stew-pan. Put the pigeons upon it, but first season them well with pepper and salt; and cover them with the remainder of the cabbage. Add a little broth, and stew gently till the pigeons are tender; then put among them two or three spoonfuls of cream, and a piece of butter and flour, for thickening. After a boil or two, serve the birds in the middle, and the cabbage placed round them.

Pigeons in a Hole.

Pick, draw, and wash four young pigeons, stick their legs in their bellies as you do boiled pigeons, and season them with pepper, salt, and beaten mace. Put into the belly of each pigeon a lump of butter the size of a walnut. Lay your pigeons in a pie dish, pour over them a batter made of three eggs, two spoonfuls of flour, and half a pint of good milk. Bake them in a moderate oven, and serve them to table in the same dish.

To jug Pigeons.

Pluck and draw six pigeons, wash them clean, and dry them with a cloth; season them with beaten mace, white pepper, and salt. Put them into a jug with half a pound of butter upon them. Stop up the jug close with a cloth, that no steam can get out; then set on a kettle of boiling water, and

let it boil an hour and a half. Then take out your pigeons put the gravy that is come from them into a pan, and add to it a spoonful of wine, one of catsup, a slice of lemon, half an anchovy chopped, and a bundle of sweet herbs. Boil a little, and then thicken it with a piece of butter rolled in flour: lay the pigeons in the dish, and strain your gravy over them. Garnish with parsley and red cabbage.—This makes a very pretty side or corner dish.

To pot Pigeons.

Let them be quite fresh; clean them carefully, and season them with salt and pepper: lay them close in a small deep pan; for the smaller the surface, and the closer they are packed, the less butter will be wanted. Cover them with butter, then with very thick paper tied down, and bake them. When cold, put them dry into pots that will hold two or three in each; and pour butter over them, using that which was baked as part. Observe that the butter should be pretty thick over them, if they are to be kept. If pigeons were boned, and then put in an oval form into the pot, they would lie closer, and require less butter. They may be stuffed with a fine forcemeat made with veal, bacon, &c. and then they will eat excellently. If a high flavour is approved of, add mace, allspice, and a little cayenne, before baking.

To pickle Pigeons.

Bone them; turn the inside out, and lard it. Season with a little allspice and salt, in fine powder; then turn them again, and tie the neck and rump with thread. Put them into boiling water: let them boil a minute or two to plump: take them out, and dry them well: then put them boiling hot into the pickle, which must be made of equal quantities of white wine and white wine vinegar, with white pepper and allspice, sliced ginger and nutmeg, and two or three bay leaves. When it boils up, put the pigeons in. If they are small, a quarter of an hour will do them; but they will take twenty minutes if large. Then take them out, wipe them, and let them cool. When the pickle is cold, take the fat off from it,

and put them in again. Keep them in a stone jar, tied down with a bladder to keep out the air.

Instead of larding, put into some a stuffing made of hard yelks of eggs and marrow, in equal quantities, with sweet herbs, pepper, salt, and sauce.

Pigeons in Jelly.

Save some of the liquor in which a knuckle of veal has been boiled; or boil a calf's or a neat's foot; put the broth into a pan with a blade of mace, a bunch of sweet herbs, some white pepper, lemon peel, a slice of lean bacon, and the pigeons. Bake them, and let them stand to be cold. Season them as you like, before baking. When done, take them out of the liquor, cover them close to preserve the colour, and clear the jelly by boiling with the whites of two eggs; then strain it through a thick cloth dipped in boiling water, and put into a sieve. The fat must be perfectly removed, before it be cleared. Put the jelly over and round them rough.

The same, a beautiful Dish.

Pick two very nice pigeons; and make them look as well as possible by singeing, washing, and cleaning the heads well. Leave the heads and the feet on, but the nails must be clipped close to the claws. Roast them of a very nice brown; and when done put a little sprig of myrtle into the bill of each. Have ready a savoury jelly, as before, and with it half-fill a bowl of such a size as shall be proper to turn down on the dish you mean it to be served in. When the jelly and the birds are cold, see that no gravy hangs to the birds, and then lay them upside down in the jelly. Before the rest of it begins to set, pour it over the birds, so as to be three inches above the feet. This should be done full twenty-four hours before serving.

This dish has a very handsome appearance in the middle range of a second course; or, when served with the jelly roughed large, it makes a side or corner dish, its size being less. The head should be kept up as if alive, by tying the neck with some thread, and the legs bent as if the pigeon sat upon them.

A Compot of Pigeons.

Having trussed six pigeons as for boiling, make the following forcemeat:—Grate the crumb of a penny loaf, scrape a quarter of a pound of the fat of bacon or lard, chop some parsley, thyme, lemon-peel, and two shalots, or a small onion; next grate a little nutmeg, season with pepper and salt, and mix the whole with eggs. Fill the craws with this, lard the breasts, and fry them brown. Then lay them in a stew-pan, with gravy, and a glass of wine, and add thereto some butter and flour. Serve the pigeons hot, with the gravy strewed over them, and forcemeat balls in the dish.

Another way. Fill six pigeons with forcemeat; blanch; put them on with half a pint of gravy, one onion, two dozen of mushrooms, one slice of lemon, four cloves, and cover with slices of fat bacon; let them stew till tender; strain the gravy, take off the fat, and thicken with a spoonful of thickening, and put one dozen of forcemeat balls boiled, four hard yelks of eggs, and the mushrooms; season with salt and pepper, the squeeze of a lemon, and serve all together.

Pigeons à-la-Crapaudine.

Truss three pigeons as before, cut the flesh off the breast, by sliding the knife at the side of the leg, and running it up to the joint of the wing, turn the breast over, and flatten it; then take a stew-pan, melt a little butter in it, adding thereto some salt and pepper; put in the pigeons, with the breasts downwards, turn them, and when three parts done, lay them on a gridiron over a slow fire; give them a fine colour, and serve them up with common sauce.

Pigeons à-la-Daube.

Put a layer of bacon in a saucepan, then one of veal, another of coarse beef, and again a layer of veal; add to these some sweet herbs, an onion, black and white pepper, mace, and cloves. Cover the pan close, and brown the pigeons over a slow fire. Put in a quart of boiling water, and when stewed till the gravy is rich, skim off the fat, and strain it. Beat a pound of veal, and as much beef-suet in a mortar.

Then take bread crumbs, pepper, salt, nutmeg, mace, lemon-peel, parsley, and thyme; mix these with the yelks of two eggs, and the pounded meat; fill the pigeons with the entire composition, and fry them in fresh butter till brown. Pour off the fat, and put the gravy to the pigeons; stew them in a covered pan, and when done, serve them up with the sauce. Lay on each pigeon a bay leaf, and on that a slice of bacon. Garnish with lemon.

Pigeons en Surtout.

Force the pigeons, lay a slice of bacon on the breast of each, and veal over that; season with pepper, salt and mace, tie the meat fast, and roast the birds. Baste them with butter, rub them over with the yelk of an egg, strew thereon crumbs of bread, nutmeg, and sweet herbs. When done pour over them a good gravy, with truffles, morels, and mushrooms, and garnish with lemon.

To ragout Pigeons.

Clean and stuff them with a seasoning of mixed spices, salt, parsley shred very finely, a piece of fresh butter, and a few bread crumbs. Tie them at neck and vent, half-roast them, and finish in a stew-pan in good gravy, to which a glass of white wine, a bit of lemon peel, and a few nice pickled mushrooms may be put. Thicken the sauce with butter rolled in flour. Dish the pigeons, and pour it over them. Garnish with asparagus laid between the birds.

Cream, or the beat yelk of an egg may be put to this, and to any white ragout, taking care to prevent these ingredients from curdling. The pigeons may be stuffed with a forcemeat of the livers, with bread crumbs, minced parsley, butter, spices, and a little cayenne, and dressed as a brown ragout, by browning them in the frying-pan previous to stewing, thickening the sauce with browned flour, and adding to it a spoonful of catsup, or a glass of red wine.

To fricassee Pigeons.

Cut them in pieces, and fry them brown, lay them in a

stew-pan, with gravy, and let them remain an hour, at the end of which time, put in a slice of lemon, half an ounce of morels, and a little browning. Let them stew five minutes longer, take them up, thicken the gravy with butter and flour, and strain it over the birds. Lay forcemeat balls round the dish, and garnish with pickles.

A Fricandeau of Pigeons.

Truss them as for a pie, with their legs under their wings, lard them with bacon, and lay them in a stew-pan, with the larded side downward; add the white of a leek cut small, and a pint of gravy; cover the pan, and set it over a slow fire, but towards the close make it brisker to reduce the liquor. When brown, take out the pigeons, remove the fat, add some more gravy boiling hot, stir it three or four minutes, and pour it over the birds. Garnish with crisped parsley.

A Bisk of Pigeons.

Clean, wash, truss, and parboil them; then put them into strong gravy, and stew them. Make a ragout of gravy, artichoke buttons, mushrooms, truffles, morels, and six small onions; cut a slice of ham into shreds, scald them in the gravy, beat up the yelks of three eggs, with a quarter of a pint of cream, add to it the ragout, and shake it round. Lay the pigeons in the dish, and pour the ragout over them. Garnish with slices of boiled beet-root.

Pigeons stoved.

Make a forcemeat with bread crumbs, fat bacon scraped, pepper, salt, cream, and the yelk of an egg. With this fill up the heart of a small cabbage-lettuce chopped, tie it across, and fry it a light brown in butter; then pour off the fat, lay the pigeons round, having first flattened them, season with pepper, salt and mace, put in half a pint of white wine, cover the whole in a pan, and let it stew for five or six minutes; then add half a pint of gravy, cover it again, and stew for half an hour. Thicken with butter and flour, and when done, lay the lettuce in the middle, and the pigeons round it; squeeze

in a little lemon juice, and pour the sauce over all. Garnish with stewed lettuce, and pickled cabbage.

A Pupton of Pigeons.

Make some savoury forcemeat, roll it out like paste, put it into a buttered dish, with a layer of thin bacon, squab pigeons, sliced sweetbreads, asparagus tops, mushrooms, and hard eggs; lay another forcemeat over the whole, like a pie, bake it, and when done, turn it out into a dish, with th gravy.

Artificial Pigeons or Chickens.

Make a rich forcemeat of veal or chicken, seasoned with pepper, salt parsley, shalot, fat bacon, butter, and the yelk of an egg; work this up into the shape of a pigeon or chicken, putting the feet of the bird you intend it to represent, in the middle, so as to appear at the bottom. Roll the forcemeat well in the yelk of another egg, then in crumbs of bread, and put the whole into an oven on tins. Send them to table with or without gravy.

Pigeon Cutlets.

Cut the wings off six pigeons, with the breast adhering to them; flatten them out, and trim in the shape of a cutlet; pass off a spoonful of chopped onion, parsley, and mushroom, with two ounces of butter, and pour over them; season with pepper and salt; dip them in egg, and crumb them: fry on the saute-pan, with butter, and some herb or plain sauce under them. (See Sauces.)

RABBITS.

To fricassee Rabbits, white.

To fricassee rabbits white, you must cut them up as for eating, and then put them into a stew-pan, with a pint of veal gravy, a little beaten mace, a slice of lemon, an anchovy, a tea-spoonful of lemon-pickle, a little cayenne pepper, and salt. Let them stew over a gentle fire till they are enough; then take them out, and lay them in your dish. Thicken the gravy with butter and flour; then strain it, and add the yelks of two eggs, mixed with a gill of thick cream, and a little grated nutmeg. Stir these well together, and when it begins to simmer, pour it quite hot over your rabbits, and serve them to table.

To fricassee Rabbits, brown.

Cut them into pieces as before directed, and fry them in butter of a light brown. Then put them into a stew-pan, with a pint of water, a slice of lemon, an anchovy, a large spoonful of browning, the same of catsup, a tea-spoonful of lemon pickle, and a little cayenne pepper and salt. Stew them over a slow fire till they are enough; then thicken your gravy with butter and flour, and strain it. Dish up your rabbits, and pour the gravy over them. Garnish with sliced lemon.

Rabbits en Casserole.

Quarter them, and lard them or not at pleasure, flour and fry them; then put them into an earthen pipkin, with a quart of gravy, a glass of white wine, pepper and salt, sweet herbs, and butter rolled in flour. Cover the pan close, and stew half an hour; dish, and pour the sauce over the rabbits, garnished with Seville orange in slices.

Rabbits en Matelot.

Prepare two rabbits as for a fricassee, put them with pieces of bacon into a stew-pan, with half a pint of gravy, twelve small onions, and some mushrooms; cover the pan, and let it simmer an hour; then take out the rabbits, and lay them in a dish. Skim off the fat from the liquor, and reduce nearly to a glaze; put some thin soup to it, give it a boil, and on taking it off, squeeze in half a lemon, with cayenne, and sugar. Pour this over the rabbits, and garnish with paste.

Rabbits surprised.

Stuff two rabbits, roast them, and take off the meat from the bones, chop it fine, with shreded parsley, lemon peel, beef marrow, a spoonful of cream, and salt. Beat the yelks of two hard eggs with a little butter in a mortar, mix all together, and stew it five minutes; lay this on the rabbits, where the meat has been cut off, and brown it with a salamander. Pour on some good thick gravy, and put some myrtle in the mouth of each rabbit. Serve with the livers boiled and frothed.

Rabbits en Gallantine.

Bone and flatten two young rabbits, lay forcemeat upon them, with slices of lean ham, breast of fowl, and omelets of eggs white and yellow; roll up all tight, and fasten them, lard the upper part with fat bacon, blanch and braise them. Glaze the larding, put some gravy to them, and serve them hot.

Rabbits in the Portuguese way.

Bone two rabbits, spread forcemeat over them, and give them as nearly the shape of chickens trussed for boiling, as you can. Put the bones into a stew-pan, with trimmings of poultry, some onions, a bundle of sweet herbs, a little mace, and a few bay leaves. Put in the rabbits, and cover them with bacon; pour thereto a pint of stock, lay over the whole some paper, and set the pan on the fire. Simmer very slowly for an hour, then strain off the liquor, remove the fat, and make

the sauce, putting a few truffles therein. On serving up, pour the sauce into the dish, and then the rabbits, after glazing them.

Fillets of Rabbit larded.

Cut the whole length of the fillet, along the back, with the hind legs to it; lard and braize them till tender; glaze, and serve an Italian sauce or ravigote under them. (See Sauces.)

Civette of Rabbit.

Cut it in joints, blanch, cut twelve small square pieces of bacon, fry them with the rabbit, brown; put them in a stew-pan, with two dozen button onions, a dozen of mushrooms, a pint and a half of gravy, two glasses of white wine, pepper, and salt; let it stew one hour; strain and take off the fat, and thicken it with a spoonful of thickening; serve all together in a dish.

Note.—Civette of hare is done the same way.

To pot Rabbits.

Cut up two or three young, but full grown ones, and take the leg-bones off at the thigh; pack them as closely as possible in a small pan, after seasoning them with pepper, mace, cayenne, salt, and allspice, all in very fine powder. Make the top as smooth as you can. Keep out the heads and the carcases, but take off the meat about the neck. Put a good deal of butter, and bake the whole gently. Keep it two days in the pan; then shift it into small pots, adding butter. The livers also should be added, as they eat well.

GAME.

HARE.

To jug Hare.

Let the hare hang a few days; and, when skinned, do not wash it, but wipe where necessary with a clean cloth. Cut it into pieces, season it high, and put it in a stone jar, or a jug, with half a pound of ham, or fine bacon, fat and lean together, six shalots, two onions, and some thyme, parsley, savory, marjoram, lemon peel, mace, cloves, and nutmeg. Let the whole of the meat be stewed with these well-mixed ingredients, pour over it half a pint of red wine, squeeze in the juice of a Seville orange, stop the vessel close down with a bladder or leather, and brown paper, and carefully place it in a pot of boiling water, deep enough to dress the meat, but not so high as for any of the water to boil into it. In this situation the jar or jug is to remain three or four hours, the water being kept on the boil all that time, and more added as it boils away. Then, taking out the hare, strain the liquor skim off the fat, and thicken it up for sauce with a little butter and flour. If, in the mean time, the hare should at all cool, put it again into the jug, with the thickened gravy, and set it in the pot of boiling water till quite hot, but by no means suffer it to boil. Serve it up as hot as possible, garnished with slices of lemon and currant jelly. The larger pieces of hare are sometimes larded with bacon. It is obvious that the name of jugged hare is derived from its being thus dressed in a jug or pitcher. It may be equally well done in a tin vessel formed to drop into an outer saucepan with water, or into a kitchen boiler, some of which are very conveniently made with a lid (either square or round) which may be entirely removed and give place to a vessel of the above

description, made to fit into it. It is very well to have two of these tin vessels of different depths according to the quantity they are required to contain. They answer admirably for slow stewing, or for scalding fruit, and many other purposes.

Another way. A much more easy, as well as quicker, and more certain way of proceeding, than the foregoing, is the following: Prepare the hare the same as for jugging, put it into a stew-pan, with a few sweet herbs, half a dozen cloves, the same of allspice and black pepper, two large onions, and a roll of lemon peel: cover it with water: when it boils, skim it clean, and let it simmer gently till tender (about two hours,) then take it up with a slice, set it by the fire to keep hot while you thicken the gravy; take three ounces of butter and some flour, rub together, put in the gravy, stir it well, and let it boil about ten minutes; strain it through a sieve, over the hare, and it is ready.

Hotch-potched Hare.

This method of cooking a hare, differs from the preceding, in nothing more than cutting it in small pieces, and putting it into a jug, with a lettuce, cucumbers, turnips, and celery, instead of ham, bacon, and wine. Less spice is also used in this way. It is serviceable chiefly for a very old hare, that will require five hours boiling.

To hash Hare.

Cut the hare into pieces, and divide the joints; put the trimmings and gravy, with half a pint of water, and a tablespoonful of currant jelly, into a stew-pan; let the whole boil gently for a quarter of an hour, then strain it through a sieve, and pour it back into the pan. Next flour the hare, put it into the gravy, and let it simmer gently till the meat is warm, which will be in about twenty minutes. Cut the stuffing into slices, and add it to the hash, about five minutes before serving up. Divide the head, and lay one half on each side of the dish.

To broil Hare.

Season the legs first, and broil them on a gridiron, rub them with cold butter, and serve them hot. The other pieces warmed, with gravy and a little stuffing, may be sent up separately.

A Florendine Hare.

Case a hare that has hung four or five days, leave the ears on, but take out the bones, except those of the head; make a stuffing of bread crumbs, the liver chopped, half a pound of fat bacon scraped, a glass of red wine, one anchovy, two eggs, some winter savory, sweet marjoram, thyme, pepper, salt, and nutmeg. Put this into the belly, roll it up to the head, and fasten it tight. Boil it in a cloth an hour and a half, with two quarts of water, and when reduced to one half, put in a pint of port wine, a spoonful of lemon pickle, as much catsup, and browning. Stew it till reduced to a pint, thicken with butter rolled in flour, and lay round the hare morels and slices of forcemeat, boiled in the caul of a joint of veal. On dishing it, draw the jaw-bones, and stick them in the sockets of the eyes. Let the ears lie back, and put myrtle or parsley into the mouth. Strain the sauce over it. Garnish with barberries and parsley, and serve it hot.

A Hare boned and larded.

Bone a hare, and do it over with egg, season with pepper, spice, chopped mushrooms, parsley, thyme, and shalots; then spread forcemeat all over it, roll it up tight, and lard it thoroughly; put the bones and some ham into a stew-pan, with a few bay leaves, onions, some thyme and parsley, a few blades of mace, a pint of gravy, and half as much of port wine. Cover the bones with fat bacon, put in the hare, and cover that also in the same manner; then lay white paper over the whole. Set the pan on a slow fire to simmer two hours, then take up the hare, strain off the liquor, skim the fat from it very clean, and make sauce for the mushrooms with it; put these on the dish, and then the hare. Garnish with paste.

To roast a Leveret.

In general, a leveret, or young hare, may be dressed like a hare that is full grown. Having stuffed it in the usual manner, with the liver chopped up, spit it, and put it down to the fire; and while it is roasting, alternately dredge it with flour, and baste it well with warm milk, till it be three parts done, and there is a good crust formed: then finish it with two or three ounces of fresh butter put into the dripping-pan; and serve it up, with gravy and melted butter over, and melted currant jelly in a sauce tureen.

To stew Hare.

Cut off the legs and shoulders, or wings, as they are sometimes called; cut down the middle of the back, and then cut each side into two or three pieces. Season these with mixed spices, and steep them for some hours in shalot vinegar, with three bay leaves, and some pounded cloves. Make a pint and a half of gravy of the neck, head, liver, heart, ribs, &c. with onions, a good slice of bacon chopped into small bits, a large carrot split, sweet herbs, and two dozen corns of black pepper and allspice. Strain this into a clean stew-pan, and put the hare, with the vinegar in which it has been soaked, to it, and stew gently till done. Add salt, spices, and a little cayenne. A little catsup may be added, and the stew may be thickened with butter rolled in browned flour.

A few roasted button onions may be peeled, stewed in the sauce, and served with the hare. An old hare requires to be either larded, stewed in a very rich broth, or, which is still better, braised.

Hare Cakes.

Mince the best parts of the hare with a little firm mutton suet. Season the mince highly. Pound it in a mortar, and making it up as small cakes or sausage roll, flour and fry them, or do them in a Dutch oven.

Hare Soup.

Make a clear strong soup of from three to four pounds of

lean beef cut in pieces, or a shin, a couple of carrots and turnips, a half dozen onions, a quarter of an ounce of black and Jamaica pepper-corns, and a faggot of sweet herbs. Cut a hare (or two or three partridges) into neat small pieces. [You may lay aside as much of the fleshy parts of a good hare as will make a handsome dish of hare cakes, or collops, or forcemeat balls for the soup.] Wash the pieces, and save the washings, which must be carefully strained through a fine sieve and added to the stock, as they contain much of the flavour of the hare. Flatten and season the hare steaks; dredge them with flour; brown them lightly in a frying-pan, and put them to the strained stock,—or merely season and add them with onions without frying. Let the soup stew very slowly for an hour and a half at least. This soup may be thickened with butter kneaded up in browned flour, or with potatoes mashed, or potatoe mucilage. Or the fleshy parts of the hare may be previously boiled in the stock, and pounded in a mortar with the onions to thicken the soup. Skim it again when nearly finished; put to it a glassful of mushroom catsup and a little cayenne. Serve with the hare steaks in the tureen. Red wine in the proportion of a quarter of a pint to a tureen of soup, is reckoned an improvement by some gourmands, and those of the old school still like a large spoonful of currant jelly dissolved in the soup. Hare soup may be made by cutting down the ingredients and placing them in an earthen jar, in a kettle of boiling water for four hours, and then managing them as above. Cold roast hare, not over-done, cut to pieces and stewed for an hour in good and highly seasoned broth, will make an excellent but not a highly flavoured hare soup.

Another way. Cut the hare in joints; put three quarts of gravy soup to it, two onions, one carrot, a small bunch of sweet herbs, eight cloves, and two blades of mace. Let it stew till tender, then strain it off, pick the meat off the bones, and well pound it; add the broth, and rub it through a tammy sieve. Save a piece of the back of the hare, and cut it in small slices, the size of a shilling, and put in the tureen when the soup is served. Add two glasses of port wine as it

boils up, and season with a little cayenne pepper and salt. Forcemeat balls may be added if desired.

Any kind of game may be made into a soup by the same method.

Salmi of Hare.

Cut in small pieces the meat of a roast hare, put the bones in a stew-pan, with one chopped onion, a spoonful of parsley, and one ounce of butter; pass them off,* add a spoonful of flour, a pint of gravy, and one glass of port wine; let it boil ten minutes; strain this to the hare, and just warm it in the same; season with salt, and cayenne pepper, and the juice of half a lemon.

N. B. In this way all salmies of game are made.

PHEASANTS AND PARTRIDGES.

Pheasants and partridges are trussed in the same manner as a turkey; if for roasting, lay them to a brisk fire, baste, butter and froth well, serve with good gravy slightly flavoured with garlic. For sauce, put a small teacup-ful of crumbs into a stew-pan, pour thereon as much milk as will soak up the bread, and a little more, or, instead of the milk, stew the giblets, heads, necks, and legs of poultry; then moisten the bread with the liquor, put it on the fire, with a middling sized onion, pepper corns, allspice, or some mace; boil it, and stir it well, then let it simmer till stiff, after which, add about two tablespoonfuls of cream or melted butter, or some good broth; take out the onion and pepper, and the sauce is ready.

* Passing off is putting whatever herbs are chopped, or otherwise, in butter, and letting them boil together four or five minutes.

If you have only one pheasant, and wish to make a pair, take a fine fowl of the same size, that has been kept four or five days, truss, and dress it as the preceding, and few will perceive the difference, either in look or flavour, between the real and the mock pheasant. The breast of a pheasant is sometimes larded before roasting. When cold they may be made into excellent patties; but their flavour should not be overpowered with lemon, as is not unfrequently the case.

To boil Pheasants.

These must be boiled in plenty of water. If it be a small one, half an hour will be sufficient; but if a large one, three quarters. For sauce, stew some heads of celery cut very fine, thickened with cream, and a small piece of butter rolled in flour, and season with salt to your palate. When your bird is done, pour the sauce over it, and garnish the dish with thin slices of lemon.

Another way. Truss the pheasant to boil, the same as a turkey; stuff the breast with veal stuffing; put it in hot water, with two ounces of mutton suet, chopped and boiled: serve celery or oyster sauce over it.

N. B. Partridges may be boiled and served the same way.

To stew Pheasants.

Put into your stew-pan, with the pheasant, as much veal broth as will cover it, and let it stew till there is just liquor enough left for sauce. Then skim it, and put in artichoke bottoms parboiled, a little beaten mace, a glass of wine, and some pepper and salt. If it is not sufficiently substantial, thicken it with a piece of butter rolled in flour, and squeeze in a little lemon juice. Then take up the pheasant, pour the sauce over it, and put forcemeat balls into the dish.

To roast Partridges the French way.

Truss three partridges, and skewer them, cover the breasts with slices of lemon, and over that lay some lard; wrap them

in paper, and fasten it with packthread, tied to the spit. Roast them three-quarters of an hour; when done, take off the paper, and serve up the birds in clear gravy, seasoned with the juice of a Seville orange.

To boil Partridges.

Boil them quick in a good deal of water, and fifteen minutes will be sufficient. For sauce, take a quarter of a pint of cream, and a bit of fresh butter about the size of a walnut. Stir it one way till it is melted, and then pour it over the birds.

To stew Partridges.

Truss them as for the spit, stuff the craws, and lard them down both sides of the breast, roll a lump of butter in pepper, salt, and beaten mace, and put it into the bellies. Sew up the vents, put them into a stew-pan, with a quart of gravy, a spoonful of Madeira wine, as much catsup, a tea-spoonful of lemon pickle, half as much mushroom powder, one anchovy, half a lemon, and a sprig of sweet marjoram. Cover all close, and stew them half an hour, take out the birds, and thicken the gravy. Give it a boil, and pour it over the partridges, laying round them artichoke bottoms, boiled and cut in quarters, and the yelks of four hard eggs. Woodcocks may be done in the same manner.

To hash Partridges.

Roast two or three partridges, take off the flesh, but without the skin or sinews, hash it very fine, break the bones, put the whole into a stew-pan, with four large spoonfuls of Spanish sauce, and two of veal stock. When hot, pass it through a search, reduce it to half the substance, take it off, and set aside part for the hash, when it is to be served. Put into the remainder, the minced meat, with pepper, nutmeg, and a little butter; mix the hash well, dish, glaze, and garnish with fried bread and poached eggs.

Partridges and Cabbage.

Truss the birds as chickens for boiling; put into a stew-pan any trimmings of poultry or game that may be at hand; add thereto about half a pint of good stock, three or four onions, a bundle of sweet herbs, a few bay leaves, and some mace. Next put in the partridges covered well with bacon. Boil a Savoy cabbage, till about half done, take it out, and put it into cold water, after which, divide it into four parts, squeezing it first thoroughly with the hands, and also in a clean cloth. Tie the cabbage up tight, and put it into the stew-pan with the partridges; add a glass of sherry, cover the whole close, and simmer over a slow fire, about an hour. When done, pour off the liquor, skim off the fat, put some butter into another pan, and when melted, add as much flour as will dry it up; put thereto the liquor the partridges were done in, and let it boil a few minutes. Then take up the partridges and cabbage, and lay them on a clean cloth to dry; put the birds on a dish, and the cabbage round, with pieces of carrot intermixed. Garnish with Bologna sausages.

To pot Partridges.

Truss them as for boiling; season inside with pepper, salt, and whole pepper; place them in a stew-pan, lined with slices of lean ham; put a large bunch of thyme in it, and a handful of whole pepper and allspice; cover over with slices of ham, put a pint of water to them; paste the cover of the stew-pan all round, and let them stew gently two hours; after remaining in the pan till cold, put them separately in pots, with a few whole pepper corns in each; pour boiling clarified butter to cover them, and fill up. Tie the pots over with bladders when cold; keep them in a cool place.

Another way. Clean them nicely; and season with mace, allspice, white pepper, and salt, in fine powder. Rub every part well; then lay them breast downwards in a pan, and pack the birds as close as you possibly can. Put a good deal of butter on them; then cover the pan with a coarse flour-paste, and a paper over; tie it close, and bake. When cold, put the birds into pots, and cover them with butter.

A very cheap way of potting Birds.

Prepare them as directed in the last receipt; and when baked and grown cold, cut them into proper pieces for helping, pack them close into a large potting pan, and (if possible) leave no spaces to receive the butter. Cover them with butter, and one-third part less will be wanted than when the birds are done whole. The butter that has covered potted things will serve for basting, or for paste for meat pies.

To clarify butter for potted things, put it into a sauce-boat, and set that over the fire in a stew-pan that has a little water in. When melted, take care not to pour the milky parts over the potted things; they will sink to the bottom.

Note, birds may be preserved good a considerable time by either of the following methods:

1. (and in our esteem always preferable) Lay lumps of charcoal about and in them.

2. Just before dressing, clean and well wash them with vinegar and water.

3. If they become high a day or two before they are wanted to be used, draw, crop, and pick them; wash in two or three waters, and rub with salt. Have ready a large saucepan of boiling water and plunge them into it one by one, drawing them up and down by the legs that the water may run through them; continue this process for five or six minutes. Then hang them up in a cool place; when drained, pepper and salt the insides, which pepper and salt must be washed out before roasting. Birds so managed will require less time for roasting; but the fire should be brisk, and they must be well basted to secure their browning properly.

Observe, this method cannot be applied to birds that live by suction, such as woodcocks, snipes, quails, &c. which are never drawn.

BLACK COCK, MOOR GAME, AND GROUSE.

To roast Black Cock, Moor Game, and Grouse.

These are all to be roasted like partridges; the black cock will take as much time as a pheasant, and moor game and grouse as the partridge. Send up with them currant jelly, and fried bread crumbs.

To pot Moor Game.

Pick, singe, and wash the birds nicely: then dry them; and season, inside and out, pretty high, with pepper, mace, nutmeg, allspice, and salt. Pack them in as small a pot as will hold them, cover them with butter, and bake in a very slow oven. When cold, take off the butter, dry them from the gravy, and put one bird into each pot, which should just fit. Add as much more butter as will cover them, but take care that it does not oil. The best way to melt it is, by warming it in a basin set in a bowl of hot water.

Grouse braised, and Cabbage.

Draw the legs in the same manner as chickens for boiling, lay at the bottom of the stew-pan some fat bacon, put in about a pint of stock, a few shalots, a bunch of thyme, parsley, a few blades of mace, two or three bay leaves, and then the grouse. Blanch two cabbages, cut them in quarters, let them boil till half done, then squeeze each part with your hands, afterwards press them with a cloth, tie each bundle up separately, and put them in the pan, with the grouse. They will take about an hour over a slow fire, but if young, somewhat less. When done, strain off the liquor, and remove the fat, lay a little butter in the pan, and put it over the fire, and as soon as it is melted, throw in as much flour as will dry it up. Then put in by little and little, the liquor the grouse was done in; keep stirring it while on the fire, and when it has boiled a

few minutes, strain it off into another pan. Season it by putting in a little cayenne and lemon juice. Put the grouse on the dish, and the cabbage round it, pouring the sauce over all. Garnish with carrots.

WOODCOCKS, SNIPES, QUAILS, &c.

To boil Woodcocks or Snipes.

First make a good strong broth or gravy, by cutting a pound of lean beef into small pieces, and putting thereto four quarts of water, an onion, a bunch of sweet herbs, a blade or two of mace, six cloves, and some whole pepper. Boil this till half reduced, strain it off, and put it into a saucepan, with some salt. Draw the birds, but take care of the guts. Put the woodcocks or snipes into the gravy, cover them close, and boil them for ten minutes. While doing, cut the guts and liver small, take a little of the gravy, and stew them in it, with a blade of mace. Rub small the inside of a roll, put it into a pan with some butter, and fry it till it is crisp, and of a fine brown colour. When the birds are ready, take about half a pint of the liquor they were boiled in, and add to the guts two spoonfuls of red wine, and a piece of butter rolled in flour. Set them on the fire, and shake the saucepan frequently, but do not stir it with a spoon till the butter is melted; then put in the fried bread, give the saucepan another shake, take up the birds, pour the sauce over them, and garnish with sliced lemon.

To roast Woodcocks or Snipes.

They must not be drawn, but truss their legs close to the body, and run an iron skewer through each thigh, and tie them on a bird spit. Put them down to a clear fire, cut a slice of bread for each bird, toast or fry this brown, and lay

the same under the roast to catch the trail. Baste with butter, and froth with flour. Lay the toast on a hot dish, and the birds on that. Pour some beef gravy into the dish, and also send up some in a boat. Twenty or thirty minutes will do them. Garnish with lemon. Some gourmands choose to have woodcocks so much underdone, as to allow them only a few minutes at the fire. Snipes require about five minutes less doing than the other.

Woodcocks or Snipes en surtout.

Make a forcemeat of veal, and beef suet, pounded with bread crumbs, beaten mace, pepper, salt, parsley, and sweet herbs, mixed with the yelk of an egg. Lay some round the dish, then put in the birds, drawn, and half roasted. Chop the trail, and lay it over the dish. Put some truffles, morels, mushrooms, a sweetbread, and artichoke bottoms, cut small, into some good gravy, and stew them together. Beat up the yelks of two eggs in white wine, stir the whole one way, and when thick enough, pour it into the dish. Lay here and there some hard eggs, season with more mace, pepper, and salt, add some forcemeat coloured with egg, and send it to the oven for half an hour.

Snipes with Purslaine Leaves.

Draw the snipes, and make a forcemeat to stuff them with, but keep the ropes for the sauce; lay them crossways upon a lark spit, covered with bacon and paper, and roast them gently. For sauce, take some purslaine leaves, blanch them in water, put them into a ladleful of cullis and gravy, a little shalot, pepper, salt, nutmeg, and parsley, and stew them for half an hour. Add the ropes, and dish the birds upon slices of fried bread, squeeze the juice of an orange into the sauce, and serve them up.

To roast Quails.

Do them in the same manner as woodcocks, without drawing, and serve them on toast, and with butter only, as gravy injures the flavour. The thigh and back are the favourite parts.

To dress Plovers.

Dress green ones as quails, but the gray may be either roasted or stewed with gravy, herbs, and spice. The eggs are delicious. Boil them ten minutes, and serve them hot or cold.

Guinea and Pea Fowls.

These have very much of the flavour of pheasants, and are cooked in same manner.

To roast Ruffs and Reeves.

These delicate birds must be trussed like the woodcock, but not dressed with the guts. Serve them with gravy and bread sauce, and garnish with crumbs of bread.

To roast Larks.

These delicious birds are in season in November. When gutted, cleaned, and trussed, brush them with the yelk of egg, and roll them in crumbs of bread, spit them on a lark spit, and tie it on a larger one. Ten or fifteen minutes will be sufficient for roasting them before a quick fire. Baste them with butter, and while doing so, cover them thoroughly with bread crumbs. Serve them with grated bread fried in clarified butter, and for garnish, use slices of lemon. Wheat-ears are cooked in the same manner.

Ortolans.

These exquisitely small and delicious birds, form a luxurious treat in Italy, France, and every part of Europe. Abroad they are spitted in pairs side by side, each wrapped in a vine leaf, with a bit of fat bacon on the breast, and basted with a little of the same. They are served with fried crumbs of bread, and the juice of a Seville orange. The flesh is light, and yet so luscious, that few persons can eat more than two. In England, the price places them out of the reach of any but the great and wealthy.

Wild ducks, wigeons, teats, dunbirds, &c. are seldom prepared in any other way than that of plain roasting as already directed, p. 60, except as a salmi, prepared exactly in the same manner as directed for hare, p. 226.

FISH.

Although the more simple modes of dressing fish are most generally acceptable, as well as much more economical and wholesome, it is our business now to present our readers with the more elaborate and expensive modes invented by gourmands or their caterers, to disguise the elementary commodity, and humour the sickly and depraved appetite of luxury.

SALMON.

To boil Salmon crimp.

This makes a very handsome dish, and is the way in which salmon is usually dressed in the places near the fisheries, where the fish is obtained quick. The fish must be cleaned and scaled without cutting up the breast. Cut off the head, with about two inches of the neck, and the tail with the same quantity of fish along with it. Cut as many circular fillets of the salmon as you wish for, according to the size of the fish and the number of the company, of about three or four inches thick; the opening of these slices whence the entrails have been taken must be well cleaned from the blood, &c. Throw the whole into cold water made brackish with salt. Place the head and tail on the strainer, and put them in a fish-kettle of boiling water, with a little salt and vinegar; let them boil five minutes: lift the strainer, and lay on the slices: take

off whatever scum arises, for it is very easy to injure the colour of fresh salmon. Boil from fifteen to twenty-five minutes. Place the head and tail on end in the middle of the fish-plate, and lay the circular slices neatly round them.

To broil fresh Salmon.

This mode of dressing, though unsuitable for a large dinner where salmon makes a principal dish, is the way in which the solitary gourmet best relishes this luxury. Split the salmon and take out the bone without mangling the fish. Cut slices of from three to four inches in breadth. Dry them in the folds of a cloth, but do not beat or press them. Have a clear beef-steak fire, and a bright barred gridiron, rubbed with a bit of mutton suet to prevent the fish from sticking; turn them with steak tongs the slices if not dry may be dusted with flour. This, like all broils, must be served hot. The slices may be wrapped in the folds of a napkin.—Anchovy or shrimp sauce.

Some cooks recommend the following mode of serving this dish:—While the salmon is broiling, take two anchovies, wash, bone, and cut them small, also a leek into three or four long pieces. Set on a saucepan, with some butter and flour, put therein the anchovies and leek, with some capers cut small, a little pepper, salt, and nutmeg; add to these ingredients some warm water, and a couple of spoonfuls of vinegar, shaking the saucepan till it boils, and let it simmer till wanted. When the fish is done on one side, turn it on the other, and when it is ready, take out the leek, pour the sauce into a dish, and lay the salmon upon it. Garnish with lemons cut into slices or quarters.

To dry Salmon.

Cut the fish down, take out the inside and roe. Rub the whole with common salt after scaling it; let it hang twenty-four hours to drain. Pound three or four ounces of saltpetre, according to the size of the fish, two ounces of bay salt, and two ounces of coarse sugar; rub these, when mixed well into the salmon, and lay it on a large dish or tray two days, then rub it well with common salt, and in twenty-four hours

more it will be fit to dry; wipe it well after draining. Hang it either in a wood chimney, or in a dry place; keeping it open with two small sticks.

Dried salmon is eaten broiled in paper, and only just warmed through; egg sauce and mashed potatoes with it.—Or it may be boiled, especially the bit next the head.

To broil dried Salmon.

Let it soak in water two or three hours, then lay it on a gridiron, and throw some pepper over it. When done, which will be in a short time, serve it up with melted butter.

Another dish of dried salmon. Part the fish into flakes, boil some eggs hard, and chop them, but not small; put both into half a pint of thin cream, and add thereto two or three ounces of butter rubbed with a tea-spoonful of flour; skim, and stir it till it boils, then pour the whole into a dish, round which you have previously made a ridge of mashed potatoes.

To bake Salmon.

Place the fish in a deep pan, and stick plenty of bits of butter over it. Season it with allspice, mace, and salt, and rub a little of the seasonings on the inside. It must be basted occasionally with what collects in the baking-pan. If the fish is small, or a grilse, it may be skewered, with the tail turned to the mouth. A baked salmon makes a handsome dish, and eats well cold.—Garnishing and sauce as for boiled salmon.

Another way. Cut a piece of salmon of five or six pounds weight, into slices of about an inch in thickness, and then make a forcemeat in this manner:—Take some of the finest parts of the fish, and as much of eel, with a few mushrooms. Season the whole with pepper, salt, nutmeg, and cloves, and beat it together till it becomes very fine. Boil the soft part of a roll in milk, and beat it up with four eggs till it is thick; then set it to cool, add four raw eggs to it, and mix all well together. Clear the salmon of its skin, and lay the slices in a dish, covering every one with the forcemeat; pour some melted butter over them, with crumbs of bread, and

arrange oysters all round. Put the dish into the oven, and when it becomes brown, pour over it a little melted butter, which has been boiled with some red wine in it; add juice of lemon, and send it hot to table.

Another way. Scale and dry a fresh salmon, or part of one, but avoid washing it; take out the bone, by slitting down the back, salt it well, and let the fish lie till the brine is drained off, then season with mace, cloves, and whole pepper, all pounded; put it into a close pan, with bay leaves, and cover it with butter. Send it to the oven, and when done, drain it from the gravy. Then cut it up, and lay the pieces with the skin uppermost, in pots, placing a weight upon each, to keep the fish close till cold; then take the weight off, and pour on the salmon clarified butter.

Grilled Salmon.

Put a piece of salmon into a dish, and pour over it some good oil, to which add a little fine salt, a bay leaf, parsley, and scallions cut in two; then turn the fish, and let it soak for some time, after which, lay it on a gridiron, taking care to turn and baste it occasionally with the seasoning. Try the flesh by raising it with the point of a knife, at the thick part of the back, and if red, let it remain a little longer. When done, turn it on a dish, take off the skin, pour some melted butter over the salmon, and strew capers thereon.

The Geneva method of dressing Salmon.

Tie up a piece of salmon, and put it into a fish kettle, with sliced onions, carrots, salt, and some spices; add thereto a sufficient quantity of claret or port wine; when done, run some of the liquor through a sieve, adding to it as much Spanish sauce as will form a proper consistence, with anchovy butter, and a piece of plain fresh butter; then set the whole upon the fire to thicken, drain it clear, dish, and serve it up.

Another way. Boil your salmon in salt and water, take it out, and draw out the small bones along the back, put some dripping or butter in a stew-pan, and place the fish therein; then heat the whole, without letting it boil; when in the dish, surround it with bread cut into forms, and some Parmesan

cheese grated thereon; then take melted butter, and with a large feather brush it over the fish, after which, place it in an oven, till it is of a fine colour.

Scolloped Salmon.

Skin a piece of raw salmon, and part it into scollops, each about the size of a penny-piece, but a little thicker, flatten, and round them; then put them one by one into a stew-pan, with butter, over which strew a little salt and pepper. Put into another stew-pan, three large table-spoonfuls of plain sauce, thinned down with gravy, and add three or four ounces of butter; keep tossing the scollops, and turning them till done, after which, drain and place them one upon another in a dish. Serve with some of the butter and stock in which they have been dressed, and add thereto blanched parsley minced, some nutmeg, and lemon juice; toss it up again, and send it to table.

A Fricassee of Salmon.

Cut a piece of salmon into small slices, mince fine some sweet herbs, parsley, and thyme; season the fish with salt, mace, cloves, ginger, and nutmeg, powdered small and well mixed. Put into a pan some clarified butter or lard; make it very hot, then lay in the salmon, and fry it quickly, taking care that it does not burn. When about three-quarters done, pour off the fat, and supply its place with white wine, oysters, and their liquor, a large onion, two anchovies, some minced thyme, and a little nutmeg, to which add the yelks of four eggs beaten up with some of the liquor. Dish the fricassee with sippets, pour the sauce thereon, and garnish with oysters.

To kipper Salmon.

The fish must be cut up, cleaned and scaled, but not washed, and have the bone taken neatly out. Rub with equal proportions of salt and Brazil, or fine raw sugar, with a little saltpetre. Let the fish lie for two days, pressing it with a board on which weights are placed: then hang it up or smoke it. Lest the folds gather mustiness and spoil, it is a

good plan, when the fish is hung, to stretch it open with pieces of stick, that it may dry equally. Peppers in powder may be added to the salt. This forms a favourite addition to a Scotch breakfast, and nothing indeed can be more relishing than fresh kipper. It is uniformly dressed by cutting it into slices and broiling. If long hung, the slices may be soaked in water a quarter of an hour, which will soften and improve the quality of the fish. If the fish is very large and rich it may be rubbed with salt, and drained for a day before it get the final salting.

To pot Salmon.

Split, scale, and clean, by wiping, for water must not ouch it. Rub with salt, drain off the moisture, and season the salmon with pounded mace, cloves, and black and Jamaica pepper. Cut it into neat pieces; lay them in a pan, and cover them with melted butter. Bake it, drain from the fat, and put the pieces into potting cans, which must be covered with clarified butter.

To collar Salmon.

Split, scale, and bone as much of the fish as will make a handsome collar of about six inches diameter. Season it highly with beaten mace, cloves, pepper, and salt, and having rolled it firmly up and bandaged it, bake it with vinegar and butter, or simmer in vinegar and water. Serve with melted butter and anchovy sauce. The liquor in which the collar was boiled or baked, may be boiled up with salt, vinegar, and a few bay leaves, and put over the fish to preserve it.

Salmon Cutlets.

French cooks dress slices of fresh salmon as cutlets en papillote, by seasoning with mixed spices, dipping in salad oil, and broiling. Mustard is considered by knowing gourmands an improvement to salmon when more than ripe.

COD.

To dress a Cod's Head and Shoulders.

Have a quart of good stock, made of lean beaf or veal, with onion, carrot, and turnip. Rub the fish with salt over night, taking off the scales, but not washing it. When to be dressed wash it clean, then quickly dash boiling water over the upper side, and with a blunt knife take off the slime which will ooze out, taking great care not to break the skin. Do the same to the other side of the fish; then place it on the strainer, wipe it clean, and plunge it into a turbot-kettle of boiling water, with a handful of salt and a half pint of vinegar. It must be entirely covered, and will take from thirty to forty minutes boiling. Set it to drain, slide it carefully on a deep dish, and glaze with yelks of eggs, over which strew fine bread crumbs, grated lemon peel, pepper, and salt. Stick numerous bits of butter over the fish, and set it before a clear fire, strewing more crumbs, lemon peel, and minced parsley over it, and basting with the butter. In the meanwhile thicken with buttet kneaded in flour, and strain the stock, adding to it half a hundred oysters nicely picked and bearded, and a glassful of their liquor, two glasses of Madeira or sherry, the juice of a lemon, and the hard meat of a boiled lobster cut down, the soft part pounded. Boil this sauce for five minutes, and skim it well; wipe clean the edges of the dish in which the fish is crisping, and pour the half of the sauce around it, serving the rest in a tureen. Garnish with fried oysters, smal. fried flounders, and pickled samphire, or slices of lemon Cod's head is dressed with brown sauce, by browning the stock with butter nicely browned, and adding a little mushroom catsup. This sauce is generally made more piquant than the white by the addition of a few boned anchovies.

Another way. Take out the gills and blood, wash the fish clean, and having rubbed it over with salt, and a glass of vinegar, lay it on a plate. When the water boils, throw in a handful of salt, with half a pint of vinegar; after which, put in

your fish, and let it boil gently half an hour, but if it is large three-quarters of an hour will be necessary. On taking it up, slip off the skin, set the fish before a good fire, dredge it with flour, and baste it well with butter. When the froth begins to rise, strew crumbs of bread over it, and as soon as it is brown, dish it up. Garnish with small fish, or oysters fried in butter, barberries, horse-radish, and lemon. Serve with lobster, shrimp, or anchovy sauce.

To boil Cod.

Cut off the tail, which would be useless before the other part is enough done. Rub well with salt inside, without washing; let it lie from one to two days, and boil in plenty of water, with a handful of salt. Garnish with the boiled roe and liver, or small flounders or whitings nicely fried. The tail cut may lie in salt for a few days, and be boiled and served with egg sauce, or parsnips mashed with butter and cream; or it may be broiled fresh, or fried in fillets or slices, and served with oyster sauce; or a sauce made of half a pint of veal gravy, a glass of red wine, a boned anchovy chopped, white pepper and salt, and a few pickled oysters, and thickened with a little flour kneaded in butter. Boil up and skim the sauce; place the slices neatly on the dish, and pour it around them. Garnish with slices of lemon.

Ragout of Cod.

Scale your fish, and boil it in water and vinegar with some lemon peel, one or two bay leaves, pepper, and salt. When done, cover it with a sauce made of melted butter, oysters, capers, a tea-spoonful of the essence of anchovy, and a little cayenne and vinegar.

Cod's Sounds boiled.

Soak them half an hour in warm water, then scrape and clean them, and if they are to be dressed white, boil them in milk and water. When tender, serve them in a napkin, with egg sauce. Do not let the salt soak out, unless for a fricassee.

Another way, to make them look like Chickens.

Boil them, but not too much, and on taking them up, let them stand till cold; then make them a forcemeat of chopped oysters, crumbs of bread, a piece of butter, nutmeg, pepper, salt, and the yelks of two eggs; fill the sounds with this, and skewer them up, each in the shape of a fowl, and lard them like a young turkey. Dust them well with flour, put them into a Dutch oven to roast, and baste them well with butter; when done enough, pour over them some oyster sauce, and garnish with barberries.

A Fricassee of Cod's Sounds.

When cleaned, cut them into small pieces, boil them in milk and water, and let them drain; then put them into a saucepan, and season with beaten mace, grated nutmeg, and a little pepper and salt. Add about a quarter of a pint of cream, with a piece of butter rolled in flour, and keep shaking the whole till hot and thick. Pour all into a dish, and garnish with slices of lemon.

Cod's Sounds broiled.

Scald them in hot water, rub them well with salt, and let them simmer till tender. Then take them out, flour and broil them. While this is doing, season some brown gravy with pepper, salt, a tea-spoonful of soy, and a little mustard; boil the whole with some flour and butter, and when done pour it over the sounds.

Ragout of Cod's Sounds.

Prepare the sounds as in the preceding article; then stew them in white gravy seasoned, and give the whole a gentle boil, after adding cream, butter, and flour, with a little lemon peel, nutmeg, and pounded mace.

To dress a Salt Cod.

Let the fish soak in water and a little vinegar all night

Boil it till it is done enough to pull into flakes, which must be put into a dish, and covered with egg sauce. Garnish with parsneps, boiled and beaten fine with butter or cream, turned out in cups round the edge of the dish. Send it to table very hot.

To dress young Codlings like Salt Fish.

Having gutted the fish, and dried them well with a cloth, fill their eyes full of salt, and put some also over the back-bone. Let them lie all night, then hang them up by the tail for a day or two, and boil them in spring water as they are wanted. When done enough, let them drain; then pour egg sauce over them, and send them to table.

A Curry of Cod.

The fish should be sliced, and sprinkled or crisped for twenty-four hours, to give it firmness; then fry it of a fine brown colour with onions, after which, make a stew, with white gravy, a little curry powder, some butter and flour; and three or four spoonfuls of cream, salt, and cayenne may be added, if the powder is not piquant enough. Add boiled rice in a separate dish.

TROUT.

To broil Trout.

Clean and dry your fish, and tie it round with packthread, to preserve the shape. Melt some butter with a good deal of fine salt, and cover the trout with it; then put it on a clear fire, and let it broil gradually, but at some distance. Wash and bone an anchovy, cut it small, and chop up some capers. Melt butter with flour, and add thereto pepper, salt, nutmeg,

and half a spoonful of vinegar. Pour this over the fish, and serve it hot.

To fry Trout.

When scaled, gutted, cleaned, and dried, dust them with flour, and set them before the fire. Fry them of a fine colour, with dripping, and serve with crisped parsley and plain butter. You may dress perch and tench in the same way.

To stew Trout.

Take a large fish, clean it well, and put into its belly a stuffing made of grated bread, a bit of butter, chopped parsley, lemon peel, pepper, salt, nutmeg, savoury herbs, and the yelk of an egg, thoroughly mixed. Then put the trout into a stew-pan, with a quart of good gravy, and half a pint of white wine, an onion, some whole pepper, a few cloves, and a little lemon peel. Stew the whole gently over a slow fire, and when done, add to the sauce a little flour and cream, some catsup, and the juice of a lemon. Let it just boil, then strain it over the trout, and send the dish to table.

To dress Trout in the Genevese manner.

Clean the fish as before, put it into the stewpan, with half a pint of champaign, and the same quantity of Moselle, Rhenish, or sherry wines. Season with pepper, salt, an onion, and a few cloves stuck in it, a bunch of parsley and thyme and a crust of bread. Set it over a quick fire, and when the fish is nearly done, take out the head, bruise it, and thicken the sauce with flour and butter, and let it boil up. Lay the trout in a dish, and pour the sauce over it. Serve with slices of lemon, and fried bread.

HADDOCKS AND WHITINGS

Haddocks in Brown Sauce.

Clean, cut off the heads, tails and fins, and skin from six to eight well-sized haddocks. Take the heads, tails, and trimmings, with two or three fish cut down, and boil them in a quart of water, with a couple of onions, some sweet herbs, and a piece of lemon peel; thicken with plenty of browned butter and flour, and season highly with mixed spices and mushroom catsup; strain the sauce, and when it boils and is skimmed put in the fish cut into neat pieces, and if you choose, previously browned in the frying-pan. If there be too little sauce add some good beef gravy; put in a quarter hundred of oysters and a glass of their liquor, or some muscles, and a little wine. Take out the fish when ready, with a slice, and pour the sauce, which should be brown, smooth, and thick, around them.

Observations.—Haddocks may be stuffed with a fish forcemeat and boiled in a sauce as directed above. Some of the forcemeat may be made into balls for garnishing. Haddocks may also be stuffed, egged, and strewed with fine bread-crumbs, minced parsley, &c. and baked, basting them well with butter. Serve in a white sauce made of a pound or more of good veal, onions, and parsley, and thickened with plenty of butter kneaded in flour. Strain, and add a glass of white wine, the juice of a lemon, white pepper in fine powder, a quarter hundred of pickled oysters, and a spoonful of the liquor. Pour the skimmed sauce over the fish. Garnish with sliced lemon and pickled samphire. This makes a very handsome Scotch dish. Whitings are dressed as above with a white sauce, and codlings with a brown sauce.

Haddocks and codlings may also be dressed in a sauce made of two bottles of clear small beer poured over a half pound of butter, nicely browned and dredged with flour, oysters, and a little of their liquor, mushroom catsup, spices, and vinegar. Boil the fish in this strained sauce, and serve in a soup dish.

Haddocks salted, &c.

Haddocks salted a day or two, and eaten with egg sauce, are a very good article. Haddocks cut in fillets, fried, eat very fine. Or if small, very well broiled, or baked, with a pudding in their belly, or some good gravy.

Findhorn Haddock.

Let the fish be well cleaned and laid in salt for two hours, let the water drain from them. They may be split or not; they are then to be hung in a dry situation for a day or two, or a week or two, if you please; when broiled, they have all the flavour of the Findhorn haddock, and will keep sweet for a long time.

To broil Whitings.

They should be well dried in a cloth, and then rolled well in flour; and before they are put on the gridiron, the bars should be made very clean, and rubbed with a bit of fat bacon to prevent the whitings sticking to the bars.

Stuffing for Pike, Haddock, and small Cod.

Take an equal quantity of fat bacon, beef suet, and fresh butter, some savory, thyme, and parsley, a few leaves of sweet marjoram, two anchovies, with some salt, pepper, and nutmeg; to this add crumbs, and an egg to bind. Oysters added to the above will be a considerable improvement.

Currie of Haddocks, Codlings, or Whitings.

Have a quart of good beef or veal stock, in which a carrot or turnip, and two onions have been boiled. Thicken it with butter kneaded in lightly browned flour. Having cleaned, skinned, and boned the fish, cut them in neat bits of about three inches in length. Rub them with flour, and fry them of a fine golden brown in good butter. Drain them, and mix very smoothly with a little of the stock from a dessert spoonful

to a table-spoonful of currie powder, two onions beaten in a mortar, and a large quarter pint of good thick cream; if a little sour so much the better. Stew the fish very slowly in the stock till they are tender, which will not be long. Place the pieces neatly in the dish, and having skimmed the currie sauce, pour it over them.

MACKAREL.

To broil Mackarel.

Clean the fish, wipe it on a dry cloth, and having cut a slit down the back, lay it on the gridiron over a slow fire, taking care to turn it when one side is done. Season it with pepper and salt, and put some fresh butter in the fish, as well as on the outside.

To bake Mackarel.

Open them, cut off their heads, take out the roes, and clean them well; rub them on the inside with some pepper and salt; then replace the roes, and season the fish with pounded allspice, black pepper, and salt; lay them in a pan, covered with equal quantities of vinegar and water; tie them over with strong white paper doubled, and bake them for an hour in a slow oven. They may be kept for a fortnight.

Another way. Take twenty mackarel, cut off the heads, and trim them neatly; place them in a dish in rows; sprinkle over pepper and salt, two spoonfuls of chopped onion, parsley, and thyme; add one pint of vinegar and a quart of water, mixed, with two bay leaves; cover them over, and bake one hour. They may be served hot or cold, and kept in the pickle.

Note.—Herrings may be done in the same way.

Mackarel collared.

Bone the mackarel, sprinkle them with salt and pepper, a spoonful of allspice, chopped onion and parsley: roll them up, and place them in a pan tight together; pour over them a sufficient quantity of sea water and vinegar, mixed, to cover them; let them boil gently a quarter of an hour; keep them in the pickle, and serve hot or cold. They may be baked instead of boiled.

Note.—If sea water cannot be had, spring water, with a handful of salt in it, will answer the purpose. Herrings may be done in the same way.

Mackarel, Maitre d' Hotel.

Split down the back, and take out the bone; season with pepper and salt; pass off a spoonful of chopped shalot, ditto of mushroom, ditto of fennel, ditto of parsley, and pour over the mackarel; put the sides together again to look whole; bake them in a dish half an hour; and serve maitre d'hotel sauce under them.

Mackarel fillets.

Bone the mackarel in two separate fillets; season them with salt and pepper; sprinkle over them a spoonful of chopped parsley and two shalots; roll them up; put in a braize half an hour; serve a piquante, or fennel sauce under.

Mackarel broiled in paper.

Split mackarel down the back; take out the bone; season with pepper and salt; rub a little butter over; fold oiled paper over them, and broil; serve fennel or parsley and butter.

To Pot Mackarel.

Clean, season, and bake them in a pan, with plenty of spice, bay leaves, and butter. When cold, put them into a pot, and cover them with butter.

To pickle Mackarel in the manner called Caveach.

Clean and divide six large mackarel; cut each side into three parts; take an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all finely powdered: mix them, and having made a hole in each piece of fish, force the seasoning therein, rub also some on the outside: then fry them brown in oil, let them stand till cold, put them into a stone jar, and cover them with vinegar. If they are to be kept for any length of time, pour some oil on the top.

STURGEON.

To dress fresh Sturgeon.

Cut slices, rub egg over them, then sprinkle with crumbs of bread, parsley, pepper, salt; fold them in paper, and broil gently.

Sauce; butter, anchovy, and soy.

To roast Sturgeon.

Put it on a lark-spit, then tie it on a large spit; baste it constantly with butter: and serve with a good gravy, an anchovy, a squeeze of Seville orange or lemon, and a glass of sherry.

Another way. Put a piece of butter, rolled in flour, into a stew-pan, with four cloves, a bunch of sweet herbs, two onions, some pepper and salt, half a pint of water, and a glass of vinegar. Stir it over the fire till hot; then let it become lukewarm, and steep the fish in it an hour or two. Butter a paper well, tie it round, and roast it without letting the spit run through. Serve with sorrel and anchovy sauce.

To pickle Sturgeon.

Cut it into pieces, wash it well, and tie it with mats. To three quarts of water put one of old strong beer, a handful of bay salt, and double the quantity of common salt, one ounce of ginger, two of black pepper, one of cloves, and one of Jamaica pepper. When the liquor boils, put in the sturgeon till it leaves the bone, and then take it up; the next day put it in a quart of the strongest beer vinegar, and a little salt. Cover it close with strong paper, and keep it for use.

Imitation of Pickled Sturgeon.

Take a fine large turkey, but not old; pick it very nicely, singe, and make it extremely clean: bone and wash it, and tie it across and across with a bit of mat string washed clean. Put into a very nice tin saucepan a quart of water, a quart of vinegar, a quart of white (but not sweet) wine, and a very large handful of salt; boil and skim it well, then boil the turkey. When done enough, tighten the strings, and lay upon it a dish with a weight of two pounds over it. Boil the liquor half an hour; and when both are cold, put the turkey into it. This will keep some months, and eats more delicately than sturgeon; vinegar, oil, and sugar, are usually eaten with it. If more vinegar or salt should be wanted, add when cold. Send fennel over it to table.

SOLES.

To fry rolled.

Take two or three soles, divide them from the back-bone, and take off the head, fins, and tail. Sprinkle the inside with salt; roll them up tight from the tail-end upwards, and fasten

with small skewers. If large or middling, put half a fish in each roll; small do not answer. Dip them into yelks of eggs, and cover them with crumbs. Do the egg over them again, and then put more crumbs; and fry them a beautiful colour in lard or in clarified butter.

Soles in the Portuguese way.

Take one large or two small; if large, cut the fish in two; if small, they need only be split. The bones being taken out, put the fish into a pan with a bit of butter and some lemon-juice; give it a fry, then lay the fish on a dish, and spread a forcemeat over each piece, and roll it round, fastening the roll with a few small skewers. Lay the rolls into a small earthen pan, beat an egg and wet them; then strew crumbs over, and put the remainder of the egg, with a little meat-gravy, a spoonful of caper-liquor, an anchovy chopped fine, and some parsley chopped, into the bottom of the pan; cover it close, and bake till the fish are done enough in a slow oven. Then place the rolls in the dish for serving, and cover it to keep them hot till the baked gravy is skimmed; if there be not enough, a little fresh, flavoured as above, must be prepared and added to it.

Portuguese stuffing for Soles baked.

Pound cold beef, mutton, or veal, a little; then add some fat bacon that has been lightly fried, cut small, and some onions, a little garlick or shalot, some parsley, anchovy pepper, salt, and nutmeg; pound all fine with a few crumbs, and bind it with two or three yelks of eggs. The heads of the fish are to be left on one side of the split part, and kept on the outer side of the roll; and when served, the heads are to be turned towards each other in the dish. Garnish with fried or dried parsley.

To boil flavoured.

Having skinned a pair of soles, wash, and lay them in vinegar, salt, and water, for two hours; dry them in a cloth

put them into a stewpan, with a pint of white wine, a bunch of sweet herbs, an onion stuck with six cloves, some whole pepper, and a little salt. Cover them, and when brown take them up, strain off the liquor, and thicken it with flour and butter. Pour the sauce over the fish, and garnish with horse-radish and lemon.

To stew Soles.

Half fry them in butter, then take them out, and put into the pan a quart of water, two anchovies, and a sliced onion. Replace the fish in the pan, and let them stew gently twenty minutes, or half an hour, according to the size. When taken out, squeeze a lemon over the pan, and thicken the liquor with butter and flour. Having given it a boil, strain it through a sieve over the fish, and serve with oyster or shrimp sauce. Flounders and plaice may be done in the same manner.

Another way, which answers equally well for eels, lampreys, and fillets of turbot, holibut, whitings, cod, &c. Clean and trim the fish. Eels must be cut in from three to four inch lengths, and rubbed with salt before skinning, to draw off the slime. Wash them very well. The other kinds of fish must be cut into rather larger pieces; the pieces may be dipped in egg, rolled in grated crumbs, and browned before they are put into the stew-pan. Have a pint and a half of good clear beef gravy, in which two onions, a carrot, and a few pot herbs have been boiled. Stew the fish in this gravy very gently, giving a quarter of an hour to the harder sorts, and about ten minutes to whitings or eels. Lift out the pieces, and keep them hot. Skim the sauce, and thicken it with browned flour, or rice flour; add a small glass of red wine, and a large spoonful of mushroom catsup; give it a minute's boiling, and strain it over the stewed fish. Stewed fish may be dressed for maigre days in the French manner, making the stock strong, either with fish or butter, or part of both, and using more herbs or seasonings. Serve with scraped horse-radish, sippets of bread, or fried parsley.

To bake Soles.

Bone and take off the fillets, or they may be done whole; season with pepper and salt; a spoonful of chopped onion, parsley, and mushroom may be sprinkled over them; lay them in a dish, with some butter on them, in pieces; cover with crumbs of bread, and so on alternately, till the dish is full; bake them one hour, and serve in the dish with their own gravy.

N. B. Plaice, smelts, haddock, and whiting are done in the same way.

To fricassee Soles.

When skinned and cleaned, cut off the heads of the fish, and dry them on a cloth. Separate the flesh from the bones and fins, cut it first lengthwise, and then across, so that each fish may be divided into eight pieces. Put the heads and bones into a pan, with a pint of water, sweet herbs, an onion shreded, whole pepper, two or three blades of mace, a piece of lemon peel, a little salt, and a crust of bread. Cover the whole close, and let it boil till reduced to one half; strain through a fine sieve, and put the liquor into a stewpan, with the fish, adding half a pint of white wine, some chopped parsley, a few mushrooms cut small, grated nutmeg, and a piece of butter rolled in flour. Keep the pan shaking over a slow fire till the soles are done, then serve them up with the gravy, and garnish with lemon.

To marinade Soles.

Boil the fish in salt water, then bone and drain them, after which, lay them on their backs in a dish, boil some spinach, pound it in a mortar, next chop separately the whites and yelks of four eggs boiled hard, lay them with the spinach in separate portions among the fish, and serve with melted butter.

RED MULLETS.

To bake.

Clean them well, but leave the inside, case them in oiled paper, and bake them gently. The liquor produced by the fish makes a good sauce, with the addition of anchovy, a glass of sherry, and a little butter rolled in flour: give it a boil, and serve in a tureen, but the mullets in their paper cases.

To boil.

Boil them in salt and water, and when done, pour away part of the liquor, adding to what remains, a pint of red wine, salt, vinegar, two onions sliced, a bunch of sweet herbs, nutmeg, beaten mace, and lemon juice. Boil these ingredients, with two or three anchovies, then put in the mullets, and let them simmer some time. Serve with the sauce, and shrimps or oysters.

To fry.

To fry mullets, scale and gut them, score across, and dip them in melted butter. Fry them in oil or clarified butter, and serve them with anchovy sauce.

PIPERS.

They may be either boiled or baked, with a pudding, well seasoned. If done in the latter way, put some rich gravy into the dish; and when baked, add to the liquor some essence of anchovy, and juice of lemon; then boil the whole for sauce.

JOHN DORY.

This delicate fish, which is highly esteemed by epicures, requires particular care in the dressing. It should be put into cold spring water, with a little salt and vinegar, and when it begins to boil, add some more water; then put it by the side of the stove to simmer for a few minutes.

HOLIBUT.

Holibut may be managed precisely in the same manner as turbot in all its varieties of dressing: it very much resembles that fish, and but for the moderate price at which it is sold, would perhaps be as highly esteemed.

SKATE AND THORNBACK.

Skate is very good when in season, but not otherwise. To have it firm and dry, the fish should be crisped; but those who like it tender, should keep it one, two, or even four days, according to the weather. Young skate eats remarkably well crisped and fried.—To boil skate, cut it into long pieces, and crossways, about an inch in breadth; then put the fish into spring water and salt. Let it boil a quarter of an hour, and serve it with melted butter and anchovy sauce.—To roast skate, take off the fins, after they have hung a day or two in the air, and while before the fire baste them with butter. Serve as before.—To fry skate, dip the pieces in butter, or do them with bread crumbs; the former way will require more lard or butter.—To fricassee skate, prepare them as directed for soles, after which, put the fish into a stewpan. Every pound will require a quarter of a pint of water. Add thereto some beaten mace and grated nutmeg, sweet herbs

and salt; cover the whole, and let it boil a quarter of an hour, then take out the herbs, put in a quarter of a pint of cream, a piece of butter rolled in flour, and a glass of sherry. Shake the pan all one way, till the fricassee is smooth and thick. Garnish with slices of lemon.

MAIDS.

These should be hung up in the open air one or two days. They may be either broiled, fried, or, if tolerably large, the middle part may be boiled, and the fins put into a stew pan, and fried, dipped in egg, and covered with crumbs of bread.

SMELTS.

To pickle Smelts.

Wash, clean, and gut a quarter of a peck of smelts, take half an ounce of pepper, as much of nutmeg, a quarter of an ounce of mace, half an ounce of saltpetre, and a quarter of a pound of common salt. Pound all fine, and place your fish in rows in a jar; between every layer of smelts, strew the seasoning, with the addition of four or five bay leaves. Then boil some red wine, and pour a sufficient quantity over the fish to cover them. Lay a plate upon them, and when cold, stop them close. They make a pleasant article for supper.

LAMPREYS.

To fry.

Open and clean them, but save the blood, wash them in warm water, and then fry them in dripping. When nearly done, pour off the fat, add a little white wine, and shake the pan round. Put in some white pepper, sweet herbs, capers, a piece of butter rolled in flour and the blood. Cover the pan close, and shake it frequently, When done, take the fish out, strain off the sauce, then return it again to the pan, and give it a quick boil. Add the juice of a lemon, stir the whole together, and when about to boil pour it over the fish. Serve it up with a garnish of sliced lemon.

To stew.

Having gutted and cleaned the fish, season them with salt, pepper, lemon peel shreded fine, mace, cloves, and nutmeg. Put some pieces of butter into the stewpan, roll your fish round, and put them in with half a pint of gravy, a glass of white wine, a bunch of marjoram, winter savory, thyme, and a sliced onion. Stew over a gentle fire, and keep turning the fish till they are tender, then take them out, and add an anchovy to the sauce. Beat the yelk of an egg very fine, and thicken the liquor with it, or do the same with a piece of butter rolled in flour. When the sauce boils, pour it over the fish, and serve them up. Eels may be done in the same way.

The Worcester method of stewing Lampreys.

Clean the fish well, take out the cartilage which runs along the back, and season with cloves, mace, nutmeg, pepper, and allspice; put the whole into a pot, with strong beef gravy, and equal quantities of red port, white wine, or cider. Cover the pot close, stew till the fish is tender, then take it out, and keep it hot. In the mean time, boil up the liquor again, with two or three anchovies chopped, and flour and butter;

strain the gravy through a sieve, and add thereto some lemon juice, and made mustard. Serve it up with sippets of bread and horse-radish. Eels may be done in the same manner. If there is spawn, it should be fried and put round the dish.

HERRINGS.

To boil Herrings.

Having cleaned and scaled the fish, dry them well, and rub them over with a little salt and vinegar. Fasten the tails in their mouths, and lay them on the fish plate. Put them into the water as soon as it boils, and let them remain about twelve minutes. On taking them up, let them drain, and then turn the heads into the middle of the dish. Serve with butter and parsley, and garnish with scraped horse-radish.

To broil Herrings.

Clean them, and cut off their heads, dry them in a cloth, dust them with flour, and lay them on the gridiron. Wash the heads, and boil them in small beer, with whole pepper and onions. When done, strain off the liquor, and thicken it with butter, flour, and mustard. Lay the herrings in a dish, pour the sauce into a boat, and serve them up.

To fry Herrings.

Scale the fish, wash, and dry them well, dredge them with flour, and fry them in butter over a brisk but clear fire. When done, set their tails one against the other in the middle of the dish. Fry crisp a handful of parsley, take it out before the colour changes, lay it round the herrings, and serve them up with melted butter, parsley, and mustard.

To bake Herrings.

Scale, wash, and dry them well in a cloth, lay them on a board, mix some black pepper, and a few cloves, pounded with plenty of salt, and rub the fish all over. Lay them straight in a pot, cover them with vinegar, put in a few bay leaves, tie strong paper over the top, and bake them in a moderate oven. They may be eaten either hot or cold, and if the best vinegar is used, they will keep good two or three months. Sprats may be done in the same way.

To pot Herrings.

Cut off their heads, and lay the fish close together in an earthen pot, strewing a little salt between every layer; add some cloves, mace, whole pepper, and a nutmeg sliced. Fill up the vessel with vinegar, water, and a quarter of a pint of white wine. Cover it close with brown paper, and put it into the oven. When cold, take out the herrings, put them into other pots, tie them close with paper, and keep them for use.

To smoke Herrings.

Having cleaned your fish, lay them for a night in a mixture of common salt and a little saltpetre. The next day, pass a stick through the eyes, and hang a row of herrings over an old cask, in which place some saw-dust, and in the midst of it a heater red hot. Let them remain suspended in the smoke twenty-four hours.

To dress Red Herrings.

The preference is to be given to those which are large and juicy; cut them open down the back, pour some boiled small beer over them, and let them soak an hour; then drain, and heat them through before the fire, rub some butter over them, and serve them with egg sauce, or buttered eggs, and mashed potatoes.

SPRATS

Should be broiled either on a sprat gridiron, or you may fasten them in rows, by running a skewer or wire through the heads. Serve them up as hot as possible; they only require wiping.

PLAICE, FLOUNDERS, AND DABS,

Should be rubbed inside and out with salt, and hung up to drain; this will make them eat firm; they may be dipped in egg, covered with bread crumbs, and fried; or boiled in salt and vinegar, and eaten with oyster sauce; or stewed in rich gravy with any flavour that is approved, in the same manner as directed for soles.

LOBSTERS.

To boil Lobsters.

It is advisable to purchase them alive, as the dealers often starve them, by which means they are very unsavoury. Choose the most active, and of a middling size, but avoid such as have the shell incrusted, for it is a sign they are old. The male is best to eat, and the female for sauce. Set on a pot, with a table-spoonful of salt to a quart of water; and when it boils, put in the lobster, and keep it boiling briskly from half an hour to an hour, according to the size. Wipe off the scum, and rub the shell with butter or oil, break off the great claws, crack them at the joints, so as not to shatter them, cut the tail down the middle, and send up the body entire. Lobsters come into season about April, and continue till September after which they begin to spawn.

To roast Lobsters.

Half boil a lobster, then take it out of the water, rub it well with butter, and set it before the fire. Continue the basting till it froths, and the shell has a brown colour. Then put it into a dish, and serve it with melted butter.

To stew Lobsters.

Pick out the meat, put the berries into a dish that has a lamp, and rub them down with a little butter, two spoonfuls of gravy, one spoonful of soy or walnut catsup, some salt, and cayenne pepper, and a spoonful of red port. Stew the lobster with the gravy.

Buttered Lobsters.

Clear out the meat, cut it small, and warm it with some thin brown gravy, nutmeg, salt, pepper, butter, and flour. If to be done white, substitute white for brown gravy, or you may adopt cream instead of either.

To make a Curry of Lobsters.

Having taken the edible substance from the shells, lay it in a pan, with a little mace, three or four spoonfuls of veal gravy, and four of cream, rub smooth one or two tea-spoonfuls of curry powder, one of flour, and an ounce of butter. Simmer these together for an hour, squeeze therein half a lemon, and add some salt. Prawns may be used instead of lobster. Add rice as usual.

To pot Lobsters.

Half boil them, pick out the meat, cut it into small bits, season with mace, white pepper, nutmeg, and salt; press close into a pot, and cover with butter; bake half an hour; put the spawn in. When cold, take the lobster out, and put it into the pots with a little of the butter. Beat the other butter in a mortar with some of the spawn; then mix that

coloured butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added, if approved.

Another way. Take out the meat as whole as you can: split the tail, and remove the gut; if the inside be not watery, add that. Season with mace, nutmeg, white pepper, salt, and a clove or two, in the finest powder. Lay a little fine butter at the bottom of the pan, and the lobster smooth over it, with bay leaves between; cover it with butter, and bake gently. When done, pour the whole on the bottom of a sieve, and with a fork lay the pieces into potting-pots, some of each sort, with the seasoning about it. When cold, pour clarified butter over, but not hot. It will be good next day: or, highly seasoned, and thick covered with butter, will keep some time.

Potted lobster may be used cold, or as a fricassee, with a cream sauce; it then looks very nicely, and eats excellently, especially if there is spawn.

A Lobster relish.

Pick the meat from a parboiled lobster, and also the inside, if not thin and watery. Season highly with white pepper, cayenne, pounded mace and cloves, nutmeg, and salt. Take a little well-flavoured gravy, for example, the jelly of roast veal, a few tiny bits of butter, a spoonful of soy, or walnut catsup, or of any favourite flavoured vinegar, and a spoonful of red wine. Stew the cut lobster in this sauce for a few minutes.

CRABS, PRAWNS, &c.

To dress Crab hot.

Pick out the meat, put the whole into a pan, with an ounce of butter, a little essence of anchovy, a tea spoonful of mustard, two table-spoonfuls of oil; and the same quantity of common, one of elder, and one of Chili vinegar, with a handful of bread crumbs. Mix the whole with a spoon, put

it into the shell, with more crumbs over it, drop thereon some clarified butter, and put it into the oven; if not sufficiently brown when taken out, brown it with the salamander.

Another way. Pick the meat out of the claws and body; clean the shell nicely, and return the meat into it, first seasoned with salt, white pepper, and nutmeg; and with a few bits of fresh butter, and some bread crumbs. A small glass of vinegar beat and heated up with a little made mustard, may be added, and a small quantity of salad oil substituted for the butter. Brown the meat when laid in the shell with a salamander.

To dress Crab cold.

Pick out the meat from the inside, and put it by itself in one plate, and that of the claws in another, adding to the former some bread crumbs, cayenne, essence of anchovy, two spoonfuls of common vinegar, some clarified butter, and a spoonful of elder vinegar. Mix these ingredients thoroughly, clean the shell out, put the dressed part at one end, and that of the claws at the other. Pound the spawn in a mortar, rub it through a sieve, and lay it over the crab in diamonds. If there is no spawn, substitute that of a lobster; lay parsley round the fish, and make a circle of the small claws with more parsley between that and the shell. The shell of one crab will contain the meat of two.

Another way. Pick out all the meat, and mixing it well with a tea-spoonful of salad oil, cayenne, white pepper, and salt, serve it in the shell.

Mock Caviare.

Bone a few anchovies and chop them, then pound them in a mortar with some dried parsley, a clove of garlic, a little cayenne, salt, lemon juice, and a very little salad oil. Serve on toasted bread or biscuit.

A Salmagundi.

Wash and cut open at the breast two large Dutch or

Lochfine pickled herrings; take the meat from the bones without breaking the skin, and keeping on the head, tail, fins, &c. Mince the fish with the breast of a cold roast chicken skinned, a couple of hard boiled yelks of eggs, an onion, a boned anchovy, and a little grated ham or tongue. Season with salad oil, vinegar, cayenne, and salt; and fill up the herring skins so that they may look plump and well shaped. Garnish with scraped horseradish, and serve mustard with the dish.

Observations. An ornamental salmagundi was a frippery dish of former times. This edifice was raised on a china bowl reversed, and placed in the middle of a dish, crowned with what by the courtesy of the kitchen was called a pine-apple, made of fresh butter. Around were laid, stratum above stratum, chopped eggs, minced herring and veal, rasped meat, and minced parsley: the whole surmounted by an arch of herring bones, and adorned with a garnishing of barberries and samphire.

To stew Prawns, Shrimps and Crayfish.

Pick out the tails of two quarts of fish, put the bodies into a stewpan, with a little mace, about a pint of white wine, or water and vinegar. Stew the whole for a quarter of an hour, stir them well, and strain off the liquor. Next wash out the pan, and put in the strained liquor, together with the tails. Grate therein a small nutmeg, add a little salt, four ounces of butter rolled in flour, and shake the whole thoroughly. Cut thin a large slice of bread, toast it brown, divide it into six pieces, lay them close together at the bottom of the dish; pour the fish and sauce over it, and serve it hot. Crayfish should be garnished with some of the large claws, laid round thick.

OYSTERS.

To stew Oysters.

Large oysters are generally preferred for this purpose.

Stew about two dozen of them in their own liquor, and just as they are about to boil, skim the whole well, take them up, and beard them. Strain the liquor through a sieve, and lay the oysters on a dish. Put an ounce of butter into a stew-pan, and when melted, strew in as much flour as will dry it up, with the liquor, and three table-spoonfuls of milk or cream, a little white pepper, and salt. Some add a little catsup, finely chopped parsley, the grated peel, and the juice of a lemon. Boil the whole well for two minutes till smooth, then take it off, put in the oysters, and let them get warm, taking care that they do not boil. Line the bottom and sides of a dish with sippets of bread, and pour to them the oysters and sauce.

Another way. Plump juicy oysters alone will stew to advantage. When opened pick them out, beard and wash them in their own liquor, and strain it repeatedly. Put it into a silver or block-tin saucepan with a bit of mace, and lemon peel, and a few white pepper corns, a little butter kneaded in flour, and a glass of sweet cream, or of Champaigne, or Madeira, if for a high relish; in which case a very little minced shalot or onion, and cayenne may be added. Cover and simmer the oysters very gently for five minutes, lift them with a silver spoon into a deep hot dish, with toasted sippets in it, and strain the sauce over them.

To scallop Oysters.

Having stewed the oysters as above directed, for two or three minutes, have some bread crumbs moistened with their liquor, a good piece of melted butter, and a little wine. Place some of this in scallop shapes, and cover with a layer of oysters, then more moistened bread crumbs, and oysters, and finish with the bread crumbs mixed with a little grated lemon peel. Put some bits of butter over the whole, and brown before the fire, or in a Dutch oven.

Another way. Stew them gently in their own liquor three or four minutes, take them out, beard them, and skim the liquor. Put a little butter into the pan, and when melted, add to it as much bread crumbs as will absorb it. Then put the oyster liquor into buttered scallop shells, strew it with crumbs, then place therein a layer of oysters, next of crumbs,

and so on, till the stock is exhausted. Moisten these layers with the oyster liquor, cover them with crumbs, put a little butter on the top of each, and brown them in a Dutch oven. Essence of anchovy, catsup, cayenne, grated lemon peel, mace, and other spicery, may be used to give the dish a flavour. Any cold fish may be dressed in the same manner. Small scallop shells, or saucers holding about half a dozen oysters, are the best for use

To stew Oysters in French Rolls.

Wash them in their own liquor, then strain it, and put it in again, with salt, ground pepper, beaten mace, and grated nutmeg. Stew these together for a short time, and thicken the whole with butter. Cut off the tops of a few French rolls, and take out as much of the crumb as to admit some of the oysters, filling them in boiling hot. Then set them over a stove, or chafing-dish of coals, till they are heated through, filling them up with more liquor or gravy, as the fish is absorbed. Serve them up as puddings.

Oyster Loaves.

Take out the crumb of some small loaves, lay oysters in a stewpan, with their liquor, the bread, and a piece of butter. Stew all these five or six minutes, then add a spoonful of cream, and fill up the loaves, placing a little crust on the top of each, and bake them.

To fry Oysters.

Choose the largest for this purpose, and when thoroughly cleaned, strew over them a little grated nutmeg, a blade of mace pounded, a spoonful of flour, and some salt. Dip each of the oysters into this mixture, and fry them in lard till they are brown. Take them out, and pour over them a little melted butter, mixed with crumbs of bread.

To fry Oysters as a Garnish for Fish.

Simmer them in their own strained liquor for three minutes; drain them, take off the beards, and dipping in a batter of egg, flour, and white pepper, fry them in lard or

butter of a golden brown. The above is the same as oyster fritters, only the batter must be stiffer, and more highly seasoned with mace, nutmeg, and lemon peel.—Oyster loaves, a fantastic dish, is made as oyster patties, using the little rolls made for this purpose instead of patty pans. See Patties, Oyster Sauce, and Preserved Oysters.

To fricassee Oysters.

Put into the pan a slice of ham, a bunch of parsley, some sweet herbs, and an onion stuck with cloves. Stew these over a gentle fire for a few minutes, and add thereto a little flour, some good broth, and a piece of lemon peel. Then put in the oysters, and let the whole simmer till thoroughly hot. Thicken with the yelks of two eggs, a little cream, and a piece of butter; but take out the ham, herbs, onion, and peel, adding, instead of the last, some of the juice. Shake the pan well, and when it simmers, pour the whole into a dish.

To ragout Oysters.

On opening them, save the liquor, and strain it through a sieve, wash the oysters clean in warm water, and make a batter by beating up the yelks of two eggs, with half a grated nutmeg; add thereto some lemon-peel cut small, a handful of parsley, and a spoonful of the juice of spinach, with two of cream or milk, and thicken the whole with flour. Put some fresh butter into a stewpan, and when hot, dip each oyster into the batter, roll them in crumbs of bread grated fine, and fry them brown; then take them out and set them before the fire. After this, fry in butter as quick as possible, a quart of chesnuts shelled and skinned, and when done, pour the fat out of the pan, shake some flour over it, and rub a piece of butter all round. Put in the oyster liquor, three or four blades of mace, the chesnuts, and half a pint of white wine. Boil them, and add thereto the yelks of two eggs, beat up with four spoonfuls of cream. Stir the whole well, and when thick and fine, lay the oysters in the dish, with the ragout over them. Garnish with chesnuts and lemon sliced.

To brown Oysters in their own liquor.

Wash them in their juice, and dip them one by one in yelk of egg beat up with a very little flour, pepper, and salt. Brown a good piece of butter in the frying pan, and brown the oysters nicely over a quick fire; draw them aside, and pour their juice strained into the pan; thicken it with a very little flour kneaded in butter, and when it boils stir the oysters among it for a few minutes. This answers for brown sauce to cod's head and shoulders, calf's head, &c.; but when to be served as a stew, it may have a little catsup, bread crumbs, and minced parsley added to it. Serve in a hot hash-dish on toasted sippets.

To pickle Oysters.

Wash the largest fat native oysters that you can get, in their own liquor. Strain it, and to every pint of it put a glass of white wine, mace, nutmeg, a good many white pepper corns, and a little salt if necessary. Simmer the oysters for four or five minutes, but never let oysters boil, as they will harden. Put them in glass or stone jars. Put vinegar in the proportion of a glass to a pint to the liquor, and boil it up. Skim the pickle, and pour it over the oysters, and when cold cover them and tie them close up with bladder. The pickle liquor may be boiled up occasionally, which will tend to preserve the oysters: a spoonful of it will be a great addition to any hash or common ragout.

Another way. Put the oysters into a stewpan, dust them with some fine Lisbon sugar, pour to them their own liquor well strained, and set the pan on a gentle fire for five minutes, but without suffering it to boil. Decant off the liquor into another stewpan, and add to it double the quantity of good vinegar, with some catsup, cayenne pepper, lemon-peel, and salt. Boil the whole for a quarter of an hour; then dust the oysters again with sugar and salt finely powdered; after which, place them one by one in a stone jar. When cold, strain the pickle over them, and cover the whole closely with bladder and leather. Some persons cut off the beards before they lay the

oysters in the jar. Pickled oysters should be served up in rows, and garnished with slices of lemon.

Another way. Put the oysters into a saucepan with their own liquor, and let them simmer ten minutes very gently; then lay them in a jar as already directed, and cover them cold with the following pickle. Boil the liquor with a bit of mace, lemon peel, and black pepper; and to every hundred of oysters, put two spoonfuls of the best vinegar. They should be kept in small jars, well covered, to exclude the air, which would spoil them. Muscles and cockles may be done in the same manner.

MUSCLES.

To stew Muscles.

Wash them in several waters, put them into a stewpan, and cover them close. Let them stew till the shells open, then pick out the fish, and examine under the tongue of each, to see if there be a small crab, and if there is, throw it away. Pick off likewise the tough membrane under the tongue. Then put the muscles into a saucepan, adding to every quart of fish, half a pint of the liquor strained through a sieve. Put in a few blades of mace, a piece of butter rolled in flour, and stew them gently. Lay some toasted bread in the dish, pour the muscles on it, and serve them up.

To ragout Muscles.

Put the muscles into a saucepan, and stew them till they open, then take them out of the shells, and save the liquor. Lay in the pan a piece of butter, a few chopped mushrooms, a little parsley, and grated lemon peel. Stir the whole together, add some gravy, pepper, and salt; thicken it with flour, boil it up, put in the muscles, with their liquor, and when hot serve them up.

RIVER FISH.

EELS.

To boil Eels.

After cleaning them, cut off their heads, dry, and twist them round on the plate. Boil them in salt and water, and serve them up with parsley and butter, or fennel sauce.

To broil Eels.

Rub them, when cleaned, with the yelk of an egg, strew over them crumbs of bread, chopped parsley, sage, pepper, and salt. Baste them well with butter, and put them on a gridiron over a clear fire. Serve them as in the preceding way.

To fry Eels.

Clean them thoroughly, cut them in pieces, season them with pepper and salt, beat up an egg, and dip the eels therein, after which, strew some crumbs over them, then flour, and fry them in butter or lard. Drain them when done, and serve them up with plain butter, the juice of lemon, or parsley and butter. Garnish with crisped parsley.

Another way. Skin and clean them, rub them with salt, and wash them in several waters. Cut them in four-inch lengths, and, having rubbed them with salt and mixed spices, dip them in beat egg, and roll in crumbs. Fry in plenty of boiling lard, drain from the fat on a sieve before the fire, and serve them with chervil, or parsley and butter, or melted butter, or melted butter sharpened with vinegar or lemon juice.

To roast Eels.

Cut them in pieces, according to the size, make a seasoning of grated nutmeg, white pepper, or long pepper and salt, with some thyme, sage, and lemon peel, all pulverized or shreded small, and mixed with crumbs of bread. Strew this over the eels, fasten them with skewers to the spit, baste them constantly, and let them roast till they crack,

and appear white to the bone. Send them up with melted butter and lemon juice.

To bake Eels.

Cut off their heads, and clean them thoroughly. Make a forcemeat of shrimps or oysters chopped small, crumbs of bread, some lemon peel shreded fine, the yelks of two eggs, a little salt, pepper, and nutmeg. Put this mixture into the bellies of the fish, sew them up, and turn them round. Put flour and butter over them, pour some water into the dish, and bake the eels in a moderate oven. When done, take out the gravy, and skim off the fat, strain it through a hair sieve, and add a tea-spoonful of lemon peel, two of browning, a spoonful of walnut catsup, a glass of white wine, one anchovy, and a slice of lemon. Boil it ten minutes, and thicken with flour and butter. Garnish with lemon and crisped parsley.

To fricassee Eels.

Skin three or four large fish, and notch them from head to tail, cut each eel into four or five pieces, and lay them in spring water for half an hour; dry them in a cloth, and put them into the pan, with fresh butter, one or two onions, and some chopped parsley. Set the pan on the fire, and shake it for a few minutes, then put in about a pint of white wine, and the same quantity of good gravy, with pepper, salt, and a blade of mace. Stew the whole together about half an hour, and then add the yelks of four or five eggs, some grated nutmeg, and chopped parsley. Stir these well, and let them simmer four or five minutes, after which, put in the juice of a Seville orange or lemon. Garnish with lemon in slices.

Spitchcocked Eels.

Take two silver eels of a moderate size, rub them well with salt, and either skin them, or wash them, and cut off their heads, slit them up on the belly side, take out the bones and guts, and clean them thoroughly; next cut them in pieces of about three inches in length, and wipe them dry; put two ounces of butter into a pan, with minced parsley, thyme, sage,

pepper, salt, and a little shalot chopped fine. When the butter is melted, stir the ingredients together, take the pan off the fire, and add the yelks of two eggs, and dip therein the pieces of fish, one at a time. Roll them well in crumbs of bread, rub a gridiron with suet, set it high over a clear fire, and broil them till they are of a fine brown colour. Serve them with crisped parsley, one boat of plain butter, and another of anchovy and butter. Some persons prefer having the eels skinned.

To broil or Spitchcock Eels.

Take the bone out of a large eel; cut it in square pieces, season with salt and pepper; put a spoonful of chopped parsley and onion, together, over them; dip them in egg and bread crumbs; broil over a gentle fire, or bake them a quarter of an hour. Serve anchovy sauce.

N. B. If a small eel, cut it in lengths, without boning, and do it the same way.

Stewed Eels, or Matelot.

Cut two pounds of eels four inches long; put in a stew-pan, with one large onion, a bunch of sweet herbs, a tea-spoonful of mace and allspice, together; half a pint of port wine and half a pint of gravy, one spoonful of anchovy essence, and two ditto of mushroom catsup; let them stew three quarters of an hour; strain the gravy; thicken it; add salt and pepper, with the juice of half a lemon; boil it five minutes; add the eel and one dozen of button onions, boiled tender.

N. B. If for a matelot, tench, carp, trout, and the tails of lobsters may be added; or each of these fish may be dressed separately the same way.

Eels to stew, plain.

Skin and cut two pounds of eels in lengths; put them on with two ounces of butter, half a pint of gravy or broth, half a nutmeg grated, and a handful of picked parsley, with pepper and salt to taste; simmer them a quarter of an hour; strain off the liquor, take off the fat, and thicken with a spoonful of butter and flour; boil five minutes; add the squeeze of half a lemon, and serve the eels in it.

Eels to collar.

Bone a large eel, whole; lay it flat, and season with pepper and salt, a spoonful of pounded mace, and allspice, together; a spoonful of chopped parsley, ditto of onion, and pounded thyme and marjoram; roll it up, beginning at the tail; tie up in a cloth, put it into a stew-pan, with a quarter of a pint of vinegar, a pint of water, one whole onion, and two bay leaves; let all boil gently one hour; when cold take off the cloth, and keep it in the liquor it was boiled in, adding a little salt.

Another way. Clean and bone some fine large eels, and then flatten them with the inside upward. Next mix parsley, shalot, thyme, marjoram, and savory chopped small, with a little beaten pepper, mace, cloves, nutmeg, allspice, mushroom powder, lemon peel, and salt. Rub these well into the eels, both inside and out; after which, roll and tie them up tight. In the mean time, boil the heads and bones in salt and water, with a bit of lemon peel, a few bay leaves, and pepper; put the collars into this liquor with some vinegar, and let them simmer in a stew-pan till done. Take the collars out, skim off the fat, boil it down to a jelly, and either pour it on them when cold, or wipe them dry and serve them up with it. Some sprigs of parsley, lemon peel, or barberries, may be put upon the eels, and slices of lemon round the dish, if served up whole; but if in slices, a garnish of parsley will be sufficient. For family use, eels may be collared with parsley, sweet herbs, allspice, salt, and saltpetre only. Some persons put wine into the jelly. This is a nutritive dish.

To pot Eels.

Skin and clean a large eel; dry and cut it into pieces about four inches in length; season these with beaten mace, pepper, salt, and a little sal prunel pounded fine. Lay the pieces in a pan, and just cover them with clarified butter; bake them half an hour in a quick oven, according to the size of the eel. When done, take out the fish, and lay it in a cloth to drain till cold; and then season it as before, and lay it close in the pot. Take off the butter it was baked in, set it in a dish before the fire, and when melted pour it over the potted eel.

PIKE, OR JACK

To boil Pike.

Having cleared the fish of the gills and entrails, make a forcemeat of chopped oysters, the crumb of half a roll, a little lemon peel shreded fine, a piece of butter, the yelks of two eggs, some sweet herbs, and season with salt, pepper, and nutmeg. Mix these well together, put the whole into the belly of the fish, sew it up, and skewer it round. Pour some hard water into a pan, with a little salt, and three or four spoonfuls of vinegar, and when the liquor boils, put in the fish, which, if it is of a moderate size, will be done in half an hour. Serve with oyster sauce separately, but first pour a little on the fish. Garnish with pickled barberries.

To roast a Pike.

Scale and wash the fish, lard it with eels rolled in sweet herbs and spicery, roast it at length, or fasten its tail into the mouth, baste it with butter, and strew over it crumbs of bread. Serve it up with anchovy or oyster sauce.

To bake Pike.

After cleaning and scaling it, open the fish near the throat, and stuff it with a mixture of grated bread, anchovies, herbs, salt, suet, oysters, mace, pepper, four yelks of eggs, and half a pint of cream. When the fish is thoroughly filled, sew it up, as before directed, and put some bits of butter over it and send it to the oven. Serve with gravy, butter, and anchovy.

To stew Pike.

Make a browning with butter and flour, and put it into the pan, with a pint of red wine, four cloves, twelve small onions parboiled, and some pepper and salt. Cut the fish in pieces, and stew the whole gently. When done, take it out, and add to the sauce two anchovies, and a spoonful of capers chopped small. Boil it a few minutes, and pour it over the pike. Garnish with fried bread.

To fry Pike.

Bone the pike; cut the fillets in thin pieces; dip them or

egg and crumbs of bread, fry in hot fat; serve anchovy or lobster sauce.

N. B. Carp, tench, and trout are fried the same way.

CARP.

To boil Carp.

In killing the fish, save the blood, and have ready some good beef gravy, seasoned with pepper, salt, mace, and onions. Having boiled the carp, and strained the gravy, put the fish into it; then set it on a slow fire for fifteen minutes, and thicken with a large piece of butter rolled in flour; or make your sauce thus:—take the liver, with three anchovies, a little parsley, thyme, and an onion; chop them all together, then take half a pint of white wine, four spoonfuls of vinegar, and add thereto the blood. Stew the whole gently, and put it to the fish, which has been boiled in water, salt, and a pint more of wine. Care must be taken that it is not done too much, after the addition of the sauce.

To fry Carp.

Lay the fish, after washing it, to dry; then flour, and fry it of a light brown. Do the same with crumbs of bread, and the roe. On taking out the fish, set it to drain, and prepare the anchovy sauce with lemon juice. Garnish with bread, the roe, and slices of lemon.

To stew Carp.

Bleed a brace of middling-sized fish into some claret or red port, and stir the whole well all the time. After cleaning and scalding, but not washing the carp, put them into a stew-pan, cover them with water, and throw in a handful of salt, some whole pepper, a bunch of sweet herbs, a large onion, a little horse-radish, and lemon peel, with some white wine vinegar, and stew them slowly. When done, take the pan off, and cover it close. Then, for sauce, take some of the liquor in which the fish were stewed, and add to it two an-

chovies, some whole pepper, powdered mace, horse-radish, lemon peel, and a small onion. Boil the whole till the anchovies are dissolved, and put in the blood and wine, with two spoonfuls of rich gravy. When it boils up, strain off the liquor, and having thickened it with flour and butter, pour it over the carp. Garnish with slices of lemon, fried sippets of bread, and barberries. In Germany, a substitute for wine is made of strong ale or beer, with grated gingerbread, and some colouring.

German method of dressing Carp.

Take a live carp of about three pounds, and bleed it into a stew-pan, then scale it, and take out the entrails, which, with the exception of the gall, may be converted to food. Having opened the maw, and washed it, cut the roe in pieces, of which, with the rest of the internal parts, make a soup, either rich or maigre, according to circumstances. In the former case, use gravy or strong beef broth, with herbs, spicery, and flour for thickening. When the dish is for maigre days, as Lent, take the broth made of some other fish; and pass it through a sieve, adding thereto a bundle of sweet herbs, and a due seasoning of spices. This is the first dish, and for the second, or stew, you may slit the carp quite through the head to the tail along the back-bone. When the head is cut off, with a good shoulder, the largest part of the body, containing the bone, is divided into three pieces, which, with the half of the head, are put into the blood in the pan, and dressed as before directed, either with a glass or two of Rhenish wine, or double the quantity of ale, a little grated gingerbread, and sometimes only a small portion of vinegar, adding sweet herbs and spicery according to taste. This dish is usually served with lemon juice. The third dish consists of the remaining half of the head and body, divided in the same manner as for the stew, and dredged with flour, then fried brown and crisp, in oil or clarified butter.

To bake Carp.

Clean a brace of carp, and lay them in a buttered pan, season with cloves, nutmeg, mace, black and white pepper, sweet herbs, one onion, and one anchovy; then pour in a

bottle of white wine, and send them to the oven. Let them bake an hour, and when done, lay them in a dish, which must be set over some boiling water, and kept covered. Pour the liquor in which the fish were baked into a saucepan, boil it a few minutes, strain it off, and add thereto half a pound of butter rolled in flour; let it boil, and keep it stirring. Squeeze in half a lemon, and put in some salt; pour the sauce over the carp, lay the roes round the dish, and garnish with slices of lemon.

TENCH.

To boil Tench.

Put the fish into the water when of a boiling heat, with some salt, an onion cut in slices, some parsley, and a little milk. When done enough, put the fish into a soup dish, and pour over it a little of the liquor it was boiled in, with the parsley and onions. Serve it with melted butter and parsley. Some persons put perch and tench into cold water, and boil them gradually, then serve with melted butter and soy.

Tench boiled in Wine.

Cover them with white wine; add one onion, a small bunch of sweet herbs; boil them ten minutes, strain off the liquor, and serve half a pint of white sauce over them, quite hot; season with pepper and salt, and the squeeze of half a lemon.

To fry Tench.

Split them along the backs, and raise the flesh from the bone, cut the skin across at the head and tail, take it off, and remove the bone. Next mince the fish, with mushrooms, chives, and parsley, salt, pepper, mace, nutmeg, and herbs. Mix these together, pound them in a mortar, with crumbs of bread soaked in cream, the yelks of three or four eggs, and a little butter. With this, stuff the rest of the fish, and fry them in clarified butter, strewing over them some flour. When brown, take them out, and lay them before the fire. Pour the fat from the pan, and then melt in it some butter

and flour, keeping it stirred till brown, after which, add thereto half a pint of white wine. Stir these well, put in half a pint of boiling water, an onion, cloves, sweet herbs, and mace. Cover them close, and stew gently for a quarter of an hour; then strain off the liquor, put the whole in again, with two spoonfuls of catsup, an ounce of truffles or morels boiled tender in half a pint of water, mushrooms, and half a pint of oysters. Pour the sauce over the fish, and let them lie in it till thoroughly hot; then take them out, put them into another dish, and serve them with the sauce. Garnish with sliced lemon.

Perch

May be dressed exactly in the same manner as directed for tench.

Gudgeons

Must be fried very dry and of a fine pale brown—they are much used as garnish for other fish, and are sometimes eaten alone with butter either cold or melted.

Dutch Water Sauche

Is prepared in the following manner:—take six small flounders, six eels, and six perch, put them in two quarts of thin broth to cover, with two handfuls of parsley, picked from the stalks; boil and cut six roots of Hamburgh parsley, tender, and put in with them; when the fish are done serve all together in a tureen, with plenty of bread and butter, cut.

N. B. Any fresh water fish may be done separately this way.

Crayfish.

These form a pretty dish for breakfasts, luncheons, or supper. They should be boiled as soon as possible after being taken, otherwise they spend themselves and become poor and watery. The following is the best method of boiling them:—Over a brisk fire have a large tin saucepan of water, the moment it fast boils throw in the fish with a large handful of salt, (less or more in proportion to the number of fish,) put the lid on instantly; make it boil up as quickly as possible; the moment it does so take off the lid, keep them fast

boiling from three to five minutes according to the size of the fish; when done, they will be of a fine bright scarlet. Strain them off, wipe immediately with a dry cloth, and if required to look particularly nice, rub each fish with your finger dipped in salad oil; spread them in tiers round and round a dish with the tails towards the middle, and garnish thickly with parsley.

WALTON'S DIRECTIONS.

The following curious directions for dressing fresh water fish of every kind, are extracted from Walton's Angler, and they prove him to have been no less skilled in preparing fish for the table than in enticing them to the hook.

To roast a Chub.

First scale him, then wash him clean and then take out his guts; and to that end make the hole as little and as near to his gills as you may conveniently, and especially make clean his throat from the grass and weeds that are usually in it; for if that be not very clean it will make him to taste very sour. Having so done, put some sweet herbs into his belly, and then tie him up with two or three splinters to a spit and roast him, basted often with vinegar, or rather with verjuice and butter, with good store of salt mixed with it; this method dries up the fluid watery humour with which chubs abound. But take this rule with you that a chub should be dressed presently after being caught, and not washed after he is gutted.

To broil a Chub.

When you have scaled him, and cut off his tail and fins and washed him very clean, then chine or slit him through the middle as a salt fish is usually cut. Then give him three or four cuts or scotches on the back with your knife and broil on charcoal or wood fire that is free from smoke; and all the time he is a broiling baste him with the best sweet butter, and a good store of salt mixed with it, and to this add a little thyme cut exceeding small or bruised in the butter.*

* We should rather recommend the use of a very small quantity of

To roast a Pike or large Jack.

First open your pike at the gills, and if need be cut also a little slit towards the belly; out of these take the guts, and keep the liver, which you are to shred very small with thyme, sweet marjoram, and winter savoury; to these put some pickled oysters and some anchovies, two or three, both these last whole, for the anchovies will melt, and the oysters should not: to these you must add a pound of sweet butter, which you are to mix with the herbs that are shred, and let them all be well salted. If the pike be more than a yard long, then you may put into these herbs more than a pound, or if he be less, then less butter will suffice. These being thus mixed with a blade or two of mace, must be put into the pike's belly and then his belly so sewed up as to keep all the butter in his belly if it be possible, if not then as much as you possibly can; but take not off the scales. Then you are to thrust the spit through his mouth out at his tail; and then take four, five, or six split sticks or very thin laths, and a convenient quantity of tape or filleting. These laths are to be tied round about the pike's body from his head to his tail, and the tape tied somewhat thick to prevent his breaking or falling off from the spit. Let him be roasted very leisurely, often basted with claret wine, and anchovies and butter mixed together, and also with what moisture falls from him into the pan: when you have roasted him sufficiently, you are to hold under him (when you unwind or cut the tape that ties him) such a dish as you purpose to eat him out of, and let him fall into it with the sauce that is roasted in his belly, and by this means the pike will be kept unbroken and complete; then to the sauce which was within, and also that sauce in the pan, you are to add a sufficient quantity of the best butter, and to squeeze the juice of three or four oranges. Lastly, you may either put into the pike with the oysters two cloves of garlic, and take it

butter with salt for basting, and that the shred thyme, with a spoonful of catsup, should be made hot in the dish in which the chubs are to be served, and some butter rubbed over them in the dish when done. This, on experiment, is pronounced an improvement on Walton's directions.

whole out when the pike is cut off the spit; or to give the sauce a *hautgout*, let the dish into which you let the pike fall be rubbed with it. The using or not of this garlic is left to your discretion.

N. B. This dish of meat is too good for any but anglers or very honest men; and I trust you will prove both, and therefore I have trusted you with this secret.

To dress a Carp.

Take a carp, alive, if possible, scour him and rub him clean with salt and water, but scale him not; then open him and put him with his blood and liver, which you must save when you open him, into a small pot or kettle. Then take sweet marjoram, thyme, parsley, of each half a handful, a sprig of rosemary and another of savoury; bind them into two or three small bundles, and put them to your carp with four or five whole onions, twenty pickled oysters, and three anchovies. Then pour upon your carp as much claret wine as will only cover him, and season your claret well with salt, cloves, and mace, and the rinds of oranges and lemons: that done, cover your pot and set it on a quick fire till it be sufficiently boiled; then take out the carp, and lay it with the broth upon the dish, and pour upon it a quarter of a pound of the best fresh butter, melted and beaten with half a dozen spoonfuls of the broth, the yelks of two or three eggs, and some of the herbs sliced. Garnish your dish with lemons, and so serve it up; and much good do you.

How to make an Eel a most excellent dish of Meat.

First wash him in water and salt, then pull off his skin below his vent or navel and not much farther; having done that, take out his guts as clean as you can, but wash him not; then give him three or four scotches with a knife, and then put into his belly and those scotches, sweet herbs, an anchovy, and a little nutmeg grated or cut very small; and your herbs and anchovies also must be cut very small, and mixed with good butter and salt. Having done this, then pull his skin over him all but his head, which you are to cut off, to the end you may tie his skin about that part where his head grew, and

it must be so tied as to keep his moisture within his skin; and having done this, tie him with tape or packthread to a spit, and roast him leisurely, and baste him with salt and water till his skin breaks, and then with butter; and having roasted him enough, let what was put into his belly and what he drips be his sauce.

To dress a Trout or Grayling.

Take your trout, wash and dry him with a clean napkin, then open him, and having taken out his guts and all the blood, wipe him very clean within, but wash him not, and give him three scotches with a knife to the bone on one side only. After which take a kettle, and put in as much hard stale beer, (but it must not be dead) vinegar, and a little white wine and water as will cover the fish you intend to boil. Then throw into the liquor a good quantity of salt, the rind of a lemon, a handful of sliced horseradish root, with a handsome little faggot of rosemary, thyme, and winter savoury. Then set your kettle upon a quick fire of wood, and let your liquor boil up to the height before you put in your fish, and then, if there be many, put them in one by one, that they may not so cool the liquor as to make it fall; and whilst your fish is boiling, beat up the butter for your sauce with a ladle full or two of the liquor it is boiling in, and being boiled enough, immediately pour the liquor from the fish, and being laid in a dish, pour your butter upon it, and strewing it plentifully over with shaved horseradish and a little pounded ginger. Garnish your sides of your dish, and the fish itself with a sliced lemon or two, and serve it up.

A grayling is also to be dressed exactly after the same manner, saving that he is to be scaled, which a trout never is; and that must be done, either with one's nails, or very lightly and carefully with a knife, for fear of bruising the fish. And note, that these kinds of fish, a trout especially, if he is not eaten within four or five hours after he is taken, is worth nothing.

CHAPTER V.

BROTHS, SOUPS AND GRAVIES.

General Remarks.

THE preparation of broths, soups, and gravies, is a very important branch of culinary skill, and in equal requisition on the grounds of health, economy, and luxury. As the diet of young children, of aged persons, and of invalids, it is essential that they should be simple and nutritious.—As an article of consumption in plain families and where frugality is an object, or for those who adopt this method of contributing to the relief of their poor neighbours, it is important that the cook should be aware of every article that may be turned to account, as also how to produce the most palatable and nourishing food from the least expensive articles.—And as soups form an indispensable article in every first course on the most splendid tables, and gravies an essential addition to almost every dish, every cook should be familiar with the principles of combining and preparing the ingredients so as to secure a proper consistency of the whole, and to furnish every desirable variety of flavour.

As failure is very frequent in this branch of kitchen economy, the attention of the reader is particularly invited to the following remarks, which may be relied on as the results of long observation and experience.

1. Broth should be made of prime meat, juicy and fresh killed; and should be boiled no longer than is necessary to make the meat perfectly tender and fit to be eaten. Thus waste is avoided and a more agreeable flavour secured—it is bad economy to buy coarse meat for broth, gravy, or soup; draw out all the goodness, and then throw it away.

2. As to the different qualities of meats used for broth, beef is the most strengthening, but is more heating and astringent than mutton or veal. Veal is the most gelatinous

and emollient. Mutton is a medium to both, and is generally recommended when beef would be considered too stimulating, and when an irritable state of the bowels would render veal improper. When there is no objection or preference on either of these grounds, the flavour of the broth is improved, and its nourishing qualities enhanced by being drawn from the several kinds of meat; for this purpose little trimming bits of beef, veal, and mutton, may be got at the butcher's, generally very cheap, or trimmed off the various joints that are brought into the house, care being taken to avoid their becoming stale, by which, as has already been observed, the pieces are wasted and the flavoured injured. For gravies and soups, if required to be rich and brown, beef is by all means to be preferred; if to be white, veal is preferable, especially the gristly parts of veal, knuckle, feet, &c.

3. As to the parts of meat to be chosen—there is far more richness and nourishment in broth made from the hinder than the forequarter of the animal, especially the loin, and from the lean of fat meat; but when jelly is desired, the feet, knuckles, and head are to be preferred, and for very mild broth, the scrag of mutton or veal.

4. All fat, marrow, and skin should be carefully removed before boiling. If time allows, the bones should be first boiled down separately, strained off, and all fat carefully removed from the liquor when cold: afterwards the meat done in the same liquor. The liquor in which meat has been boiled may be used with advantage as a beginning for soup or gravy; for broth, no other is fit than that of fowls, veal, or mutton, carefully skimmed from fat, and poured clear from sediment. For soup, the liquor in which beef or pork has been boiled, if not too salt, or unsuitably flavoured with vegetables, answers very well.

5. Some kinds of soup are improved by rewarming; this will be spoken of hereafter; but for an invalid, broth* or beef

* It is a common direction to leave broth or beef tea to become cold in order to removing the fat, and to rewarm as occasion requires; but this end may be effectually answered, first, by using only lean meat; and secondly by removing the fat while hot, with a very small skimming dish (like those used in dairies only not larger round than a small tea-

tea is never so delicately flavoured and nourishing, as when used immediately that it is done enough, therefore, only as much should be made as is likely to be used at once.

6. The vessels used for making broth, &c. should be kept particularly nice. Earthenware is on some accounts preferable to metal, especially as they may be kept boiling at a less degree of heat; but there is a difficulty in getting earthen vessels the lids of which shut close.

7. As to proportion, a pound of meat independent of bone should be allowed to a quart of water; if very rich gravy be required, a rather larger proportion of meat. The meat should be cut in small pieces.

8. As to boiling. Let the vessel at first be set over a moderate fire, or at such a distance as to heat the water without causing it to boil; let it continue so for half an hour at least. Then stir up the fire, or place the vessel nearer, and when it boils throw in a little common salt for the purpose of separating the blood and slime that coagulates under the form of scum; let it boil briskly until the whole of this has separated. It is generally recommended to take off the scum as fast as it appears; but it is perhaps better to keep stirring it down as long as it rises, and leaving it at the bottom of the vessel in form of sediment. When the scum has separated, the broth or soup should be kept at a gentle simmer till done enough; but by no means suffer it to stand so far aside as to become chill, or even cease boiling gently. If it be desired to do soup partly, but not sufficiently, when it has boiled as long as is intended, let it be immediately emptied into an earthen or stone vessel and set away to become perfectly cold. Nothing is more injurious to the flavour both of soup and meat, than to keep them between hot and cold. This should be a general rule never to have your soup near the fire, or even in the saucepan a minute longer than it is actually in a state of progress. Before herbs or savoury spices are added, let the liquor be carefully poured off from sediment, or strained through a hair sieve and tammis cloth.

9. As to adding the different ingredients, all vegetables

cup,) and afterwards with a piece of clean blotting paper. By the latter every particle may be cleared off.

having first been most carefully picked and washed, should be put to the liquor *boiling*, allowing a sufficient time for them to boil tender and incorporate with the soup, but not more, or they are apt to give the soup a strong and unpleasant flavour. Carrots and some others which require long boiling, and the flavour of which would be too powerful, had better be first parboiled in water; together with the herbs a little salt should be put in which will cause scum to rise; this must be carefully removed. Parsley requires but a very few minutes to boil, and should not be allowed more than is necessary, otherwise it is discoloured: the same may be observed of marigold flowers, a favourite addition in some places. It must be admitted that when well concocted, properly freed from fat, scum, and sediment, and when the milky whiteness of the turnips, the lively green of the parsley, and the bright orange colour of the marigold are preserved, nothing can present a more pleasing and inviting aspect than a tureen of "proper country broth," as it is often denominated. Seasoning of pepper, or other spice, if whole, will require a considerable time to give out their flavour, if finely powdered a short period will suffice.

Thickenings of various kinds, whether for gravy or white soup, should be no longer a time on the fire than is necessary to bring the whole to a proper consistence; but of these particulars directions will be given under their respective heads.

Dried herbs (as mint or parsley) should be merely reduced to a fine powder, and strewed over the soup in the tureen.

10. Stock, which in large families, or where there are frequent and sudden demands, should be constantly kept: both brown and white, keeps longer when in a state of native simplicity, and free from additions of vegetables or seasoning; these things have always a tendency to acidity, and cause the stock, if kept long, to part and become watery. In this matter, however, the cook must be regulated by the state of the weather, and the occasions that may probably arise. For keeping stock, stone or unglazed earthen vessels are the best. They should on no account be covered over until perfectly cold. Nor should the mass be disturbed for the removal of the fat, until wanted to use. Stiff jelly stock when left un-

disturbed will keep a considerable time in the vessel into which it was at first poured; but when once the jelly has been broken, it is then advisable to rewarm the remainder and put in a clean vessel.

11. Great care should be taken in rewarming to avoid the soup becoming smoky or burning to the saucepan, to either of which it is more liable when rewarming than on first doing. With this view it is very desirable to warm them by plunging the vessel in which they are contained into boiling water. If this cannot be done, they must at least be warmed over a clear fire and with the lid close. If no fresh ingredients are added to render boiling necessary, it is desirable only to heat them through, by removing from the fire just before they boil up, and suffering to remain a few minutes on the hod or over boiling water until ready to serve.

The following list of ingredients commonly used for thickening, flavouring, and colouring soups, will perhaps afford some assistance to the inexperienced cook:

For Thickening.

Peas, whole or split.
Barley, pearl or Scotch.
Oat grotts and meal, fresh or browned.
Flour, generally with butter.
Potatoe mucilage.
Bread crust, toast, or raspings.
Rice, whole or ground, generally the former.
Vermicilly.
Isinglass.
Ivory dust.
Eggs, yelk or white, or both.
Cream.
Sago.
Tapioca.

The two last articles are chiefly confined to preparations for the use of invalids.

For Flavouring.

Black spices or white pepper, whole and ground.
Jamaica ditto.
Cayenne pepper.
Nutmeg.
Cloves.

Cinnamon.	Ginger.
Mace.	Currie powder.

These should be kept in separate vials well corked and labeled. In families where they are in constant use, it may save trouble to have the following mixtures always at hand.

For brown Soups and Seasonings of Poultry, Game and Fricassees, &c.

Black pepper, half an oz.	Cinnamon, 2 drachms.
Jamaica pepper, ditto.	Cloves, 1 drachm.
Nutmeg, ditto.	

To be dried, finely powdered and mixed.

For white Soups, Fricassees, &c.

White pepper, half an oz.	Mace, 1 drachm.
Nutmeg, 2 drachms.	Dried lemon-peel grated, ditto.

Black pepper, cayenne, ginger, and cinnamon always to be kept separately, as for many common purposes black pepper is used without any mixture of the more expensive spices: the flavour of either cinnamon or ginger is not always agreeable or suitable; and cayenne pepper should not be mixed with the general seasoning, but scattered either into the tureen, or if in the stew-pan, only just before serving.

Vegetables.

Onions.	Thyme.†
Shallots.	Margoram.
Garlic.	Winter savoury.
Leeks.	Tarragon.
Cives or chives.*	Basil.
Carrots.	Marigold.
Turnips.	Mint.
Celery.	Tomata or love-apples.
Celeria (turnip rooted celery.)	Mushrooms, truffles, and morels.
Parsley.	

* When a milder flavour of the onion kind is desired, chives will be found very useful, either for soups, or seasonings of duck, goose, or pork.

† These should be very sparingly used: they give a very strong, and to many palates an unpleasant, flavour.

Wine.—Port and Sherry.
Catsup.—Mushroom and Walnut.
Vinegars.—Chili, Shallot, Garlic, &c.
Lemon and Seville orange juice, and rind.

For Colouring.

Port wine. Catsup

Browned flour, prepared by drying flour on a tin or flat plate, in an oven or before the fire, until it have acquired the brownness desired.

Toasted bread: for this purpose the bread should be toasted very slowly until it is quite hard and of a brown approaching to black, but by no means burnt.

Clarified butter,—thus prepared. Cut slices of butter, toss them about in the frying-pan until they acquire a fine amber colour; skim off the frothy bubbles that float on the surface, then from a dredging box shake in flour, moderately browned, stir it briskly and incessantly till it becomes perfectly smooth and of the consistence of stiff batter; it will require stirring at least a quarter of an hour; then pour off into small jars each to contain the quantity required for once using. It will keep ten days, or even a fortnight, if the surface be not broken; but the fresher it is used the better.

Browning the meat of which the soup is made, by putting it in the stew-pan at first without any water and with a small quantity of butter, to be well shaken over the fire for a few minutes: then add the water.

Frying the onions or carrots in butter until they become crisp and brown.

Sugar-browning, which may be prepared in the following manner; but which is by all means to be avoided when the end can be answered without. Half a pound of the best refined sugar very finely powdered, and two ounces of fresh butter, to be set over the fire in a very nice clean frying-pan and as they dissolve stirred together with a wooden spatula When perfectly dissolved and beginning to boil violently, remove the pan a little higher from the fire—then return it, and go on doing so until the mixture has acquired a rich dark brown colour. When cold, skim and bottle for use. Be

careful to remove the pan steadily, as the butter is apt to oil if shaken about.

Having made these preliminary observations, we proceed to detail the various methods of preparing particular articles, which for facility of reference we shall class under the following heads: Broth,—Gravy, and Vegetable, Soups,—Fish Soup,—Mouthful Soups, or Soups a-la-Fourchette,—White Soups,—Gravies and Sauces, precedence under each head being given to those which upon repeated trial we prefer and adopt.

SIMPLE BROTHS, OR JUICE, OR TEA OF MEAT.

Beef Tea.

Chop a pound of lean beef quite fine as for mincemeat; put it into a saucepan and pour on it a quart of boiling water; add a crust of bread toasted very brown and a little salt; let it boil very fast for twenty minutes, stirring in the scum as it rises. When done, strain through a sieve. The juice of veal or mutton may be extracted in the same manner.

This mode of preparing will be found by far the most nutritious and agreeable to the delicate stomach of an invalid; and this, it is to be supposed, is the principal object; if however it be desired to make the best of the meat, let a spoonful or two of the gravy be left in, and add a spoonful or two of water, a little flour rubbed smooth, and a little pepper and salt, and simmer it a minute or two; it will prove a very tolerable mince, and all waste be avoided.

Chicken broth.

For this, it is commonly directed to cut up a chicken in joints and stew it down; and those persons who are over burdened with money may, if they choose, take this method of getting rid of it: those who are satisfied with a good article produced at a moderate expense, will find the following answer every purpose.—

Save the liquor in which fowls have been boiled, add to it the bones as they come from table, with the heads and feet nicely scalded and cleaned, a toasted crust of bread, and if approved a blade of mace and an onion: let it boil briskly till the bones become white and dry, then strain off.

Chicken's heads and feet may be got at the poulterer's for a mere trifle, four, and sometimes six sets for three pence, which will make a quart of excellent broth. They must be very nicely cleaned and separated from blood.

A very excellent and nutritious broth may be made in the following manner:—The heads and feet of four fowls, one pound of lean beef cut in pieces the breadth of three fingers; two quarts of boiling water, an onion, or turnip, or both if approved; a toasted crust of bread, a little salt; boil it briskly for forty minutes or an hour, either removing the scum or stirring it down. Strain off one quart of broth; season and thicken what remains in the saucepan as directed after making beef-tea, and it will afford a relishing, nourishing, and frugal meal. Those families who may not find it necessary to eat the meat of which broth has been made, are intreated not to scorn these hints of frugality; but to look around, and they will be sure to find some poor neighbour sick or lying-in, to whose comfort and recovery such a meal would materially contribute.

A more expensive Chicken Broth.

Cut a chicken in joints; set it on in two quarts of cold water: when it boils add a little salt, and separate the scum: when no more scum rises, add a few pepper corns, a blade of mace, a few sprigs of parsley, and a quart of good beef broth; boil briskly one hour, carefully removing all fat and scum, then strain and serve with sippets of toasted bread.

N. B. If approved, it may be thickened with vermicelli, or rice, as will be hereafter directed.

A very nourishing Broth of Fowl with Veal.

The knuckle of a leg or shoulder of veal with very little meat to it, (or four calves' feet will answer nearly as well,) an old fowl, four shank bones of mutton well soaked and bruised,

two or three blades of mace, a few pepper-corns, an onion, a piece of crust of bread, and three quarts of cold water; when it boils, skim it till the scum ceases to rise, then stop the vessel down closely and let it simmer four hours, as slowly as possible without ceasing to boil. Or it may be baked the same length of time; but in this case rather more water may be allowed to begin with. It will require four hours boiling or baking; when strained off, the fat may be either removed immediately or left till cold, when it will come off in a solid cake.

A clear Broth for long keeping.

Take the mouse-buttock of beef, and the bones of a knuckle of veal, and a few shanks of mutton which have been broken, and the marrow removed; put the whole into a deep pan, with as much water as will cover them. Then lay over the top a stiff common paste. Bake it three hours, when the meat will be tender and yet juicy, and with the pie-crust will make a good plain meal; strain off the broth, and keep it in a cool place.

Broth of mixed Meats.

Put two pounds of lean beef, one pound of scrag of veal, and one of scrag of mutton, into a very nice clean saucepan with five quarts of water; simmer till reduced to three—remove the fat, and serve either with the meat or separately; a few pepper-corns, an onion, and a sprig of parsley, thyme, and marigold, may be added if approved.

A very nourishing Broth.

Boil two pounds of loin of mutton (perfectly cleared from fat) with a large handful of chervil in two quarts of water, till reduced to one.

N. B. This broth is particularly serviceable to invalids who are suffering from any kind of weakness in the back.

A quick-made Broth.

Take a rib or two of a loin or neck of mutton, or the chump bone of the loin with what meat belongs to it, or the flap of the loin (which never roasts well;) as far as possible remove all fat and skin, set it on with warm water in the pro-

portion of a pint and a half to a pound of meat, a bit of toasted bread, or crust, and an onion if approved; let it boil very quickly, carefully skimming it, and in less than half an hour the broth will be excellent; the process may be somewhat expedited by beating the meat or cutting it in thin slices. If broth is wanted yet more quickly, let it boil fast as long as you can, then carefully skim and strain it off, and stir into the bason a few spoonfuls of cold gravy of roast beef or mutton perfectly freed from fat; this will enrich the broth, and give it as good a flavour as if it had boiled much longer; but the broth must not be set on the fire after the gravy is added, or it will be apt to curdle.

Shank Broth or Jelly, very cheap and nourishing

Soak twelve mutton shanks four hours, then brush and scour them very clean, put them into a saucepan with one pound of lean beef, a crust of bread made very brown by toasting, and an onion or any other flavouring herbs or spices that may be approved; add four quarts of water, and let it simmer as gently as possible for five hours, then strain it off. It will be a stiff jelly, and keep good several days. It may be baked in a deep pan, allowing in this case rather more liquor for boiling away.

Calves' feet Broth.

Boil two calves' feet, two ounces of veal, two of beef, the crust of a penny loaf, half a sliced nutmeg, a few blades of mace, and a little salt in three quarts of water till reduced to three pints: strain and take off the fat.

Fish Broth

Is very nutritious and light of digestion. It may be made of almost any kind of fish, the more thick skinned and glutinous the better. The following is an excellent broth:—Halt a pound of tench, or small eels or grigs; set them on with three pints of water, an onion, a few pepper-corns and some parsley; let it simmer till the fish is broken and the liquor reduced one half; then add salt and strain it. Some people like the addition of a spoonful of vinegar, and if the bowels be not disordered there is no objection to it.

Brown Stock, the basis of all Gravy Soups and Brown Fricassees.

Cut the beef, from four to eight pounds, according to the degree of strength and the quantity wanted, into thin slices; score them roughly, and placing a thick slice of lean undressed bacon, in a thick bottomed stew-pot, lay the meat over it, with a few bits of butter, or a cupful of fresh gravy. Slice over this, a carrot, a couple of onions, a little shalot, a head of celery, and, if a highly flavoured gravy for ragouts be wanted, a couple of bay leaves, and a bundle of sweet herbs of suitable size. Let the stew-pot be deep, and very close covered. Set it over a sharp fire to catch and brown; and shake it occasionally to prevent the meat from sticking. When the meat is browned on both sides, and the juices partially drawn out, which will take about half an hour, put in the proper quantity of boiling water, allowing a little for waste. Skim it well,—check the boil with cold water, and skim it again and again if needful; wipe the edges of the stew-pot and lid, and covering close, let the gravy simmer for three hours by the fire. Strain into an earthen or stone vessel, and keep it in a dry cool place.

Another way. To prepare a great dinner, it is necessary that a sufficient quantity of stock for soups and sauces should be ready, for which purpose put into a large pot a piece of the breast or rump of beef, with the dressings of any other sort of meat you may have in preparation at the time for the repast; veal, mutton, lamb, with the bones, neck, and feet of the poultry and game, that may be prepared for removes. Put the pot upon a moderate fire, not quite filled with water, and skim it carefully; throw in a little cold water every time you skim it, till it becomes perfectly limpid, for upon this stock depends the beauty of your soups and sauces: season it with salt, two turnips, six carrots, six onions, one of which is to be stuck with three cloves and a bunch of leeks, and let the whole simmer slowly. When the piece of meat is cooked, or nearly so, if it is to be served, put it into a stew-pan, and pour over it a little of the top of the stock; wet and wring a cloth, and run the stock through, which will then be in readiness to make soups, sauces, &c

Another way. Take a knuckle of veal, and the same weight or more of lean beef, (a gelatinous piece is best,) four onions, two carrots, two turnips, two heads of celery, two blades of mace, six white pepper-corns, two or three cloves, and a quarter of a pound of good undressed lean gammon. Let the meat be cut to pieces, and scored. Brown it over a quick fire; add the water boiling, and skim it. When boiled enough, let the soup settle for a few minutes on the hearth, and strain through a jelly-bag, turning it back, if necessary, till perfectly transparent. Unless the meat has been of very inferior quality, or has been boiled to pulp, clearing with whites of eggs will not be requisite.

Another way. Cut eight pounds of the lean part of a knuckle of veal into small pieces, with two pounds of lean ham, and an old fowl may be added. Put it into a stew-pan, with one ounce of butter, three onions, two carrots, eight mushrooms, one head of celery, one parsnip, a blade of mace, and a quarter of a pint of water or broth; let it stew with the cover of the stew-pan on, till it catches at the bottom, and is quite brown but not burnt; then add four quarts of beef broth, and let it boil gently three hours, and strain it.

Another way. Wash a leg or a shin of beef very clean, crack the bone in two or three places, (this you should desire the butcher to do for you,) add thereto any trimmings you have of meat, game, or poultry, (*i. e.* heads, necks, gizzards, feet, &c.) and cover them with cold water; watch and stir it up well from the bottom, and the moment it begins to simmer, skim it carefully; your broth must be perfectly clear and limpid; then add some cold water, to make the remaining scum rise, and skim it again; when the scum has done rising, and the surface of the broth is quite clear, put in one moderate-sized carrot, a head of celery, two turnips, and two onions. It should not have any taste of sweet herbs, spice, or garlic, &c. Either of these flavours can easily be added immediately after, if desired. Cover it close, set it by the side of the fire, and let it simmer very gently (so as not to waste the broth) for four or five hours, or more, according to the weight of the meat: strain it through a sieve into a clean and dry stone pan, and set it in the coldest place you have.

The French method of obtaining stock of the finest flavour and without expense, is by stewing together in a large quantity of liquor the various kinds of meat required for an entertainment, or perhaps for the consumption of several days, each article is removed when done enough, with a sufficient quantity of gravy for serving with it; and at the close the stew-pot is found to contain a considerable quantity of rich and finely flavoured stock for other purposes: an example of this will be found in the second receipt here given for stock, as also in the two following.

French Stock.

Take a proper tinned pot; heat it lightly and wipe it well; put in a shank and a piece of a buttock of beef, a knuckle of veal, a fowl, an old rabbit, or two old partridges, and about six pints of stock; reduce it upon a quick fire till it becomes a jelly, then add more stock, boil it on a quick fire and skim it; season it with three turnips, three carrots, three onions, one stuck with two or three cloves, a bunch of leeks, and celery; put it then on the side of the grate, and let it simmer till it is done enough: when the different meats of which it is composed are sufficiently cooked, they ought to be taken out, as they may be dressed for successive tables; when ready take off the fat, put it through a gauze search, or a linen cloth, first wet and wrung.

Strong French Stock.

Put into a pot two knuckles of veal, a piece of a leg of beef, a fowl, or an old cock, a rabbit, or two old partridges; add a ladleful of soup, and stir it well: when it comes to a jelly, put in a sufficient quantity of stock, and see that it is clear: let it boil, skimming and refreshing it with water; season it as the above: you may add, if you like, a clove of garlic: let it then boil slowly or simmer four or five hours: put it through a towel, and use it for mixing in sauces, or clear soups.

White Stock, the basis of white Soups, and Fricassees.

This should be made principally of veal, either knuckle or scrag, or part of each; it will be greatly enriched by the addi-

tion of a scrag of mutton very carefully washed from the blood and blanched two or three minutes. This is especially necessary if the stock is principally made from calves' feet. To ten or twelve pounds of veal add one of lean ham or bacon; for flavour, the same herbs may be used as for brown stock, or such of them as are approved; but carrots and green herbs may be used sparingly, and toasted bread wholly avoided, on account of spoiling the colour. The proportion of water and length of time allowed, may be about the same as for brown stock; when sufficiently done strain off through a sieve, keeping back a little of the liquor as gravy for the meat, which may be seasoned with pepper and salt, and served up.

White Stock.

Butter the bottom of a saucepan, and put into it some slices of ham, four or five pounds of a leg of veal, two or three carrots, and as many onions; wet them with a ladleful of gravy stock; make it sweat over a slow fire, and reduce it to jelly: when it is of a fine yellow tint, take it off the fire, prick the meat with the point of a knife to let the juice flow: cover and let it sweat another quarter of an hour, and then put in a sufficient quantity of strong stock: season it with parsley and small onions, a clove of garlic stock with a clove; boil and skim, and put it to simmer on the edge of the grate; and when enough, skim it, run it through a cloth, and make use of it for rice or vermicelli soup, and sauces.

Jelly Stock

Is prepared from calves' feet alone, or shanks of mutton, the quantity of water to be allowed is three pints to each foot, reckoning six mutton shanks as equal to one calf's foot: let them boil gently four hours, then strain off the liquor; when cold remove all the fat from the top and all sediment from the bottom; and again set on the liquor and feet together with an onion or any other flavour that may be approved, and let it boil till it has acquired sufficient strength and consistency for the purpose desired.

Rich gravy Stock.

Take a slice of bacon or lean ham, and put it into the stew-

pan; take next a pound of beef, cut thin, lay it on the bacon, to which add the slice of a large piece of carrot, an onion sliced, a crust of bread, some sweet herbs, a little mace, cloves, nutmeg, whole pepper, and an anchovy; cover the whole, set it on a slow fire for five or six minutes, and pour in a quart of brown stock; cover the whole up close again, and let it boil softly till reduced one half. This will be a rich high brown gravy, useful for various kinds of soups and made-dishes.

Portable Soup.

Boil one or two knuckles of veal, one or two shins of beef, and three pounds of beef, in as much water only as will cover them. Take the marrow out of the bones: put any sort of spice you like, and three large onions. When the meat is done to rags, strain it off, and put it into a very cold place. When cold, take off the cake of fat, (which will make crusts for common pies;) put the soup into a double-bottomed tin saucepan, and set it on a pretty quick fire, but don't let it burn. It must boil fast and uncovered, and be stirred constantly for eight hours. Put it into a pan, and let it stand in a cold place a day; then pour it into a round soup china-dish, and set the dish into a stew-pan of boiling water on a stove, and let it boil and be now and then stirred till the soup is thick and ropy; then it is enough. Pour it into the little round part at the bottom of cups or basins, turned upside down, to form cakes; and when cold, turn them out on flannel to dry. Keep them in tin canisters. When they are to be used, melt them in boiling water; and if you wish the flavour of herbs, or any thing else, boil it first, strain off the water, and melt the soup in it.

This is very convenient in the country, or at sea, where fresh meat is not always at hand; as by this means a basin of soup may be made in five minutes.

Another way. Break the bones of a leg of beef of ten pounds weight, and as fresh killed as possible. Put the pieces into a soup pot; cover them with cold water, and set it on the fire to heat gradually till it comes nearly to a boil, which will be in about an hour; then skim it carefully, as long

as any scum rises, afterwards pour in a little cold water to throw up the remaining scum, let it come to a boil again, and renew the skimming. When no more scum comes up, and the broth appears clear, let it boil for eight or ten hours, and then strain it through a hair sieve into a brown stone pan; set the broth where it will cool quickly; put the meat into a sieve, and let it drain. Next day remove every particle of fat from the top of the broth, and pass it through a tammis or fine sieve, gently, into a stew-pan, taking care to prevent any of the settlings at the bottom from escaping; add a quarter of an ounce of whole black pepper to the liquor, let it boil briskly, with the pan uncovered; and if any scum rises, take it off; when it begins to thicken, and is reduced to about a quart, put it into a smaller stew-pan; set it over a gentle fire, till it comes to the consistence of a thick syrup; but great care must be taken that it does not burn. Take a little of it out in a spoon, and let it cool; if it settles into a strong jelly, it is done enough, if not, boil it till it does; then have at hand some little pots, about an inch and a half deep, taking care that they are quite dry, and pour the soup into them. It will keep thus six months, but if you wish to preserve it longer, put it into such bladders as are used for German sausages; or it may be made into cakes by placing pieces of half an ounce or more in small saucers, frequently turning them till they are thoroughly dried, which will take a week or ten days. When they are well hardened, and kept in a dry place, they may be preserved for several years in any climate. If, after lying to dry several days, the soup does not become as hard as you could wish, put it into a stew-pan till it is evaporated to a proper consistence; or you may set the pots in a cool oven, or in a cheese-toaster at some distance from the fire. This soup is a valuable article in housekeeping, especially in small families, as it saves much time, trouble, and expense.

Another way. Take a leg of beef, a knuckle of veal, and the shank of a bacon ham; let them be well broken; cut off the meat, and lay them at the bottom of a large pot, which has been first rubbed with some of the marrow; let the whole remain over a slow fire about a quarter of an hour, turning

the meat carefully till it be browned, but not burnt; fill up the pot with boiling water, and let it simmer all night, skimming it a little before it comes to a boil. The next morning strain the liquor off, and after removing all the fat, return it to the pan, taking care to keep back the settlings; boil it slowly, until it has acquired a gelatinous consistence, but be careful all the while to take off the scum as it rises. Season with white and cayenne pepper and salt: then have ready some little saucers, fill them better than half full, and set them by till the next morning; turn out the contents on clean paper, and do so often till they are quite dry, when they may be hung up in paper bags for use.

One of these cakes dissolved in hot water will make a good basin of soup at any time, and it will also answer exceedingly well for gravies and sauces, on an emergency.

Fish Stock, the basis of Fish Soups; either white or brown.

Take a pound of skate, four or five flounders, and two pounds of eels. Clean them well, and cut them into pieces; cover them with water; and season them with mace, pepper, salt, an onion stuck with cloves, a head of celery, two parsley roots sliced, and a bunch of sweet herbs. Simmer an hour and a half closely covered, and then strain it off for use. If for brown soup, first fry the fish brown in butter, and then do as above. It will not keep more than two or three days

SOUPS AND BROTHS, WITH VEGETABLES.

Mutton Broth.

Take two pounds of a scrag of mutton, and put it into a stew-pan, covering it with cold water, which, when it has become milk-warm, must be poured off and skimmed; then put in again, with four or five pints additional, a tea-spoonful of salt, a table-spoonful of grits, and an onion; set it over a slow fire, and when the scum is all taken off, put in two or

three turnips; then let the whole simmer slowly two hours, and strain the liquor through a sieve. If it is to be thickened, add some oatmeal, rice, and Scotch or pearl barley.

Meat Soup.

Take a knuckle of veal, a scrag end of a neck of mutton, and a piece of coarse beef, boil all these to rags in water seasoned with salt, whole pepper, and an onion; when all the goodness is boiled out of the meat, strain the liquor and set it over a stove in a stew-pan with cloves, mace, and a little lemon-peel; when it has boiled a little, put in a pint of strong claret, fry a piece of lean beef, squeeze out the gravy into the stew-pan, and add three or four anchovies; boil ox-palates very tender, then cut them into dice, add also veal, sweetbreads, spinach, endive, lettuce, and what other herbs you fancy; then make thin toasts of French bread, lay the sweetbreads and ox-palates over the toasts, lay a fowl boiled with the breast stuffed with forcemeat in the middle of the dish; pour the soup over all, and serve it up.

Gravy Soup.

Having prepared good brown stock from leg or shin of beef, or mixture of beef and veal, properly seasoned, add to it when boiling, carrots, turnips, and celery cut small, and simmer till tender; some people like only the flavour, others the substance of the vegetables. Boil vermicelli a quarter of an hour, and just before serving add a large spoonful of soy and one of mushroom catsup. A French roll should be put into the soup a few minutes till plump and moist through, and served in the tureen.

Game Soup.

A very good soup may be made in the season by taking all the breasts of any cold birds, which have been left after dinner the preceding day. First pound the meat in a marble mortar; then break the legs and other bones in pieces, and boil them in some broth for an hour; do the same with six turnips, mash them, and strain them through a tammis, with

the meat that has been pounded. Strain off the broth in the same manner, then put it into the soup kettle near the fire, but do not let it boil: and when ready have six yelks of eggs, mixed with half a pint of cream; strain this through a sieve, put the soup on the fire, and as it is about to boil, add thereto the prepared eggs and cream, stirring the same well with a wooden spoon. Be careful not to let it boil, otherwise it will curdle.

Vegetable Soup.

Pare and slice five or six cucumbers; and add to these the inside of as many cos-lettuces, a sprig or two of mint, two or three onions, some pepper and salt, a pint and a half of young peas, and a little parsley. Put these, with half a pound of fresh butter, into a saucepan, to stew in their own liquor, near a gentle fire, half an hour: then pour two quarts of boiling water to the vegetables, and stew them two hours; rub down a little flour into a teacup-ful of water, boil it with the rest fifteen or twenty minutes, and serve it.

Another way. Peel and slice six large onions, six potatoes, six carrots, and four turnips; fry them in half a pound of butter, and pour on them four quarts of boiling water. Toast a crust of bread as brown and hard as possible, but do not burn it; put that, some celery, sweet herbs, white pepper, and salt to the above; stew it all gently four hours, then strain it through a coarse cloth; have ready sliced carrot, celery, and a little turnip, and add to your liking; and stew them tender in the soup. If approved, you may add an anchovy, and a spoonful of catsup.

Carrot Soup.

Put some beef bones, with four quarts of the liquor in which a leg of mutton, or beef has been boiled, two large onions, a turnip, pepper, and salt, into a saucepan, and stew for three hours. Have ready six large carrots scraped and cut thin; strain the soup on them, and stew them till soft enough to pulp through a hair sieve or coarse cloth; then boil the pulp with the soup, which is to be as thick as pease-soup. Use two wooden spoons to rub the carrots through. Make the

soup the day before it is to be used. Add cayenne. Pulp only the red part of the carrot, and not the yellow.

Another way. Prepare fifteen or twenty carrots, cut them in slices, put them into a stew-pan, with three quarters of a pound of good butter, upon a quick fire, and stir them till they are browned, then add some good soup; when enough, rub it through a search, and finish it as directed for green pease-soup and lentils, p. 305.; take off the fat, and let it simmer a long time, and serve it in the same manner as the pease-soup.

Onion Soup.

Into the water that has boiled a leg or neck of mutton, put carrots, turnips, and (if you have one) a shank bone, and simmer two hours. Strain it on six onions, first sliced and fried of a light brown; simmer three hours, skim it carefully and serve. Put into it a little roll, or fried bread.

Spinach Soup.

Shred two handfuls of spinach, a turnip, two onions, a head of celery, two carrots, and a little thyme and parsley. Put all into a stew-pot, with a bit of butter the size of a walnut, and a pint of broth, or the water in which meat has been boiled; stew till the vegetables are quite tender; work them through a coarse cloth or a sieve with a spoon; then to the pulp of the vegetables and liquor, put a quart of fresh water, pepper, and salt, and boil all together. Have ready some suet dumplings, the size of a walnut; and before you put the soup into the tureen, put them into it. The suet must not be shred too fine; and take care that it is quite fresh.

Green Peas Soup.

In shelling the peas, divide the old from the young: put the old ones, with an ounce of butter, a pint of water, the outside leaves of a lettuce or two, two onions, pepper and salt, to stew till you can pulp the peas; and when you have done so, put to the liquor that stewed them some more water, the hearts and tender stalks of the lettuces, the young peas, a handful of spinach cut small, and salt and pepper to relish properly, and stew till quite soft. If the soup is too thin, or

not rich enough, either of these faults may be removed by adding an ounce or two of butter, mixed with a spoonful of rice or wheat flour, and boiled with it half an hour. Before serving, boil some green mint shred fine in the soup.

When there is plenty of vegetables, no meat is necessary, but if meat be preferred, a pig's foot or ham bone, &c. may be boiled with the old peas, which is called the stock. More butter than is mentioned above may be used with advantage, if the soup is required to be very rich.

When peas first come in, or are very young, the stock may be made of the shells washed, and boiled till they will pulp with the above; more thickening will then be wanted.

Another way.—Take a sufficient quantity of peas, put them into a pot with onions, carrots, a bunch of leeks, and celery, with a bone, or some slices of ham or bacon; toss them in butter, with a handful of parsley and small onions; wet them with good soup: when they are soaked enough, drain, and beat them in a mortar, put them through a search, with the juice that was drained out of them; put it into a saucepan, and let it simmer four or five hours; stir it often, that it may not stick; skim before stirring it; when it is done, serve it over rice, vermicelli, or fried bread, which must be added at the moment of serving.

Lentil Soup.

Proceed in the same manner as is directed for the green pease-soup, and the same also for the *potage;* take care if they are the *lentilles à la reinne* to leave it longer on the fire, that the soup may have as fine a red as possible, on which depends the beauty and goodness of the *potage.*

Lettuce Soup.

Take twelve or fifteen lettuces, clean and pick them, keeping them entire, and wash them through several waters, taking care that no worms remain; boil them and throw them into fresh water; take them out, pressing the water from them, tie two or three together, cover a stew-pan with slices of bacon, arrange them upon it, put in two or three slices of ham, a carrot, an onion, a bunch of parsley in which is a clove,

and half a bay leaf; wet the lettuce with the top of the broth or stock; season with salt and pepper; when ready to serve, drain the lettuces and press them lightly, that the fat may come out; and according to their size they may be left whole or cut in two, and put into the soup.

Chesnut Soup.

Take boiled chesnuts, skin and pick out all the bad ones; put them in a frying-pan, with a little bit of butter, and toss them till the inner scurf comes easily off; when it is rubbed off, put them in a pot with a little stock or jelly, and let them cook; drain, and pound them in a mortar, put them through a search, wetting them with the stock in which they were cooked; when they are thus prepared, put them in a stew-pan with two spoonfuls of stock; mix it well together; leave it to simmer three or four hours; take off the fat and add a little sugar; season it properly, and serve it with bread fried in butter, or a *mittonage.*

Cabbage Soup.

Take the cabbages that will be necessary, cut them in quarters, boil them in a great quantity of water, after which throw them into fresh water, take out the stalks, tie them, and put them as directed for lettuce soup into a stew-pan with a little bacon; nourish and season them still more, and serve them in every way as directed for lettuce soup. They require more boiling.

*Haricot or Conde Soup.**

Take the necessary quantity of red haricots, put them into a pot with water or stock, and a bit of bacon, three carrots, three onions, one of them stuck with two cloves, a bunch of leeks and celery; let all cook well together, take out the vegetables, rub them through a search, adding the soup in which they were cooked, put it again on the fire if it is for a soup *maigre*, use butter instead of bacon, and to finish it in

* Haricots, or colly beans, are what we call French beans, or kidney-beans, full grown and shelled; they are sometimes used dry in the same manner as old peas.

either way a bit of butter must be added; fry some bread cut in dice, and when ready to serve, put it in the soup.

A Flemish Soup.

Slice six onions, cut six heads of celery into small pieces, and slice twelve potatoes; put one quarter of a pound of butter into a stew-pan, with half a pint of water; then set it over the fire to simmer for half an hour; after which, fill up the stew-pan with some of your best stock; let the whole boil until the vegetables are dissolved, then rub it through a tammis, and add to it a pint of boiled cream.

Pease Soup.

The best beginning for this very useful article is the liquor in which a knuckle of veal, or leg of mutton or pork has been boiled, or both in succession. The liquor in which the hocks, feet, or cheek of a bacon hog have been boiled, is very much liked by many people for the agreeable burnt flavour which it gives to the soup. Before proceeding with the soup, the liquor should be suffered to become cold, and cleared of all fat and sediment. If the articles boiled in it were salted, the liquor will perhaps be too salt, and water must be added. Boil down in this the bones of roast beef, veal, or any other that may be in the house, or a bit of neck or shin of beef. If the soup is to be strained, the peas may be added as soon as this liquor boils, in the proportion of a quart of split peas, or two quarts of whole peas, to a gallon of liquor; but if the peas are to be eaten, the bones, &c. must be previously boiled down, and the liquor strained off, and made to boil up again, before the peas are added. In the former case simmer the whole until the goodness is extracted from the bones, &c. and the peas will pulp through a colander; having done this add carrots, turnips, leeks or onions, celery, or such of them, and in such proportions as may be approved, cut in pieces, and let them stew till all is tender and well united, which will require about an hour; a few minutes before serving, a handful of parsley nicely picked or shred may be thrown in, and a little pepper and salt if required, or the pepper and salt may be put in the tureen with fried or toasted bread cut in small squares,

and dried mint rubbed to a fine powder. Some people choose only the flavour of the vegetables without the substance; in this case the bones, (or meat) peas, and herbs, may all be set on together, and stew till perfectly incorporated and the peas reduced to a pulp; then strain through a colander, season and serve.

Soup à-la-sap.

Boil half a pound of grated potatoes, a pound of beef sliced thin, a pint of grey peas, an onion, and three ounces of rice, in six pints of water, to five; strain it through a colander; then pulp the peas to it, and turn it into a sauce-pan again with two heads of celery sliced. Stew it till tender, and add pepper and salt; and when you serve, add also fried bread.

Spring Vegetable Soup.

To three quarts of good gravy stock, either brown or white, add one lettuce, chervil, sprue grass, spring onions, sorrel, of each a small handful cut small, blanched and boiled in the soup a quarter of an hour. Season with salt and a small lump of sugar, and serve with fried or toasted bread.

Soup Cressy.

Take two carrots, two turnips, three onions, one parsnip, and three heads of celery cut in slices; put them to stew with a quarter of a pound of butter, a small bunch of parsley, and a pint of brown gravy; when stewed sufficiently, rub through a tammy sieve, add two quarts more gravy to it, and season with salt and a small piece of sugar.

Tomato Soup.

Cut the stalks of two quarts of quite ripe tomatos; put them in a stew-pan with three onions sliced, one carrot, one head of celery, half a pound of butter, and half a pint of good gravy; let it stew till tender, rub it through a tammy, and add three pints more good gravy, and season with salt and cayenne pepper.

N. B. A spoonful of beet-root juice may be added if not red enough.

Soup Maigre.

Take a quarter of a pound of butter, burn it in a stew-pan till it is yellow; then put two sliced carrots, two turnips, two onions, and one cabbage, and fry them in the butter well; put to it three quarts of boiling water, and three or four cloves Let it boil three quarters of an hour, then strain it off; take one sliced carrot, one head of endive, one head of celery, a handful of spinach and sorrel, and one lettuce, and boil them in the soup half an hour over a slow fire. If you wish to thicken it, add butter and flour to it, and season with salt, to palate.

Another way.—Take twelve carrots, the same of turnips and onions, and a bunch of leeks, two parsnips, four heads of celery, and a cabbage cut in four; blanch the whole, refresh them in cold water; tie the cabbage; put the whole in a pot, and moisten with thin pease-soup; add some parsley roots, a little mace, ginger, two cloves, and a clove of garlic, wrapt in a cloth; let all boil sufficiently; to give it a good colour, put into a stew-pan a bit of butter with two or three carrots, the same quantity of turnips and onions cut in slices, and a head of celery; brown these roots well, and moisten with a little soup of peas, and let it fall into a glaze; when near sticking, moisten it anew, to detach it; pour it into the soup and let it simmer five or six hours constantly; pass it through a cloth.

Another way.—Melt half a pound of butter into a stew-pan, shake it round, and throw in six middling onions sliced. Shake the pan well for two or three minutes; then put to it five heads of celery, two handfuls of spinach, two cabbage lettuces cut small, and some parsley. Shake the pan well for ten minutes; then put in two quarts of water, some crusts of bread, a tea-spoonful of beaten pepper, three or four blades of mace; and if you have any white beet leaves, add a large handful of them cut small. Boil gently an hour. Just before serving, beat in two yelks of eggs and a large spoonful of vinegar.

Another way.—Flour and fry a quart of green peas, four onions sliced, the coarse stalks of celery, a carrot, a turnip, and a parsnip, then pour on them three quarts of water. Let

it simmer till the whole will pulp through a sieve. Then boil in it the best of the celery cut thin.

Another way.—Cover the bottom of a stew-pan with butter; lay over onions cut in two, and roots in slices; sweat them over a moderate fire for three quarters of an hour, then put them on a stronger fire, and let them fall into glaze until they are of a deep colour; moisten with broth of vegetables; detach it carefully; add some stalks or trimmings of mushrooms, half a clove of garlic, sweet herbs, a bay-leaf, two cloves and salt; let it cook three quarters of an hour; pass it through a cloth, when it is ready for sauce, and may be added to soup as required.

Italian Soup.

Take carrots, turnips, onions, celery, parsnips, lettuces, and sorrel, in equal quantities; boil them in salt and water, and then put them into fresh water; cut the roots in slices of an equal length, then cut them still finer; cut the sorrel, lettuce, and celery in the same manner; wash the whole in a quantity of water; drain them; put a quarter of a pound of butter into a stew-pan with the vegetables; put them over a furnace till they have taken a slight colour; wet them with a ladle-ful of stock; when they are half done put in the sorrel; let them simmer till enough; skim; have ready at the time of serving a mittonage, pour it over, mix it lightly, and serve.

A Mittonage or Crust Soup is prepared in the following manner.

Take a household loaf and rasp it lightly, cut out the crumb without breaking it, which will answer for frying to garnish spinage dishes or soups, or for a charlotte or a panade; round the crusts handsomely, and let them simmer a few minutes; before serving, put any vegetables on them, and pour over some gravy stock; serve it as hot as possible.

Grilled Crusts to be served up with Soups.

Cut bread in slices, put them in a deep silver dish, wet them with good stock or soup, and let them simmer; when it is reduced, put red cinders into the furnace to make it crisp;

cut one or two household loaves in two, take out the crumb, put the crusts upon a gridiron, and dry them over hot cinders; when they are sufficiently dried, wet the inside with the fat of the soup, which is generally called top-pot, and shake a little fine salt over; drain them and put them on the gridiron without covering them, that they may not soften, basting them from time to time with the top of the soup, till they are perfectly done; take off the fat, and send in separately a tureen of any kind of soup.

Brunoise Soup.

Cut into small dice carrots, turnips, parsnips, and celery, take the top of the pot, or clarified butter; heat it, and throw in the vegetables, let them brown, drain, and wet them with any soup; cook it as directed for the Italian, skim, and cover the mittonage. If it is served with rice, care must be taken that the dice of the vegetables are not larger than the rice when it is swelled, and mix all well together.

Spinach-juice for greening Soups, Sauces, &c.

Pound some spinach in a mortar, squeeze it through a tammy or sieve; put the juice in a stew-pan over the fire till it curdles, pour off the water through a fine lawn sieve, and rub the green residue through it, with a little broth.

FISH SOUPS.

Oyster Soup.

Have two quarts of a good strong clear stock, whether of fish or meat. Add to it the hard boiled yelks of six eggs, and the hard part of a quart of fresh juicy oysters, previously well pounded in a mortar. Simmer for half an hour, and strain it into a fresh stew-pan, in which have the oysters cleared of the beards, and very nicely washed from shells and sand. Season with mace and cayenne, and let the oysters simmer

for eight minutes, when the yelks of three eggs well beaten may be stirred into a little of the soup, and gradually mixed with the whole quantity, drawing aside the stew-pan, and constantly stirring lest they curdle. When smooth and thick, serve in a tureen, and still stir the soup for a minute to prevent curdling. Any other flavour that is relished may be given to the luscious soup.

Another way.—Prepare a good gravy of skate and eels, or any other fish, putting a pound of each to one quart of water, and stewing it down to half the quantity, after which it may be strained off. Then take a quarter of a peck of oysters, trim off the beards, and pound the horny part in a marble mortar, with twelve yelks of eggs boiled hard, moistening them in the doing with some of the gravy. Set as much of the stock or gravy as will be wanted, with the soft part of the oysters in it, over the fire with a blade of mace. When it boils, stir in the pounded ingredients, let the whole boil till it is of a moderate thickness, season it with pepper and salt, and serve it up.

Another way.—Prepare a gravy with perch, flounders, or small cod, and an eel; cut the fish in pieces, and put them into a stew-pan, with the water, a parsley root, two onions, a root or two of celery, some sweet herbs, a little mace, cloves, pepper, and salt. Stew the whole about two hours, then strain off the gravy, and put into a saucepan. Take a good quantity of oysters, first bearding them, then beat them in a marble mortar, with the yelks of eight eggs boiled hard. Add all these to the gravy when it boils, with some pepper, salt, and grated nutmeg. When sufficiently thick, take it off, and serve it up. Veal gravy may be used for this soup instead of fish stock.

Oystermouth Soup.

Put into some good mutton broth, two large onions, three blades of mace, and some black pepper; when strained, pour it on a hundred and a half of oysters bearded, and a piece of butter rolled in flour. Simmer gently for a quarter of an hour, and it will be done.

Lobster Soup.

Boil three lively young hen lobsters, and when they are cold, split the tails, take out the fish, break the claws, and cut the meat into morsels; take out the coral, and soft part of the body; bruise part of the former in a mortar, pick out the fleshy part from the chines, beat part of it with the coral, and with it make forcemeat balls, flavoured with mace and nutmeg, adding thereto some grated lemon peel, anchovy, or cayenne pepper; all which must be pounded with the yelk of an egg. Bruise the small legs and chine, and put them into three quarts of veal broth, which must boil twenty minutes; then strain it; and to thicken it, take the live spawn, and bruise it in a mortar, with some butter and flour, rub it through a sieve, and add it to the soup with the meat, and the remaining coral; let the whole simmer gently ten minutes, but do not let it boil, or its fine red colour will be lost. When turned into the tureen, add the juice of a lemon, and some essence of anchovy.

Another way.—Take out the meat from the claws, bodies, and tails of six small lobsters; remove the brown fur and bag in the head; beat the fins, chine, and small claws in a mortar; boil it gently in two quarts of water, with the crumb of a French roll, some white pepper, salt, two anchovies, a large onion, some sweet herbs, and a little piece of lemon peel grated, till the goodness of the whole is extracted. Then strain it off; beat the spawn in a mortar, with a little butter, a quarter of a nutmeg, and a tea-spoonful of flour; to which add a quart of cream. Cut the tails in pieces, and boil them with the cream and soup. Serve it up with forcemeat balls made of the residue of the lobsters, mace, pepper, salt, some crumbs of bread, and one or two eggs: the balls should be made up with flour, and heated in the soup.

Crayfish or Prawn Soup.

Take flounders, eels, gudgeons, or any small fish, and set them on to boil in cold water; when it is near upon boiling, skim it, and to three quarts of water put two onions, as many carrots cut in pieces, some parsley, and twelve berries of

black and Jamaica pepper. Take off the small claws and shells of the tails of about one hundred crayfish, pound them fine, and boil them with the broth about an hour; strain the whole off, and add some crusts of bread to thicken it; then take the spawn of a lobster, pound it in a mortar, and put it to the soup; let it simmer gently two minutes; put in the crayfish to get hot, and the soup may be served up.

Another way.—Boil in as much water as will cover them, six whitings, and a large eel, to which may be added half of a thornback, all well cleaned; skim the liquor frequently, and when clear, put in some whole pepper, mace, ginger, parsley, an onion, a little thyme, and three cloves. Boil the whole to a mash. Pick about fifty crayfish, or, instead of them, one hundred prawns; boil them with a little water, vinegar, salt, and herbs; and on taking them out, pound the shells with a small roll; then pour the liquor over the shells in a sieve; adding the other soup clear from the sediment. Chop a lobster in pieces, and add this to the rest, with one quart of good beef gravy; and also the tails of the crayfish or prawns, and some flour and butter. Season to the taste, and serve it up.

Eel Soup.

To two quarts of water, put three pounds of small eels, a crust of bread, three blades of mace, some whole pepper, one onion, a piece of carrot, and some sweet herbs; cover the whole close, and stew it till the fish is broken, and then strain it off. Toast some bread, cut it into small squares, and pour the soup on it in a boiling state. A quarter of a pint of rich cream may be added, with a tea-spoonful of flour rubbed smooth in it.

Another way.—Put two ounces of butter into a stewpan, and when it is melted, add too middling-sized onions, cut in half; stir them till they are lightly browned; cut in pieces three pounds of unskinned eels, put them into the pan, and shake them over the fire for five minutes; then pour in three quarts of boiling water, and when it comes to a boil, take off the scum, and put in a quarter of an ounce of the green leaves of winter savory, as much of lemon thyme, and twice the

quantity of parsley, two drachms of allspice, and as many of black pepper; cover all close, and let it boil gently for two hours, then strain it off, and skim it very clean. To thicken it, put three ounces of butter into a clean stewpan; and when it is melted, stir in as much flour as will give it the consistence of paste, then add the liquor gradually, and let it simmer ten minutes; next pass it through a sieve; put the soup on in a clean stewpan, and add thereto about ten minutes before serving up, some small pieces of eels, soles, plaice, or skate, fried brown. Forcemeat balls may be sent up with the soup.

Flounder Soup.

Take twelve middling-sized flounders, clean them well, and boil them in as much water as will fill a tureen of a moderate size; add thereto a whole onion, some thyme, basil, parsley, and horseradish, whole white pepper, and a little salt; boil the whole till dissolved. Cut a small stale loaf into thin slices, and dip them into the yelks of eggs; put a piece of fresh butter into a stew-pan, and fry the bread on both sides of a pale brown; strain the soup, add it to the bread, and let it boil half an hour; and in the mean time, have ready a stew-pan of boiling dripping, then take six of the smallest flounders, dip them first into the yelks of eggs, and next in bread crumbs; fry them in the dripping till sufficiently done; lay them on the back of a sieve to drain, after which strain off the soup, and dish it up with the flounders, and some pieces of fried bread.

*Prussian Soup.**

Take two large leeks, four roots of celery, two carrots, two or three turnips, two onions, one potatoe; cut them in small pieces and fry them in butter, with half a pound of beef or any other meat cut small. Put all together in a large saucepan, and keep it stewing for an hour without any water. Then put two quarts of boiling water, and let it stew again for two hours more.

* Omitted in page 210, after Soup Maigre.

MOUTHFUL SOUPS, OR SOUPS A-LA-FOURCHETTE.

Soup and Bouilli.

Take the leg or shin, or a piece of the middle of a brisket of beef, of about seven or eight pounds weight; lay it on a fish drainer, or, when to be taken up, put a slice under it so that it may be placed on the dish entire; put it into a deep stew-pan, with cold water enough to cover it, and a quart additional; set it on a quick fire, to raise the scum, which must be instantly removed; then put in two carrots, two turnips, two large onions or leeks, two heads of celery, two or three cloves, and a bundle of parsley and sweet herbs; set the pan or pot by the side of the fire to simmer gently, till the meat is tender enough to eat, which will be in about four or five hours. Put a large carrot, a turnip, a large onion, and a head or two of celery whole, into the soup, but take them out again when done enough, and lay them on a dish till they are cold, after which cut them into small square pieces. When the beef is done, take it out, and strain the soup through a sieve into a stew-pan; remove the fat, and put the vegetables that have been cut into the liquor, the flavour of which may be heightened by a table-spoonful of mushroom catsup. If the soup wants thickening, take four large table-spoonfuls of the fat from the top of the pan, and four spoonfuls of flour, mix them together, and stir them well into the liquor, which must simmer again for ten minutes longer; skim it well, and pass it through a tamis or fine sieve.

Scotch Broth.

Cut a neck of mutton into cutlets; put to it three quarts of water, and three ounces of Scotch barley, and let it boil two hours. Then add two turnips, one carrot, one parsnip cut in dice, two large onions, a handful of parsley leaves; let it boil with these three quarters of an hour longer, and season with salt and a small piece of sugar.

German barley Broth.

Put on six pounds of thin flank of beef, with three quarts of water, and three ounces of pearl barley. When it boils skim it well; let it boil two hours, then put in two heads of celery, three turnips, one carrot, one parsnip, in small dice, and let it boil three quarters of an hour longer. Thicken it with a spoonful of flour mixed with some of the broth, and boiled a quarter of an hour after the flour is in. Season it with a little salt, and a small piece of sugar.

N. B. A small piece of sugar means, supposing it to be in powder, a tea-spoonful.

Scotch barley Broth, with meat.

Take from three to six pounds of beef or mutton, according to the quantity of broth wanted, put cold water in the proportion of a quart to the pound, a quarter of a pound of pearl barley, (more or less as may suit the meat and water,) and a spoonful of salt, unless the meat is already slightly salted. To this put a large cupful of white peas, or *sheeled* grey peas, unless in the season when green peas are to be had, a double quantity of which must be put in with the other vegetables. Skim very carefully as long as any scum rises; then draw aside the pot and let the broth boil slowly for an hour, at which time put to it two young carrots and turnips cut in dice, and two or three onions sliced. A quarter of an hour before the broth is ready add a little parsley picked and chopped,—or the white part of three leeks may be used instead of onions, and a head of celery sliced instead of the parsley seasoning, but celery requires long boiling. For beef broth a small quantity of greens roughly cut, and four or five leeks cut in two inch lengths, are better suited than turnip, carrot, and parsley, which are more adapted to mutton. If there is danger of the meat being overdone before the broth is properly lithed, it may be taken up, covered for half an hour, and returned into the pot to heat through before it is dished. Garnish with carrot and turnip boiled in the broth, and divided; or pour over the meat caper sauce, parsley and butter, or a sauce made of pickled cucumbers, or nasturtiums heated

in melted butter or in a little clear broth, with a tea-spoonful of made mustard and another of vinegar. Minced parsley, parboiled for a minute, may also be strewed over boiled beef, —or a sprinkling of boiled carrots cut in dice. Serve the broth in a tureen, removing any film of fat that may gather upon the surface.

The pieces of fresh beef best adapted for broth are the shin, the brisket, the flank, and the veiny piece—of mutton, the neck, the shoulder, and the leg. In Scotland broth made of fresh beef would scarcely be tolerated—the meat not at all; and unquestionably the brisket or flank when salted for a week makes excellent broth, while the meat eats much better. An economical way of managing where beef is salted, is to boil a piece of fresh, and a piece of salt meat together, by which method the broth is not grouty nor yet over salt, which it will be when made wholly of salt meat. Turkey beans stripped of their blackening outer husk, are admirably adapted for lithing barley broth.

Fat Brose.

Boil an ox-head, or shin of beef, till an almost pure oil floats on the top. Toast some oatmeal before the fire for hours, till it is of a light brown colour and perfectly dry; put a handful of the meal into a basin with salt, and pouring a ladleful of the fat broth over it, stir it quickly up, so as not to run into a doughy mass, but to form knots.

Kail-brose is made of broth in which shred greens have been boiled.

Leek Soup, called in Scotland, Cock-a-Leekie.

Boil from four to six pounds of good shin-beef, well broken, till the liquor is very good. Strain it, and put to it a capon, or large old fowl, and, when it boils, half the quantity of leeks intended to be used, well cleaned, and cut in inch-length, or longer. Skim this carefully. In half an hour add the remaining part of the leeks, and a seasoning of pepper and salt. The soup must be very thick of leeks, and the first part of them must be boiled down into the soup till

it becomes a green lubricous compound. Sometimes the capon is served in the tureen with the cock-a-leekie.

Observation.—Some people thicken cock-a-lekie with the fine part of oatmeal. Those who dislike so much of the leeks may substitute shred greens for one half of them.

Hotch-potch.

Make the stock of sweet fresh mutton. Cut down four pounds of ribs of lamb into small steaks, and put them to the strained stock. Grate two or three large carrots; slice down as many more. Slice down also young turnips, young onions, lettuce, and parsley. Have a full quart of these things when shred, and another of young green peas. Put in the vegetables, withholding half the peas till near the end of the process. Boil well, and skim carefully; add the remaining peas, white pepper, and salt; and, when enough done, serve the steaks in the tureen with the hotch-potch.

Observations.—The excellence of this favourite dish, depends mainly on the meat being perfectly fresh, and the vegetables being all young, and full of sweet juices. The sweet white turnip is best for hotch-potch, or the small, round, smooth-grained yellow kind peculiar to Scotland. Mutton makes excellent hotch-potch without any lamb-steaks. Parsley shred, white cabbage, or lettuce, may be added to the other vegetables, or not, at pleasure.

Winter Hotch-potch.

This dish may be made of either fresh beef, or of a neck or back-ribs of mutton. Cut four pounds of meat into handsome pieces. Boil and skim this well, and add carrots and turnips sliced, small leeks and parsley cut down, and some German greens finely shred, and put in only a little before the soup is completed. Season with pepper and salt. The quantity of vegetables must be suited to the quantity of meat, so that the soup may have consistence, but not be disagreeably thick. Serve the meat and soup together.

To make Skink, an old Scotch Soup.

Take two legs of beef, put them on with two gallons of

water, let them boil for six hours, taking care to skim the soup well all the time, as the gravy should be very clear and bright; then strain the liquor from the meat, take out the sinewy part from the meat, and lay it aside till your soup is ready to serve up. Cut the sinews about an inch long. Have some vegetables cut, such as carrots, turnips, leeks, onions, celery, lettuce, cabbage shred small, and green peas, when to be had. Blanch the whole in water for ten minutes. Put the whole into the soup, and boil till quite tender. Serve up the sinews in the tureen with the soup. Season the whole with salt and pepper before dishing it.

Herbs may be used in these soups; and white peas are by many thought an improvement.

Sheep's-head Broth.

Choose a large fat head. When carefully singed by the blacksmith, soak it and the singed trotters for a considerable time in lukewarm water. Take out the glassy part of the eyes, and scrape the head and trotters till perfectly clean and white; then split the head with a cleaver, and take out the brains, &c.; split also the trotters, and take out the tendons. Wash the head and feet once more, and let them blanch till wanted for the pot.

Take a small cupful of barley, and twice that quantity of white, or old green peas, with a gallon or rather more of water. Put to this the head and from two to three pounds of scrag or trimmings of mutton perfectly sweet; and some salt. Take off the scum very carefully as it rises; and the broth will be as limpid and white as any broth made of beef or mutton. When the head has boiled rather more than an hour, add sliced carrot and turnip, and afterwards some onions and parsley shred. A head or two of celery sliced is admired by some modern gourmands, though we would rather approve of the native flavour of this really excellent soup. The more slowly the head is boiled, the better will both the meat and soup be. From two to three hours boiling, according to the size of the head and the age of the animal, and an hour's simmering by the side of the fire, will finish the soup. Many prefer the head of a ram to that of a wether, but it requires

much longer boiling. In either case the trotters require less boiling than the head. Serve with the trotters, and sliced carrot round the head.

Mulligatani or Mullagatawny Soup.

Take two quarts of good mutton broth; add eight or ten cutlets of mutton to it, and boil them tender: take two cloves of garlic, two tea-spoonfuls of turmeric powder, a table-spoonful of mustard seed, one dozen grains of black pepper, six cayenne or chillies, six small onions well pounded, and mixed with a teacup-ful of the broth; strain to the other with the meat; then fry one large onion in slices, with butter, and put to it, and boil it five minutes. Season with salt.

Another way.—Mullagatawny differs little save in the curry powder, or other seasonings, from the excellent Scotch stewed knuckle of veal. Break and wash a knuckle of good veal, and put it to boil in nearly three quarts of water, with a quarter of an ounce of black and Jamaica pepper-corns. Place wooden or tinned skewers in the bottom of the stew-pan, to prevent the meat from sticking to it. Skim this stock carefully when it comes to boil, and let it simmer an hour and a half before straining it off. Cut three pounds of breast of veal into gobbets, adding the trimmings, bones, and gristles of the breast to the water in which the knuckle is put to boil. Fry the bits of veal and six sliced onions in a deep stew-pan, of a delicate brown. Put the strained stock to them; skim carefully, and when the soup and meat have simmered three quarters of an hour, mix two desert-spoonfuls of curry powder and the same quantity of lightly browned flour to a smooth batter, with salt and cayenne to taste, and add these to the soup, and stew and simmer till the meat is quite tender. This soup may be made of fowls cut in pieces, or of rabbits, but is best when made of well-fed veal. For East Indian palates, eschalots, mace, and ginger, may be employed, but the quantity must be left to the discretion of the cook.

Mock-turtle Soup.

Procure the head of a middle-sized well-fed cow calf, with the skin on; scald it, split and take out the brains; clean

it well in several waters, to draw out the slime. Place it in a stew-pan well covered with cold water; boil it, and skim without intermission while any scum continues to arise. When the head has boiled gently for three quarters of an hour take it out, and as soon as cold enough to cut, carve it into small neat pieces, in the shape of diamonds, dice, triangles, &c. Peel the tongue, and cut it into cubes of an inch thick. Put the broken bones and trimmings of the head into the stock pot, with a large knuckle of veal well broken, and three or four pounds of a shin of beef well soaked. Let this boil slowly, having carefully skimmed it, for at least four hours, and take care it does not stick to the bottom of the pot; then strain for future use, and lay aside a quart of the stock for gravy. Thus much may be done the evening before the soup is wanted. When the soup is to be made, take off the cake of fat which will have formed on the top, and put the stock, holding back the sediment, into a large stew-pan. If the stock is good it will now be a jelly, or nearly so. When it is again skimmed, put to it a dozen onions sliced and browned in the frying-pan, with half a dozen sprigs of fresh mild sage, also chopped and fried. Thicken the soup with butter kneaded in browned flour, and season highly with ground black and Jamaica pepper, a litttle cayenne, two blades of mace, a shalot, four leaves of fresh basil, and the paring of one large or two small lemons. When the soup is strong and well coloured, strain it through a hair sieve very gently into a fresh stew-pan, and put the hash of the head to it. Add wine when nearly finished, in the proportion of half a glassful to the quart. [Madeira or Sherry are the wines commonly employed, but Burgundy or Claret may be used if more depth of colour is wanted.] When to be dished, add two dozen of small forcemeat balls, made of veal, or veal kidney, and fried and drained, hard boiled yelks of eggs, or egg balls, and the juice of two lemons squeezed through a strainer.

A small piece of bacon used to be put into the stock pot, and a faggot of sweet herbs. The imitation of the real turtle soup was also thought nearer when the soup abounded in pieces of the fat double tripe, grisly bits of veal, or veal sweet-

bread par-boiled, or the belly piece of pickled pork, cut in mouthfuls, the soft part of oysters, pickled tongue par-boiled and cut down, the meat of lobsters, &c. These cloying substances are now very generally discarded. Simplicity is the taste of the day, though much is left to the discretion of the cook in the making of mock-turtle, and all soups of the composite order. The quantity made by the above directions will fill two tureens; but part of the stock may be laid aside for gravy or sauces; and if there is too much hash, some of it may be highly seasoned and dressed as a ragout or pie.

Ox-head Soup, called Hessian Soup and Ragout.

Clean, rub with salt, and afterwards soak in salt and lukewarm water for four hours, the half of a fat bullock's head, and the root of a tongue, or a cow-heel. Wash them, and break and put them into a large pot with seven quarts of water and a spoonful of salt. Skim very carefully, and retard the boiling by throwing in a quart of cold water, which will throw up more scum. When the meat is tender, but not overdone, take it out and strain the broth. When cold take off the cake of fat, and the oil below it, and put to the soup a pound of white or grey shelled peas. When it has boiled an hour add, roughly cut, six or eight potatoes, six carrots, four turnips, half a dozen onions, a bunch of parsley, and a desert spoonful of celery seed tied up in a bit of rag; season with pepper and salt, and boil till the vegetables are tender. This makes a very excellent broth, nutritious and palatable, and the meat may either be served in it, or as a ragout. But a little more trouble fits this dish to appear at any family dinner, and entitles it to the appellation of Hessian soup and ragout. When the peas and vegetables in the soup as above described, are soft enough to pulp, strain it, and rub them through a sieve to the soup, which will now be nearly of the consistence of thin peas-soup. If not thickened enough add rice flour well mixed, or potatoe mucilage, and heat the soup, adding white pepper and cayenne to taste, and a head of celery sliced. The ragout or hash is made by cutting into mouthfuls the best parts of the head, and root of the tongue, or cow-heel, seasoning high with mixed spices, a little walnut

catsup, and a tea-spoonful of made mustard, with a pint and a half of the clear stock of the head saved for this purpose when the soup is strained.

Ox-cheek Soup.

After the cheek has been set to soak two hours in cold water, the bones must be broken, and the whole well washed in warm water; then put them into a pot, and cover them with cold water, and as it boils, skim it very clean; next put in a head of celery, two carrots, a turnip, two large onions, twenty-four berries of black pepper, and as many of allspice, with a bundle of sweet herbs; cover the whole up closely, and set the pot on a slow fire, taking care from time to time to remove the scum; after which, set it on one side to stew gently about three hours; take out the head, lay it on a dish, pour the soup through a fine sieve into an earthen or stone pan, and set both in a cool place till the next day; then cut the meat neatly into very small pieces, and strain off the liquor; two quarts of which, with the meat, must be put into a stew-pan, and simmered gently for half an hour, when it will be ready. If it is to be thickened, which is far from adviseable, put two ounces of butter into a stew-pan, and when it is melted, add as much flour as will dry it up; after these are well mixed and browned, pour on the soup, then strain the same through a sieve into a clean pan, and put to it the meat of the cheek; let it stew half an hour longer, and season the whole with cayenne pepper and salt, to which some add a table-spoonful of brandy.

Ox Tail Soup.

Take two tails which have been previously divided at the joints, and lay them to soak in warm water. Next put them into a gallon stew-pan, with eight cloves, two or three onions, half a drachm of allspice, and as much black pepper; cover them with cold water; skim it carefully as the scum rises, then cover the pot closely, and set it on the side of the fire to keep gently simmering, till the meat becomes tender, which will take about two hours; but observe that it is not done too much. When perfectly tender, take out the meat,

and after skimming the broth, strain it through a sieve. It may be thickened in the same way as the ox-cheek soup, or you may put two table-spoonfuls of the fat that has been taken off the broth into a clean stew-pan, with as much flour as will make it into a paste; set it over the fire, and stir the whole well together, then pour in the broth by degrees to mix it with the thickening: after which it must simmer for half an hour, and when well skimmed and smooth, strain it into a clean stew-pan, with the meat, a table-spoonful of mushroom catsup, and a glass of wine, seasoning the whole with salt.

Ox-heel Soup.

Take a heel undressed, or only cscalded, and two that have been boiled, as commonly sold at the tripe shops. Cut the meat off these last into small bits, and set it by on a plate; put the trimmings and bones into a stew-pan, with three quarts of water, and the unboiled heel cut into quarters; to which add two onions, and two turnips sliced, a couple of carrots, a couple of shalots cut in two, a bunch of savoury or lemon thyme, and double the quantity of parsley; set this over or by the side of a slow fire, and keep it closely covered, and simmering gently for seven hours, during which, remove the scum as it rises to the surface. Next strain the liquor through a sieve, and put two ounces of butter into a clean stew-pan; when it is melted, stir into it as much flour as will make a stiff paste, adding the soup to it by degrees; give the whole a boil, strain through a sieve, and put in some lemon-peel pared thin, with a couple of bay leaves, and the meat of the boiled heels; after which, let the whole simmer for half an hour longer. To this add the juice of a lemon, a glass of wine, and a table-spoonful of mushroom catsup. This soup may be improved by two sets of the giblets of geese or ducks, or a pound of veal cut into small pieces.

A good brown Soup.

Take a large leg of beef, cut it in cross pieces, and boil in four or five quarts of water, until the meat is all in rags and the liquor reduced to about two quarts, which strain off into a

stew-pan or pot, remove the fat and add a pint of good beef gravy. Thicken it with grated bread, season with salt; add parsley and thyme shred very small and half a pint of force-meat balls of the size of a nutmeg. Let it boil till the balls are done. Then pour it into a deep dish or tureen with a boiled fowl in the middle and a penny-loaf cut in small squares and fried brown in butter.

A Pepper Pot.

This dish is composed of every sort of shreds and patches. It ought properly to be an Olio, composed of a due admixture of meat, fish, fowl, vegetables and roots. To three quarts of water put a couple of pounds of whatever vegetables are plentiful, (a good proportion being onions,) and a couple of pounds of mutton scrag cut into three or four pieces, or a fowl, or veal, or a piece of lean bacon, and a little rice. Skim it; and when nearly finished add the meat of a lobster or crab, cut in bits, or the soft part of a few oysters, or hard boiled yelks of eggs. Take off all the fat that rises, and season highly with pepper and cayenne. A few small suet dumplings may be added if approved.

Irish Stew.

Take the loose fat from a neck or loin of mutton, and cut from three to four pounds of it into small well shaped chops. Flatten and season them with salt and mixed spices. Peel six or eight onions; parboil, and skin a quantity of potatoes. Lay some shred suet at the bottom of a stew-pan, and half a pint of broth, or melt two ounces of butter. Slice in a layer of potatoes, then a layer of chops, then strew in the onions, then again potatoes and chops, &c. and let the top be covered with potatoes. A shank or small bit of ham, or a scrape of smoked tongue, or a little sausage meat, is a great addition to this favourite dish. It must stove very slowly, and the pan must be closely and constantly covered. Hunter's pie is another excellent form of Irish stew. It is sometimes made of beef collops instead of mutton chops; and then the potatoes are always mashed. Place the potatoes, meat, and onions in alternate layers in an earthenware pie dish, and bake them

the top layer of potatoes may be neatly scored, scolloped on the edges, and glazed with eggs, if approved.

Knuckle of Veal Soup.

Take a large knuckle, or if small add a piece of the scrag. Wash it, and break the bones; place skewers in the stew-pan to keep the knuckle from sticking; cover it with water and no more; put in a head of celery, lemon thyme, three onions, a carrot, a turnip, and two dozen black and Jamaica pepper-corns, and simmer till the knuckle is tender. Strain the soup. Cut the gristly parts of the knuckle and all that is good into mouthfuls, and put to it a seasoning of white pepper and mace in powder, and rice flour to thicken if it wished. This soup may be made with rice or vermicelli; or the stewed uncut knuckle may be served in the soup.

Some gourmands admire veal stew soup made of staggering bob,—that is an infant calf, whose bones are still gristle, and his flesh a jelly. The breast, knuckle, and shoulder blade are best for this purpose, and the soup is thickened with yelk of eggs, and seasoned with mace.

Giblet Soup.

Take from two to three pounds of coarse beef, or shanks and scrag of mutton, or knuckle of veal, or a part of each as may be found most convenient; a small faggot of sweet herbs, and a little parsley; a quarter of an ounce of black or Jamaica pepper-corns, and four quarts of water. When this has simmered for an hour, put to it two pair of goose giblets, or four pair of duck giblets, scalded and cleaned. When the giblets are delicately tender, but not soft and insipid, take them up and cut them into large mouthfuls. The soup must now be thickened with butter kneaded in a large spoonful of flour, or with the top fat gradually mixed with flour, and strained into a fresh stew-pan, into which put the giblets. Boil and skim, and season with a large spoonful of mushroom catsup, salt, and a little cayenne. Serve with the cut giblets in the tureen.

Another way.—Scald and pick clean two sets of goose or four of duck giblets, wash them well in warm water, changed

two or three times: then cut off the tops of the beaks, split the heads and divide the gizzards and necks into very small pieces; crack the bones of the legs, put them into a stew-pan, covered with cold water, and when they boil, take off the scum, then put in a bundle of sweet herbs, some parsley, twenty berries of allspice, and the same quantity of black pepper; tie all this up in a muslin bag, and set it to stew gently till the gizzards are tender, which will be in about an hour and a half or two hours, according to the size and age of the giblets; take them up with a skimmer, put them into the tureen, and cover it close, till the soup is ready. To thicken this, melt an ounce and a half of butter in a stew-pan, stirring therein as much flour as will make it into a paste; then pour to it gradually a ladleful of the soup, adding the remainder also by degrees, and let it boil about ten minutes, continually stirring it, to prevent its burning; then skim and strain it through a fine sieve into a basin; wash out the stew-pan, and return the soup into it, seasoning the same with a glass of white wine, a table-spoonful of mushroom catsup, and a little salt; let it have one boil, and then put in the giblets, and the soup is ready. The heads of fowls and turkeys will also make a good soup, in a similar way.

Another way.—Take three or four sets of goose or duck giblets, the fresher the better, set them to stew, with one or two pounds of gravy beef, a scrag of mutton, or the bone of a shank of veal, an ox tail, or some shanks of mutton, with three onions, a bundle of sweet herbs, a tea-spoonful of white pepper, and a spoonful of salt. Put into a pan five pints of water, and simmer the gizzards, each of which being cut into four pieces, till they are quite tender; skim it well, and add a quarter of a pint of cream, two tea-spoonfuls of mushroom powder, and an ounce of butter mixed with a small spoonful of flour. Let this boil a few minutes, and serve it with the giblets. Instead of the cream, you may put in two glasses of white wine, a large spoonful of catsup, and some cayenne pepper. Add some salt, on serving up the soup in the tureen.

Another way.—Make a good gravy with beef, mutton, or veal; and turnips, carrots, parsnips, leeks, or onions, and

sweet herbs, strewed till the gravy is quite extracted from the meat. Strain it off, and to every quart of gravy put a set of goose giblets. Stew these till they are quite tender, and when about half done, put in a small carrot, and a turnip cut square or a quart of young peas, and a lettuce cut small, according to the season. Add cayenne pepper and salt, to the soup, which must be served up with the giblets in it.

Poacher's Soup.

This savoury and highly relishing stew soup may be made of any or every thing known by the name of game. Take from two to four pounds of the trimmings or coarse parts of venison, shin of beef, or shanks or lean scrag of good mutton. Boil this with a couple of carrots and turnips, four onions, a bunch of parsley, and a quarter of an ounce of peppercorns, the larger proportion Jamaica pepper. Strain this stock when it has boiled for three hours. Cut down a black-cock, or wood-cock, a pheasant, half a hare, or a rabbit, a brace of partridges or grouse, or one of each, (whichever is obtained most easily,) and season the pieces with mixed spices. They may be floured and browned in the frying-pan; but as this is a process dictated by the eye as much as the palate, it is not necessary in making this soup. Put the game to the strained stock, with a dozen of small onions, a couple of heads of celery sliced, half a dozen peeled potatoes, and when it boils, a small white cabbage quartered, black pepper, allspice, and salt to taste. Let the soup simmer till the game is tender, but not overdone; and lest it should, the vegetables may be put in half an hour before the meat.

This soup may be coloured and flavoured with wine and two spoonfuls of mushroom catsup, or boiled anchovy, and enriched with forcemeat balls. Soups in which catsup is mixed, should not be salted till that ingredient is added, as catsup contains so much salt itself.

Rice and Meat Soup.

Boil from three to four pounds of a good ox-cheek, very well soaked and cleaned, in three quarts of water, with four onions, and a small faggot of pot herbs. Strain it; cut the

meat in large pieces, and stew with six ounces of rice, adding pepper and salt. This cheap stew soup may be seasoned with curry powder or mace; or made after a finer fashion with knuckle of veal, or two cow-heels.

Hare Soup.

Take a large hare, cut in pieces, and put them into an earthen vessel, with three blades of mace, two large onions, a little salt, a red herring, six large morels, a pint of port wine, and three quarts of water. Bake the whole three hours in a quick oven, and then strain off the liquor into a stew-pan. Previous to this, boil four ounces of French barley, and put it into the liquor; scald the liver, and rub it through a sieve with a wooden spoon; put it into the soup, and set it over the fire. Keep it stirring till it is about to boil, and then take it off immediately. Put some crisped bread into the tureen, and pour the soup into it.

Another way.—Take an old hare, cut it in pieces, and put thereto one pound and a half of lean beef, two or three shank bones of mutton, a slice of lean bacon or ham, one onion, and a bunch of sweet herbs; over which pour two quarts of boiling water; cover the jug into which these are put with bladder and paper, and set it in a kettle of water; simmer till the hare is stewed to pieces; strain off the liquor, and give it one boil, with an anchovy cut small; adding a spoonful of soy, a little cayenne, and salt. A few forcemeat balls fried brown, should be served in the tureen.

Another way.—Wash a large hare, cut it in pieces, laying aside two or three of the choicest parts of the back and the fleshy joint of the legs. Put the remainder into a kettle with a knuckle of veal, a bunch of sweet herbs, some salt, and five quarts of water; stew these for three or four hours, and then strain off the gravy. Put it into a pan, with the pieces of the hare which were left out, and stew gently till they are done. Thicken with flour and butter, and some forcemeat balls, adding, before serving up, half a pint of port or Madeira wine. The pieces of the hare may be fried just brown in butter before they are put into the soup or stew. A large old rabbit may be substituted very well instead of a hare.

A Hash, or rich Soup of Calf's Head.

First boil the head tender and pull out all the bones: then cut the meat in thin slices and put it into a stew-pan or frying pan, with half a pint of good beef gravy, a quarter of a pint of claret, a little catsup, some nutmeg, some salt, half a handful of capers, two anchovies, half a lemon cut in bits, a little vinegar, and some oysters and mushrooms. Then set it over the fire, and when the anchovies are dissolved put in half a pound of butter.—When it is melted, thicken the sauce with the yelks of two eggs beat with a little vinegar.—Have ready a deep dish, with sippets of white bread, barberries and lemon; pour off the hash, and add to it some fried bacon, forcemeat balls, and if you please, sausages. Put in the middle a roast fowl or four or five veal olives. The brains being parboiled, cut them in round slices, dip them in the yelk of an egg, and fry brown to lay round the dish.

Another, after the manner of Turtle.

Take a calf's head with the skin on; scald off the hair as you would that of a pig. When cleaned, cut the horny part into thin slices, with as little of the lean as possible. Put them, with a few chopped oysters and the brains, into three pints of strong mutton or veal gravy, with a pint of Madeira wine, a large tea spoonfull of cayenne pepper, a large onion chopped small, the peelings of a large lemon shred as fine as possible, a little salt, the juice of two lemons, and some sweet herbs cut small. Stew all these together till the meat is very tender, which will be in about an hour and an half. Then have ready the back shell of a turtle lined with a paste of flour and water, and which has been set in the oven to harden. Into this put the ingredients, and set it in the oven just to brown the top: when that is done, take it out and garnish with the yelks of eggs, boiled hard, and forcemeat balls.

Cold roast hare, game, or veal, will all of them, if cut down, and slowly stewed for an hour, in broth or boiling water thickened with brown flour kneaded in butter, and rather highly seasoned with onion, pepper, and cayenne, make a very palatable stew soup. Many prefer this mode of re-dressing cold meat to

either hashing or fricasseeing. The burnt outsides, skins, and every thing unfit for the tureen should be trimmed away.

Pigeon Soup.

Make a clear gravy stock of four pounds of lean beef, or scrag and shanks of mutton, two turnips, two onions, and four quarts of water boiled down to three. Put to this stock the gizzards, crops, and livers of four or five pigeons, which must be neatly trussed as for boiling, seasoned inside with ground white pepper and salt, and flattened on the breast. Dredge them with flour, and brown them nicely in a frying-pan. Thicken the stock with butter kneaded in browned flour; strain and season it with white pepper, salt, and a little mace, and let the pigeons stew in it for twenty-five minutes, taking off the scum as it rises. Throw a few toasted sippets into the tureen before dishing the soup. Soup of black or red game is made exactly as above, but it is the better for a bit of lean bacon in the stock, and more onion or shalot, allspice, and cayenne.

Friar's Chicken Soup.

To two quarts of good brown gravy, cut a fine chicken in joints; after it has been scalded, put it in the soup with a sufficient seasoning; let it boil in the soup till done, which will be in about half an hour; then have a good handful of parsley chopped and mixed up with six whole eggs; put these into the soup, and let it boil till it curdles; then put it into the tureen all together.

WHITE SOUPS, EITHER WITH OR WITHOUT MEAT.

White Soups

Take a knuckle of veal, cut in pieces, and put about three quarts of water, with a bit of lean ham, two or three onions, a blade of mace, some pepper-corns, a bunch of sweet herbs.

and a little celery: stew it gently for three or four hours, strain it off, and let it stand till cold, when the fat is to be removed.—Blanch a quarter of a pound of almonds, and pound them in a mortar with a little cream; strain through a sieve, add to the soup, and boil it. Beat the yelks of two or three eggs with a little more cream; put it to the soup and keep stirring it one way, but be careful it does not boil.

The little additions should be made only just before serving.

Another way.—Take a scrag of mutton, a knuckle of veal after cutting off as much meat as will make collops, two or three shank-bones of mutton nicely cleaned, and a quarter of a pound of very fine undressed lean gammon of bacon, with a bunch of sweet herbs, a piece of fresh lemon peel, two or three onions, three blades of mace, and a dessert-spoonful of white pepper; boil all in three quarts of water, till the meat falls quite to pieces. Next day take off the fat, clear the jelly from the sediment, and put it into a saucepan of the nicest tin. If macaroni is used, it should be added soon enough to get perfectly tender, after soaking in cold water. Vermicelli may be added after the thickening, as it requires less time to do. Have ready the thickening, which is to be made as follows:

Blanch a quarter of a pound of sweet almonds, and beat them to a paste in a marble mortar, with a spoonful of water to prevent their oiling; mince a large slice of dressed veal or chicken and beat it with a piece of stale white bread; add all this to a pint of thick cream, a bit of thick lemon-peel, and a blade of mace, in the finest powder. Boil it a few minutes; add to it a pint of soup, and strain and pulp it through a coarse sieve: this thickening is then fit for putting to the rest, which should boil for half an hour afterwards.

Another way.—Two or three pints of soup may be made of a small knuckle of veal, with seasoning as directed in the last article; and both served together, with the addition of a quarter of a pint of good milk. Two spoonfuls of cream, and a little ground rice, will give it a proper thickness.

Another way.—Take a knuckle of veal, and break the bone in pieces, set it over the fire with a gallon of water, an old

fowl, a quarter of a pound of lean ham, two onions, a head of celery, and two blades of mace; let the whole boil till the liquor is reduced to one half; then take out the fowl, and pick all the meat off the breast, beat it in a marble mortar, and rub it through a hair sieve, with a little of the broth. Then take a quarter of a pound of sweet almonds; beat the same with a little cream to keep them from oiling; boil this in the broth, and season it with salt and a little cayenne pepper; let it boil for a quarter of an hour, and then strain it through a cloth; add half a pint of thick cream beaten up with the yelks of three fresh eggs. The soup must be scalding hot when it is added; after which, put in the beshemel, (as the breast of the fowl in its present state is named,) and stir the whole well into the soup with the eggs and cream. If it boils, it will curdle. A little green walnut catsup will give it a deeper yellow colour if it is wanted.

Another way.—Put a scrag or knuckle of veal, some slices of gammon of bacon, onions, and mace, into a small quantity of water; simmer till it becomes very strong; and then cover it with good clear beef broth, that has been made the day before, and stewed till the meat is boiled to rags. Add thereto cream, vermicelli, and almonds, with a roll, according to the directions already given.

Milk Soup.

Boil a pint of milk, with a little salt, a stick of cinnamon, and a little sugar; lay thin slices of French roll or bread in a dish; pour over a little of the milk to soak them, and keep them hot upon a stove; take care it does not burn. When the soup is ready to serve, beat up the yelks of five or six eggs, and add them to the milk. Stir it over the fire till it thickens; then take it off lest it should curdle, and put it in the dish upon the bread.

Milk Soup with Onions.

Take a dozen of onions, and set them over a stove till they are done, without being coloured. Then boil some milk, add to it the onions, and season it with salt alone. Put some but-

ten onions to scald then pass them in butter, and when tender add to it the soup, and serve it up.

White Onion Soup.

Boil, or rather stew, over a gentle fire, in two quarts of strong broth, four or five large onions, peeled and chopped small. Then slice a French roll, and putting about half of it in the broth, and the rest at the bottom of the soup dish, beat up the yelks of four eggs with half a pint of cream, and stir them well in to prevent the soup from curdling. When the eggs are well incorporated, and sufficiently done, pour the whole over the slices of French roll in the soup dish, and serve it up garnished with small boiled onions. This is a very agreeable and salutary soup; particularly excellent for all valetudinarians afflicted with the stone or gravel, gout, rheumatism, or asthma.

Another way.—Take twelve onions, one turnip, one head of celery, cut in thin slices, put them into a stew-pan with a quarter of a pound of butter, and one quart of white broth. Let all stew till very tender, adding another quart of broth, and rub it through a tammy; add one pint of boiled cream, and two dozen button onions, boiled soft to it: season with salt.

Turnip Soup.

Twelve turnips, two onions, one head of celery, cut in slices, and proceed as directed for onion soup, adding two dozen pieces of turnip cut with a cutter, and boiled tender; when done, season with salt.

Another way.—Take, off a knuckle of veal, all the meat that can be made into cutlets, &c. and set the remainder on to stew with an onion, a bunch of herbs, a blade of mace, and five pints of water; cover it close, and let it do on a slow fire, four or five hours at least. Strain it, and set it by till next day; then take the fat and sediment from it, and simmer it with turnips cut into small dice till tender, seasoning it with salt and pepper. Before serving, rub down half a spoonful of flour with half a pint of good cream, and the size of a walnut of butter. Let a small roll simmer in the soup till wet through,

and serve this with it. It should be as thick as middling cream.

Rice Soup.

Put a pound of rice and a little cinnamon into two quarts of water. Cover it close, and let it simmer very gently till the rice is quite tender. Take out the cinnamon, then sweeten it to your palate; grate into it half a nutmeg, and let it stand till it is cold. Then beat up the yelks of three eggs, with half a pint of white wine; mix them well together, and stir them into the rice. Set the whole over a slow fire, and keep stirring it all the time, lest it should curdle. When it is of a good thickness and boils, take it up, and keep stirring it till you pour it into your dish.

Another way.—Take a quarter of a pound of good rice; wash it in different waters; boil, drain, and put it into a little pot or stew-pan, wet it a little, and break it slowly under the furnace; when done, add a sufficient quantity of veal stock: let it be properly salted, and serve.

Another way.—Truss a capon as a fowl; leave the pinions, truss them nicely; put it in a pot with a bunch of herbs well seasoned, and two onions, one stuck with two cloves; wet the whole with good white stock, and skim it. During the time it is cooking, prepare rice as in the last article; skim it, and let the rice swell: when ready to serve, put into the rice the liquor in which the capon was cooked, first having put it through a gauze search, and adding a spoonful of beef stock to give it a fine colour; unskewer and dish the capon; lay it in a dish, strew a little salt on the breast, with a spoonful of juice, or the broth in which it was dressed, and serve it as a remove for the soup.

Fowl or Capon in Rice.

Truss the capon as in the last article, and dress a pound of rice exactly as the preceding; put it with the capon into a pot large enough to contain them without being too full; put in but little liquor that it may not be too thin; when the capon is done, which will be be known by pinching the wing, unskewer it, and put it into a dish, take the fat off the rice

add some beef soup to colour it, pour it over the capon, and serve it for an *entrée* or a remove.

Vermicelli Soup.

Take a knuckle of veal and a scrag of mutton, from each of which cut the flesh into small pieces about the size of walnuts, and mix them together, with five or six thin slices of lean ham. Put into the bottom of the pan about four ounces of butter, and then the meat; to which add three or four blades of mace, two or three carrots, two parsnips, two large onions, with a clove stuck on both sides of each: cut in four or five heads of celery washed clean, a bunch of sweet herbs, eight or ten morels, and an anchovy. When your articles are thus prepared and mixed together in the pan, cover it very close, and set it over a slow fire, without any water, till the gravy is drawn out of the meat. When this is done, pour it out into a pot or large basin; then let the meat brown, (taking care that it does not burn,) and put into the saucepan four quarts of water. Let the whole boil gently till it is wasetd to three pints; then strain it, and mix with it the first gravy drawn from the meat. Set it on the fire, and add two ounces of vermicelli, a nice head of celery cut small, cayenne pepper and salt to your taste, and let the whole boil about six minutes. Lay a small French roll in the soup dish, pour the soup upon it, strew some of the vermicelli on the surface, and then serve it to table.

Another way.—Put two ounces of vermicelli into three quarts of veal gravy or stock, then rub it through a tammis, season it with salt, let it boil, and skim it well. Beat the yelks of four eggs, mix them with half a pint of cream, and stir the whole gradually into the soup, which must be set to simmer for a few minutes, and it will then be fit to serve up. Some of the vermicelli may be reserved to add to the soup, if it is wanted.

Macaroni Soup

Boil a pound of the best macaroni in a quart of good stock till quite tender; then take out half, and put it into another stew-pot. To the remainder add some more stock,

and boil it till you can pulp all the macaroni through a fine sieve. Then add together that, the two liquors, a pint or more of cream boiling hot, the macaroni that was first taken out, and half a pound of grated Parmesan cheese: make it hot, but do not let it boil. Serve it with the crust of a French roll cut into the size of a shilling.

Queen Soup.

To three quarts of white gravy, add one small onion, one head of celery, a small piece of parsnip, the crumb of three French rolls, the breast of a fowl that has been dressed, or in lieu of it a pound of the whitest part of veal dressed and pounded very fine with a little of the soup, and add three ounces of Jordan almonds, blanched, well pounded. When it has boiled all together half an hour, rub it through a tammy or sieve, and add one pint of good cream, well scalded; then season with a little salt and a small piece of sugar. It must not boil much after the cream is in.

Soup à-la-Flamande.

Take two or three quarts of good white gravy, put in a small handful of spinach and sorrel, and let it be boiled tender in the soup: season it with salt, and while it is boiling stir in it a pint of cream, well mixed with six yelks of eggs, about two minutes before putting in the tureen.

This is used to thicken any white sauce; it must be strained through a sieve or tammy.

White Celery Soup.

Two quarts of white gravy boiled with six heads of celery, when done tender, strain it, and cut six heads more very fine to put in the soup: pass off two ounces of butter, and three table-spoonfuls of flour; then add the soup with the celery; when sufficiently done, add half a pint of good cream, scalded: season as the others.

N. B. Macaroni, vermicelli, rice, or any vegetable, cut fine, may be put in the soup the same way as the celery, and the name changed accordingly; but they should all be boiled first.

An Economical Soup recommended by Dr. Kitchener

Put four ounces of clean Scotch barley, and as much onion sliced, into five quarts of water. Let it boil gently an hour, and pour it off. Then put into the pan about two ounces of dripping, clarified suet, or fat bacon minced. When this is melted, stir therein four ounces of oatmeal, and make the whole into a paste. Next add gradually the broth, and bring it to a boil. Season with cayenne, black pepper, or allspice. The flavour may be increased by garlic, shalot, or some more onion.

GRAVIES.

A plain Gravy.

To a pound of lean juicy beef, notched and floured, put as much water as will make a pint of gravy. Stew this gently till the goodness of the meat is extracted; and about half an hour before it is taken off the fire, put into it a crust of bread. When done, strain it off, and remove the fat, thicken it with some butter rolled in flour, and season it with black or cayenne pepper, and salt. An onion and sweet herbs may be added at pleasure.

To draw Gravy.

Slice two pounds of beef, and fry them brown, with two or three onions, and as many carrots. Next put them into a saucepan with a little broth, and stew gently till the gravy is entirely drawn from the meat: then put in a quart of boiling water, and stew for three hours more; after which, strain it; leaving the fat till the gravy is wanted.

Another method of making Gravy.

Take pieces of beef, veal, and mutton, cut them small, and lay them alternately in a stew-pan, the beef undermost, then

the mutton, with a small piece of bacon; a slice or two of carrot, same mace, black pepper, a large onion sliced, a bunch of sweet herbs, and over these the veal. Cover the pan close, and set it on a slow fire for six or seven minutes, now and then shaking it; then throw in some flour, and pour in some boiling water till the meat is completely covered; then close the pan again, and let the gravy stew till it is rich and good; season to your taste with salt, and strain it off for use.

A good keeping Gravy.

Put an ounce of butter into a frying-pan, which must be kept at such a height from the fire, that while flour is sprinkling over the butter, it may become brown, and not black. Add to it two pounds of lean beef, one quart of water, half a pint of red or white wine, three anchovies, two shalots, some white pepper, a few cloves, and a little mace, with three or four mushrooms, or pickled walnuts. Let the whole stew gently about an hour, when it may be strained off for use. It will keep several days.

Beef Gravy.

Lay at the bottom of a stew-pan, one slice of ham or lean bacon, four or five pounds of gravy-beef cut small, a carrot, an onion with two cloves stuck in it, and a head of celery; put thereto a pint of broth, or water, cover it close, and set it over a moderate fire, till the liquor is reduced so low as barely to prevent the meat and vegetables from burning; then turn the whole over, to brown slightly and equally; put in three quarts of boiling water, and as the scum rises take it off. Great care is necessary to observe the time when the boiling water is added; for if it is poured in too soon, the colour and flavour of the gravy will be injured, and if it be left till the meat sticks to the pan, it will acquire a bad taste. Set the gravy by the side of the fire, where it may stew gently for about four hours; strain through a tammis; then clear it well from fat, and set it in a cool place for use.

A strong savoury Gravy.

Into a stew-pan put one or two slices of undressed ham or bacon, two pounds of beef or veal, a carrot, one large onion with four cloves stuck in it, a head of celery, a small bundle of parsley, lemon thyme, and savoury, a few leaves of sweet basil, a bay leaf and a shalot, a piece of lemon-peel, and twelve berries of allspice; pour over this half a pint of water, cover it close, and let it simmer gently on a slow fire for half an hour; in which time it will be nearly dry; watch it carefully, and suffer it to take a good brown colour on every side; then add thereto three pints of boiling water, and let it boil two hours, when it will be very rich.

Cullis or thickened Gravy.

Cut six pounds of lean veal in slices, with two pounds of raw lean ham, in a stew-pan; also two ounces of butter, a handful of mushrooms chopped, three onions, a bunch of sweet herbs, one carrot, a rind of lemon, and a tea-spoonful of allspice, clove, and mace together. Let it just brown at the bottom, then add four quarts of good brown gravy, and let it boil three or four hours; then strain it off; pass off half a pound of butter, with two teacup-fuls of flour, so as not to be too brown, but sufficient to colour the sauce; add the sauce, and boil it well ten minutes, stirring it. This is called brown cullis, and is the foundation of all other brown sauces; put it through a tammy.

Sauce Tournée.

Take of veal and ham the same quantity as for brown sauce, with the same ingredients; when boiled three hours strain it and add to it the same quantity of butter and flour boiled well together half an hour, and strain. It must not be browned. This sauce may be used in any fish sauces, either white or brown, and with any of the vegetable sauces, or for made dishes.

White Sauce, or Bechamel.

Chop two pounds of veal and one pound of ham in small

pieces, a pottle of mushrooms, and two onions sliced; four cloves, two blades of mace, a sprig of thyme and marjoram, and a quarter of a pound of butter. Let all stew gently with three pints of good white gravy, one hour and a half; mix some of the gravy with two teacup-fuls of flour, and add it to a quart of cream: let it boil a quarter of an hour, stirring it well that it does not burn at the bottom; strain, and season it with salt. This sauce is universally used in all white sauces, and is invariably the foundation of them all.

A very rich Beef Gravy.

Take three pounds of lean beef steaks, hack them with the back of a cleaver, and put them into a stew-pan or frying-pan with a quarter of a pound of butter, some salt, a small onion stuck with cloves, a few pepper-corns, a blade of mace, and a sprig of thyme; then cover it down close and let it stew over a gentle fire for half an hour or longer; then put half a pint of water or rather more, three anchovies and a small piece of lemon peel; let it stew a little while longer, and then strain it off for use.

A rich Gravy.

Cut beef into thin pieces; slice some onions thin, flour and fry them of a light brown; put them into a stew-pan, pour boiling water on the browning in the frying-pan, boil it up, and pour it on the meat. Add thereto a bunch of parsley, thyme, and savory; a little knotted marjoram, tarragon, some mace, berries of allspice, whole black pepper, one or two cloves, and a slice of ham or gammon of bacon. Let the whole simmer till the juice of the meat is extracted; and while doing, skim it often. If the gravy is for hare or stewed fish, an anchovy must be added.

A Gravy which gives the Flavour of Venison to Mutton.

Pick a stale woodcock or snipe, cut it to pieces, first taking out the bag from the entrails, and simmer with as much unseasoned meat-gravy as is necessary. Strain it, and serve it in the dish with the mutton.

Mutton Gravy, for Venison or Hare.

The best gravy for venison is made of the trimmings of the joint itself; but if these cannot be spared, cut up a scrag of mutton, and broil the pieces till they are brown; put them into a stew-pan with a quart of boiling water, cover it close, and let it simmer for an hour; then uncover the pan, and suffer the liquor to be reduced to three-quarters of a pint; strain it through a hair sieve, take off the fat, season with some salt, and send the gravy to table. It may be coloured with a little browning.

Gravy for a Fowl.

Wash the feet well, cut them and the neck into small pieces; simmer them with a little toasted bread, a slice of onion, some parsley and thyme, pepper and salt, liver and gizzard, in a quarter of a pint of water, till one half is evaporated. Take out the liver, bruise it, and strain the liquor to it; then thicken it with flour and butter, and add a teaspoonful of mushroom catsup.

Gravy for Poultry.

Take a pound of gravy beef, and score it with a knife in several places; flour it a good deal, and put it into a stew-pan with some butter ready melted. Fry the meat, turning it over and over, that it may be thoroughly browned; then pour in three pints of boiling water, some whole pepper, two or three cloves, a bunch of sweet herbs, and a large crust of bread. Cover the pan close, and let it boil till the liquor is reduced to a pint; then strain it off, add some salt, and thicken it, if necessary, with flour and butter.

Liver Gravy for a Turkey or Fowl.

Boil the neck, heart, liver, and gizzard of a turkey in three quarters of a pint, or if a fowl, in half a pint of water, with a little thyme and savory, and a small piece of toasted bread. When the liver is done thoroughly, take it out, and let the rest stew till reduced about one half. Strain it off, then put

in a spoonful of mushroom catsup, and the liver, after having pounded it in a mortar. When these are well mixed, strain the liquor once more, add a little butter rolled in flour, and give it a good simmering over the fire. If it is too thick, pour in some boiling water, and simmer it a few minutes longer.

Fish Gravy.

Put as much skate, or as many small eels or flounders cut in pieces, as you shall want for gravy, into a saucepan, with water enough to cover them. Add thereto some sweet herbs, a little whole pepper and mace, a small piece of lemon peel, and a very little horse-radish. Stew all these till the fish is drawn down, and put in, when about half done, a toasted crust of bread to give it a browning. Strain it off, thicken it with a piece of butter and flour, and flavour it with the essence of anchovy; or you may stew two anchovies with it.

Another Fish Gravy.

Skin two or three eels, or some flounders; gut and wash them clean; then cut them into small pieces, and put them into a saucepan; put cold water over them and add thereto a little crust of bread made brown, two blades of mace, some whole pepper, sweet herbs, a piece of lemon peel, one or two anchovies, and a tea-spoonful of horse-radish. Cover the pan close and let it simmer; add a little butter and flour, and boil the whole together.

*Ham Sauce.**

When a ham is nearly done with, clear the bone of the remaining meat, taking care to leave out the rusty parts; beat that and the bone to a mash, with a rolling pin; put it into a saucepan, with three spoonfuls of gravy; set it over a slow fire, and stir it all the while, or it will stick to the bottom.

* All gravies are greatly improved by the addition of the jelly which settles round the dish in which a ham is placed, care being taken so to proportion it as not to exceed them much in saltness.

After it has been on some time, put in a small quantity of sweet herbs, some pepper, and half a pint of beef gravy; cover it close, and let it stew gently. When it has obtained the flavour of the herbs, strain it off.

SAUCES.

In entering on this part of the work, the reader is requested to observe, that it is not intended here to give directions for the original preparations of essences, tinctures, catsup, vinegars, &c. all of which will be attended to in their proper place; but merely to direct the composition for present use, supposing the ingredients to be at hand.

In the preparation of sauces, four things demand especial attention.

1. The combination—All incongruous mixtures to be avoided, and those substances and flavours only brought together, that from a kind of natural affinity, will blend in one harmonious whole.

2. The adaptation.—The sauce must not only be in itself good and well composed; but suitable to the article with which it is intended to be eaten.

3. The preparation.—For want of attention as to the precise manner and time of mingling the various ingredients, the most expensive articles may be lavished and the most suitable brought together, and yet no agreeable result be produced. Who has not been disgusted at melted butter, watery, oiled, or lumpy?—sauces into the composition of which cream, almonds, or acids enter curdled?—and others in which solid substances (such as lobster or oyster) should mingle with the butter in rich and smooth consistence, but of which the contents of the tureen rather resembled a puddle of dingy water at top, and gravel stones at bottom, and which every time of helping require to be stirred up to secure to each guest a taste of the

different ingredients? To avoid these very unpleasant appearances the young cook should accustom herself to observe and acquire the very best manner of mixing the various ingredients, and in particular pay attention to the following simple directions:—

(1.) In melting butter, be careful that the flour is well rubbed in with the butter, and put into the water or gravy; not put into the saucepan first and the water or gravy added to it.

(2.) That the water or gravy be cold when added to flour and butter.

(3.) That the saucepan be shaken only one way.

(4.) That it be not done till the moment it is wanted; or at any rate that it be not suffered to stand on the hod, which would be sure to oil it; if it must be prepared beforehand, let it rather be set away and become quite cold.

(5.) Let savoury ingredients, such as wine, catsup, lemon-juice, aromatic spices, &c. be added only just long enough before serving to extract their flavour and properly blend with the basis of the sauce.

(6.) Sauces in which cream and eggs are mixed, must be diligently stirred one way after the addition of those articles, to prevent their curdling; and suffered to warm through, but not to boil. The same remark applies to the mixing of capers, and all other pickles and acids in sauce.

The fourth matter that requires particular attention is the manner of serving. Sauces must be perfectly free from all fat and scum floating at top, and they must be served perfectly hot. The first greatly depends on the manner in which the whole process is conducted, and may be farther secured by straining through a cloth dipped in cold water, which will keep back all greasy particles. For the latter be sure to have the tureens, sauce boats, and ladles thoroughly hot, and the sauce served up the moment it is poured out.

Melted Butter.

For this purpose have a very nice block tin, or well tinned copper saucepan, that is not used for any thing besides.—In proportion to the quantity required, to one ounce of good

fresh butter may be added one dessert spoonful of cold water or milk, and as much flour as will cover a sixpence. This is a very small quantity; for a moderate sized boat, twice the quantity is required; and for fish you can scarcely melt less than a quarter of a pound of butter.

When milk can with propriety be used, rather less butter will suffice; but milk is always to be avoided when any acid mixture is intended, as capers, lemon-juice, &c.

Let the butter be cut in small pieces, and well mixed with the flour on a trencher, then added to the water or milk in the saucepan, and melted over a clear brisk fire, shaking it all the time one way.—When it thoroughly boils it will be of the consistency of a very thick cream, and should be poured out immediately.

If the butter is intended to be mixed with catsup, wine, or other liquid, a smaller proportion of water must be allowed—in fact as little as will just preserve the other ingredients from burning.

If by any means the butter become oiled, it may be partially restored by adding to it a spoonful of water as cold as possible, and pouring the whole very quickly backwards and forwards several times.

Another way.—Put a quarter of a pound of butter in a stew-pan over a slow fire, shaking it all the time till melted and quite hot.

Parsley and Butter.

Pick very carefully some fine young parsley. Tie it up in a bundle, throw it with a tea-spoonful of salt into half a pint or more of fast boiling water; let it boil as quickly as possible about eight or ten mintues. Then drain it on a sieve, chop it up very fine and quite free from the stalks, and stir it into a sufficient quantity of melted butter just before serving up.—This sauce is usually served with boiled fowl, rabbit, and veal, and sometimes with scrag of mutton or lamb, also with boiled eels, jacks, and pikes.

Fennel Sauce.

This is prepared exactly in the same manner, and is usually served with mackreal, and sometimes with salmon.

Fennel, Mint, and Parsley

In the same quantities, are sometimes made into sauce, with melted butter seasoned with pepper and salt, and a squeeze of lemon-juice. This sauce is principally used for calf's-feet, boiled lamb, &c.

Spanish Sauce

Is merely a very strong gravy made from veal with slices of bacon and ham, with the addition of liquor in which have been boiled several kinds of meat, poultry, and game, (the greater variety the better,) and flavoured with carrots and onions. When very rich, strain it off, and set on again, over a slow fire, with the addition of a bunch of parsley and young onions, half a bay-leaf, a clove of garlic, a little sweet basil and thyme, and two or three cloves; let this simmer gently for half or three quarters of an hour; then skim and strain it again; set it over or beside a slow fire, and let it simmer until it is considerably reduced, is perfectly clear, and if tried with a spoon will readily form a stiff jelly. This will keep several days, and may be used as occasion requires, when a part of it may be warmed with an equal quantity of wine, either Madeira, Champagne, or Burgundy, according to the nature of the sauce desired.

This sauce is sometimes flavoured also with the parings of truffles, and stalks of mushrooms.

Spanish Ragout Sauce.

Boil one dozen button onions, also two dozen of chesnuts tender, and peel them; add a sweetbread, broiled and cut in pieces, with two dozen forcemeat balls; add twelve mushrooms, six truffles cut in slices, one pint of brown sauce, two spoonfuls of tarragon vinegar; boil all together, and season with salt and pepper.

Another way.—Slice a pound of gravy beef and a quarter of a pound of ham into thin bits, and lay them in a small stew-pan, with four cloves of garlic and a carrot sliced, and a bit of butter, brown these over a very slow fire, turning them to draw out their juices. When browned put in a quart of clear

broth, a faggot of herbs, a little butter rolled in browned flour, four bruised cloves, and a little cayenne. Let this simmer for a long time; skim off the fat, and strain the gravy, which should be reduced to nearly a pint.

Kelly's Garlic Sauce, for Tripe, Cowheels, or Calf's Head.

Take a spoonful of garlic vinegar, and a tea-spoonful of made mustard, brown sugar, and black pepper. Stir these into a half pint of oiled butter.

Sauce Menéhould.

Put into a stewpan a bit of butter, broken in pieces; shake over it a little flour, and add a little milk or cream; season it with parsley, young onions, half a bay-leaf, mushrooms, and shalots; put it on the fire, keep stirring it, pass it through a search, put it again upon the fire, with some chopped parsley, and a little pepper.

Italian Sauce Menéhould.

Chop two heads of garlic, eight shalots, four mushrooms, and a tea-spoonful of parsley; add two table spoonfuls of sweet oil; pass it off; add a half pint of white sauce, or brown, and one glass of white wine. Season with pepper and salt.

Sauce à la Maître-d'hôtel.

Put a piece of butter into a saucepan with some chopped parsley, some tarragon leaves. one or two leaves of balm, with salt, lemon, or a glass of verjuice; mix the whole with a wooden spoon until they are well incorporated.

Sauce à la Matelote.

Put into a saucepan a ladleful of reduced Espagnole; when done, put in small onions which have been fried in butter, with some dressed mushrooms and artichoke bottoms; when ready to serve, put in the size of a small walnut of butter; shake it well, in order to mix it without breaking the ingredients, and serve.

Sauce Poivrade.

Cut twelve small dices of ham and put them into a stewpan, with a little bit of butter, five or six branches of parsley, two or three young onions cut in two, a clove of garlic, a bay-leaf, a little sweet basil, thyme, and two cloves; put them together upon a quick fire; when they are well done, put in a little fine pepper, a large spoonful of vinegar, and four spoonfuls of Spanish sauce; shake and boil it, draw it to the edge of the stove and let it simmer three quarters of an hour; skim, and pass it through a tammy.

Ragout Sauce.

Blanch six fat livers, twenty inside eggs, and twelve combs of fowls, and one dozen of forcemeat balls; boil them all tender with twelve mushrooms, four truffles, and two sweetbreads; put them into a pint and a half of brown sauce; season with salt and pepper, and the squeeze of a lemon.

The inside eggs of a hen may be procured at the poulterers at all times.

Sauce à la Nonparielle

Cut some dices of ham very equal, with the same quantity of truffles; put them into a stewpan, with a bit of butter upon a slow fire, and let them simmer a quarter of an hour; put three skimming spoonfuls of gravy; add half a glass of good white wine, and a spoonful of rich stock; let it dissolve; put in the whites of hard eggs and mushrooms in the same quantity as the ham and truffles, and cut in the same manner; also lobsters' tails and spawn, if there is any; finish with a bit of butter the size of a walnut and half.

Truffle Sauce.

Cut down truffles in rounds or dices; put them on a slow fire, with a bit of butter, and let them simmer; put in a sufficient quantity of Spanish sauce or plain beef gravy, and white wine in equal proportion; dissolve and skim it, and finish with a bit of butter.

Observe, that acid should never be put to this sauce, as it takes off its softness, and the wine is quite sufficient.

Curry Sauce.

Put into a stew-pan six spoonfuls of rich stock either brown or white, a tea-spoonful of curry powder; take a little saffron, boil it in a small pan: when it has given its colour rub it through a search into the sauce; let it boil, and skim it; if it is not hot enough put in a little cayenne pepper.

Tomata or Love-apple Sauce.

Take from ten to fifteen ripe tomatas, according to the size and quality; put them into a jar, and set it in a cool oven. When they are soft, take off the skins, pick out the seeds, and mix the pulp with a capsicum, a clove of garlic, and a very little vinegar, ginger, cayenne, white pepper, and salt; pulp this through a sieve, and simmer it for a few minutes.

Another way.—Put tomatas when perfectly ripe into an earthen jar; and set it in an oven, when the bread is drawn, till they are quite soft; then separate the skins from the pulp; and mix this with capsicum vinegar, and a few cloves of garlic pounded, which must both be proportioned to the quantity of fruit. Add powdered ginger, and salt to your taste. Some white wine vinegar and cayenne may be used instead of capsicum vinegar. Keep the mixture in small wide-mouthed bottles, well corked, and in a cool dry place.

Another way.—Take a dozen of tomatas very ripe, and of a fine red; take off the stalks, open and take out the seeds, and press them in the hand to take out the water; put the expressed tomatas into a stew-pan, with the size of an egg of butter, a bay leaf, and a little thyme; put it over a moderate fire; stir it till it becomes a pulp; while it is doing, put in a spoonful of Spanish sauce; when it is thus prepared, rub it through a search, and put it into a stew-pan with two spoonfuls of Spanish sauce; reduce to the consistence of a light liquor; put in a little salt, and a small quantity of cayenne pepper.

White Ravigote Sauce.

Take cresses, burnet, chervil, tarragon, a few stalks of

celery, and two balm leaves, prick and wash them, put them into a vessel, and pour over them a little boiling water; cover and let them infuse three quarters of an hour; strain, and put the juice in a stew-pan with three skimming spoonfuls of gravy, half a spoonful of white vinegar, and the half of the size of an egg of butter; pass, beat up, and serve.

Cold Ravigote Sauce.

Take the same ravigote, or small herb, as that directed above; mince it very fine; add a spoonful of capers also finely minced, one or two anchovies, well bruised, a little fine pepper and salt; put all into a marble mortar, beat till all is completely mixed; add a raw yelk; while beating, wet it with a little oil, and from time to time with a little white vinegar to prevent its turning; continue till it is of the consistence of sauce; if wanted very strong, add mustard, and serve.

Drest Ravigote Sauce.

Take the same ravigote or herbs already mentioned, clean and blanch them; when cooked throw them into fresh water; drain, and beat them well in a mortar; rub them through a search; moisten them with oil and vinegar; season with pepper and salt.

Green Sauce.

To two or three spoonfuls of rich jelly made from poultry, add two ounces of butter a little dusted with flour. When melted, add a ravigote of herbs as in the foregoing article, and with the green of spinach which is thus prepared:—express the juice by wringing the spinage in a cloth, put the juice into a stew-pan upon the corner of the stove; it rises like milk; when it does, put it through a gauze search; when ready to serve, add till the colour is obtained; put in lemon juice or vinegar; pass, and serve it immediately, as it may become yellow.

Another way. Mix a quarter of a pint of sorrel-juice, a glass of white wine, and some scalded gooseberries. Add sugar, and a bit of butter. Boil them up.

Sauce Robart, (or Robert) for Steaks.

Put a piece of butter the size of an egg into a saucepan,

set it over the fire, and when browning, throw in a handful of sliced onions cut small; fry them brown, but don't let them burn; add half a spoonful of flour, shake the onions in it, and give it another fry: then put four spoonfuls of gravy, and some pepper and salt, and boil it gently ten minutes; skim off the fat; add a tea-spoonful of made mustard, a spoonful of vinegar, and the juice of half a lemon; boil it all, and pour it round the steaks. They should be of a fine yellow brown, and garnished with fried parsley and lemon.

Another way.—Chop three onions fine; put two ounces of butter, and fry them a light brown; when done, add a qaurter of a pint of brown sauce, a spoonful of ready made mustard; season with salt and pepper.

Another way.—Cut in rounds or dice six large onions or more, if necessary; put them into a stew-pan with butter; set them on a good fire, dredge, and brown them; moisten them with gravy, and let them simmer an hour; add pepper and salt; when finished, put in mustard, and serve.

Sauce Robert, for Pork or Goose.

Brown four or five onions very finely shred in a small saucepan, with a good piece of butter. When of a fine rich brown mix in a table-spoonful of browned flour, one of mushroom catsup, and another of red wine, with half a pint of broth, a salt-spoonful of pepper, and one of salt, and a tea-spoonful of made mustard, with the juice of a lemon, or a dessert spoonful of chili vinegar. This sauce is named after the inventor, as we say cutlet Maintenon, or sandwiches. It is a very favourite sauce. Tarragon vinegar will give it the flavour of the French kitchen, which to some gourmands may be a recommendation even as an accompaniment to English fare. This sauce is eaten with rump steaks, whether stewed or broiled. Pour it over them, and garnish with scraped horse-radish, or fried parsley.

Sauce Royal.

Pass off eight shalots in a table-spoonful of sweet oil, put half a pint of the sauce tournée; add a glass of white wine

or champaign, and strain it; put two table-spoonfuls of cream to whiten it.

N. B. Passing off is putting whatever herbs are chopped, or otherwise, in butter, and letting them boil together four or five minutes.

Queen Sauce.

Pound the breast of a fowl very fine, add to it a pint of bechamel, and a quarter of a pint of cream: season it with salt, and put in it a few drops of lemon juice.

Sorrel Sauce.

Put two quarts of sorrel in a stew-pan, well washed and picked, with a small piece of butter; let it stew till soft. When done, rub it through a tammy, put a small piece of butter in it, and a quarter of a pint of brown sauce, a little salt, and the squeeze of a lemon.

Endive Sauce.

Blanch twelve heads of endive; chop them and put them in half a pint of good strong gravy; let them stew till tender; thicken them with half a pint of white sauce, and season with salt.

Cucumber Sauce.

Peel, and cut three or four cucumbers down the middle, in four parts, then again two inches long; take out the seeds and cut them round at the ends, put them in a quarter of a pint of vinegar and water, with some salt, and a large onion cut in slices; let them remain in it one hour: strain them off, and put them in a quarter of a pint of gravy, with one ounce of butter, and two table-spoonfuls of vinegar; let them stew in it for three quarters of an hour, and when done tender, add half a pint of white or brown sauce, with a little salt to season.

Herb Sauce.

Chop one onion, six mushrooms, and a small handful of parsley, very fine; pass the whole off, in two ounces of butter,

then add a gill either of white or brown sauce, and add a squeeze of a lemon, and salt.

Onion Sauce.

Peel and throw onions into salt and water to prevent their blackening. Boil them in plenty of water, and if they are very acrid change the water; chop them, and with a wooden spoon press them through a sieve; stir them into thin melted butter, and heat up the sauce.

For tripe, made mustard may be mixed with this sauce,—for smothering rabbits, boiled ducks, &c. cream may be added. Some cooks use veal or clear beef gravy, instead of melted butter, and others mash a white turnip along with the onions where the flavour is thought too strong. Young onions, when very small, may be served whole in the sauce.

Brown Onion Sauce.

Peel the onions, and boil them tender: squeeze the water from them; then chop them, and add to them butter that has been melted rich and smooth, but with a little good milk instead of water; boil it up once, and serve it for boiled rabbits, partridges, scrag or knuckle of veal, or roast mutton. A turnip boiled with the onions makes them milder.

Another way.—Boil six large onions soft; rub them through a sieve; add three ounces of butter, passed off, one table-spoonful of flour, with half a pint of cream: season with a little salt and sugar.

Another way.—Boil two dozen of button onions, all of a size, till done tender: put half a pint of either bechamel or brown sauce, and season with salt.

Another way.—This is a highly relishing sauce, suitable to many different dishes, and a general favourite. Slice large mild Spanish onions, brown them in butter over a slow fire, add good brown gravy, pepper, salt, cayenne, and a bit of butter rolled in brown flour. Skim this, and put in half a glass of Burgundy, Claret, or Port, the same quantity of mushroom catsup, or, if more suitable to the dish, the sauce is to accompany a dessert spoonful of walnut pickle, or shalot vinegar, to give piquance.

Onion Sauces as prepared by English Cooks.

Those who like the full flavour of onions, only cut off the strings and tops (without peeling off any of the skins,) put them into salt and water, and let them lie an hour; then wash them, put them into a kettle with plenty of water, and boil them till they are tender; now skin them, pass them through a colander, and mix a little melted butter with them.

White Onion Sauce.

The following is a more mild and delicate preparation:—Take half a dozen of the largest and whitest onions, (the Spanish are the mildest, but these can only be had from August to December,) peel them, and cut them in half, and lay them in a pan of spring water for a quarter of an hour, and then boil them tender, which will sometimes take an hour: drain them well on a hair sieve, lay them on the chopping-board and chop and bruise them, put them into a clean saucepan, with some butter and flour, half a tea-spoonful of salt, and some cream, or good milk; stir it till it boils; then rub the whole through a tammis or sieve, adding cream or milk, to make it the consistence you wish.

This is the usual sauce for boiled rabbits, mutton, or tripe.

Brown Onion Sauce, or Onion-Gravy.

Peel and slice the onions (some put in an equal quantity of cucumber or celery) into a quart stew-pan, with an ounce of butter; set it on a slow fire, and turn the onion about till it is very lightly browned; now gradually stir in half an ounce of flour; add a little broth, and a little pepper and salt; boil it up for a few minutes, add a table-spoonful of mushroom catsup, (you may sharpen it with a little lemon juice or vinegar) and rub it through a tammis, or fine sieve.

If this sauce is for steaks, shred an ounce of onions, fry them a nice brown, and put them to the sauce you have rubbed through a tammis; or some very small round young silver button onions, peeled and boiled tender, and put in whole when your sauce is done, will be an acceptable addition.

Spanish or Portugal Onion Sauce.

After roasting them till they are somewhat more than half done, peel them, and add some good thickened gravy or coulis, season them with salt and cayenne pepper; and, adding a glass of red port, a small quantity of powdered loaf sugar, and the juice of half a lemon for four large onions, boil them till tender, mash them up with a little butter, and send them to table as sauce for whatever dish may be thought proper. These onions are not only very delicious, but they are particularly salubrious and nourishing.

Poor Man's Sauce.

Take five or six shalots, hash them fine with a little parsley; put them into a stew-pan with a little *bouillon*, juice, or water, and a skimming-spoonful of good vinegar, a little salt, and a little large pepper; simmer till enough, and serve.

Garlic Sauce.

Take five or six heads of garlic, beat them with two or three ounces of butter, when well beaten rub through a search; preserve the paste as it passes very carefully in a china basin; then gradually rub to it two or three large table-spoonfuls of oil and a little salt: by the force of rubbing it round and round, it will become like butter, when it is fit for use.

Tartar Sauce.

Mince one or two shalots very fine with a little chervil and tarragon; put it into an earthen vessel with mustard, a glass of vinegar, salt and pepper; sprinkle it with oil, and stir it constantly; if it gets too thick, put in a little vinegar; if too salt, put in a little more mustard and oil.

Orange Gravy Sauce for Wild Fowl.

A half pint of claret, and the same quantity of good brown gravy. Make the gravy boil, put the wine to it, with pepper, salt, cayenne, and the juice of two Seville oranges, or one orange and a lemon. Let them simmer for a few minutes,

and pouring some over the game, serve the rest very hot in a sauce-boat.

Another way. Shave off as thin as possible the yellow rind of three oranges, blanch the rind a few minutes, then strain off the liquor and put the rind into rich beef gravy with a few pepper-corns; let it simmer on a stove or hold till tender, then add the juice of the oranges carefully strained, and serve, leaving the peel in the sauce.

Another way.—Put half a pint of veal gravy into a stew-pan, add thereto six leaves of basil, a small onion, and some orange or lemon-peel: let the whole boil for a few minutes, and then strain it off. Now put into the liquor the juice of a Seville orange or lemon, half a tea-spoonful of salt, as much pepper, and a glass of port wine, to which, if agreeable, shalot and cayenne pepper may be added. The method of cutting open the breast, and squeezing in an orange, hardens the flesh. As some persons like wild fowl without the sauce, and underdone, it will be advisable always to send the latter up in a boat.

Celery Sauce.

Wash, pare, and cut down in thin slices about two inches long, a head of celery, the younger the better. Boil it till tender in weak broth or water, and season with pounded mace, nutmeg, grated white pepper, and salt. Thicken it with a good piece of butter kneaded in flour. The juice of a lemon is a great improvement, or for less delicate purposes a little lemon pickle.

Brown Celery Sauce.

Stew and season as in the last receipt, thickened with browned flour, and add a glass of red wine and a spoonful of catsup.

Celery Sauce another mode.

Cut eight heads of celery in thin slices, one inch long; put one ounce of butter and three spoonfuls of white gravy; let them stew till tender; then add half a pint of bechamel sauce; season with salt and a little sugar.

This sauce may be thickened with half a pint of brown sauce, if wanted brown.

Parsley Sauce.

Boil a bunch of green parsley in salt and water for five minutes; when done, chop it fine, put it in half a pint of bechamel sauce, or good melted butter, the same quantity Fennel sauce is made the same way.

Lemon Sauce.

Put the peel of a small lemon, cut very thin, into a pint of sweet rich cream, with a sprig of lemon-thyme, and ten white pepper-corns. Simmer gently till it tastes well of the lemon; then strain it; and thicken it with a quarter of a pound of butter, and a dessert spoonful of flour rubbed in it. Boil it up; then pour the juice of a lemon strained into it, stirring it well. Dish the chickens, and then mix a little white gravy, quite hot, with the cream, but don't boil them together: add salt to your taste.

Another way.—Cut thin slices of lemon into very small dice, and put them into melted butter; give it one boil, and pour it over boiled fowls.

Another way.—Take the inside of one lemon free from kernels and rind, cut in small dice; take the liver of a fowl boiled and do the same; add half a pint of bechamel sauce, or melted butter seasoned with salt.

This is in general used with boiled fowls or chickens.

Olive Sauce.

Stone some of the greenest French olives, and stir them in as much veal gravy as is requisite; add a little lemon juice, and season the whole with cayenne pepper and salt.

Carrot Suace.

Cut the red part of a small carrot into dice, boil them in a little of your best stock gravy, till they come to a glaze, then add cullis according to the quantity required.

Turnip Sauce.

Shake over the fire in a stew-pan six turnips pared, with a little water, till they are done, and the liquor is exhausted; then rub them through a sieve: next take a little white gravy, and cut more turnips; shake them as before, and add thereto some more gravy.

Sauce Royal.

Put into a stew-pan about half a pound of lean ham cut into thin slices; add thereto a small fowl cut into pieces, with a bundle of sweet herbs, or thyme and parsley, a few blades of mace, about a quarter of a pint of good stock gravy, six or eight shalots, and a head of celery. Simmer over a slow fire till the stock is reduced to a glaze, then put in about a quart of the best stock, and let it boil about half an hour; strain it off, and put the liquor into a stew-pan again, and reduce it nearly to a glaze, after which add a quart of cullis, and season it according to the use to which it is to be applied.

Allemand, or German Sauce.

To a few slices of ham, with some trimmings of poultry, add three or four shalots, a small clove of garlic, a bay leaf, a little tarragon, and a few spoonfuls of gravy stock; set the stew-pan on the fire to simmer gently for half an hour, then put in as much cullis as you will want sauce; and when it has boiled a few minutes, squeeze into it a Seville orange, or a lemon, and season it with cayenne pepper and salt.

Pontiff Sauce.

Put two or three slices of lean veal, and the same quantity of ham, into a stew-pan, with some sliced onions, carrots, parsley, and a head of celery. When brown, add about two table-spoonfuls of white wine, some good gravy, a clove of garlic, four shalots, two cloves, a little coriander seed, and two slices of lemon peel. Boil this slowly till the juices are drawn from the meat; then skim and strain the liquor through a sieve. Previous to serving it up, add some cullis and chopped parsley.

Sauce for a savoury Pie

Take some gravy, an anchovy or two, a bunch of sweet herbs, and a little mushroom liquor; boil it a few minutes, then thicken it with burnt butter, and having added a glass of port wine, open the pie and put it in.

Sauce for a Pig.

Take a pint of water, put therein a good slice of the crumb of bread, a blade of mace, and a little whole pepper; boil these together for about five or six minutes, and then pour off the water; remove the spices, and beat up the bread with a piece of butter, and a little milk or cream. To this, currants may also be added, if approved of, by boiling them in a glass of wine and a little sugar. Or put to half a pint of good beef gravy, and that which comes from the pig, a piece of butter rolled in flour, and two spoonfuls of catsup; boil them all together, then take the brains of the pig, bruise them with sage, and pour the whole into your dish.

Sauce for a Hare.

Put a pint of cream, and half a pound of butter, into a saucepan, and keep stirring the same with a spoon till the butter is thoroughly melted, and the sauce thickened; season it with a little grated nutmeg, and salt to your taste; then take up the hare, and pour these ingredients into the dish.

Another way.—Take a pint of port wine, and a quarter of a pound of powdered sugar, let them simmer over a slow fire about fifteen minutes; add to them some good gravy, thickened, if approved of, with a piece of butter rolled in flour, or some currant jelly, and serve the sauce up in boats.

Sauce for a Loin of Veal.

Take all kinds of sweet herbs, and the yelks of three hard eggs minced fine; boil them together with some currants, a little grated bread, beaten cinnamon, sugar, and two whole cloves. Pour this sauce into the dish, and add thereto two or three slices of a Seville orange.

Wow-wow Sauce, for Stewed or Boiled Beef.

Chop some parsley very fine, cut into quarters two or three small pickled cucumbers or walnuts, divide them into small pieces, and set them aside till wanted. In the mean time, put into a saucepan a little butter about the size of an egg, and when melted stir to it a table-spoonful of fine flour, and about half a pint of the broth in which the meat was boiled. Add a table-spoonful of vinegar, as much mushroom catsup, or port wine, or some broth, and a tea-spoonful of made mustard. Simmer the whole till it is as thick as you want it. Then put in the parsley and pickle already prepared, to get warm, and either pour the whole over the beef, or send it up separately.

Salad Sauce.

Take the hard yelks of two eggs, a dessert-spoonful of grated Parmesan cheese, the same quantity of tarragon vinegar, a little mustard, and a tea-spoonful of catsup; when well mixed, add four spoonfuls of salad oil, and one of elder vinegar; beat the whole well till the oil is thoroughly incorporated with the other ingredients.

Sauce for a Turkey.

Cut the crust of a penny loaf thin, put it in cold water, with a few pepper-corns and a little salt; boil it till soft, then beat it well; add a quarter of a pound of butter, two spoonfuls of cream, and send it to table.

Sauce for a boiled Turkey.

Mix half a pound of butter with a tea-spoonful of flour, put thereto a very little water, melt it, and add near a pint of thick cream, with half an anchovy not washed; set it over the fire; and as it boils, add a table-spoonful, or more, if occasion, of real Indian soy. Turn it into the sauce tureen, with the addition of some salt, and half a lemon; stir it well, to prevent its curdling. This sauce is excellent also for carp.

Sauce for a Hash.

Make a gravy from the broken bones, gristles, and other trimmings laid aside when you cut down the meat, in which boil two onions, a faggot of parsley, or a little of the seed, a head of celery, or a little seed, a few sprigs of herbs, and a tea-spoonful of black and Jamaica pepper-corns. Thicken this gravy with browned flour, and season with any thing convenient and economical that can be spared; for hash, though it may be good and savoury, is understood to be a frugal dish. Pickle liquor, whether of onions, mushrooms, oysters, or walnuts, will answer very well; so will a little catsup, or shalot vinegar; or a little currie powder will cheaply give that favourite flavour to the hash. A few chopped pickled walnuts, nasturtiums, or gherkins are added by some cooks, but are not generally approved.

Sauce for a Broil.

Thicken some good brown gravy with butter and browned flour to the consistence of a batter. Add to it a spoonful of walnut catsup, the juice of a lemon, a tea-spoonful of made mustard, and a dozen chopped capers, a tea-spoonful of the essence of anchovies, a bit of shalot finely minced, a few grains of cayenne, and a tea-spoonful of grated rind of lemon. Simmer these ingredients for a few minutes, and pouring a little over the grill, serve the rest in a tureen. This compound piquante sauce will suit several kinds of white fish, such as skate, holibut, &c. to those who like a highly stimulating relish. It is appropriate to *devils* of all orders.

Sage and Onion Sauce.

Chop together a couple of onions, and eight sprigs of sage; stew them in water with salt, and in a few minutes add bread crumbs. Drain off a little of the water when they are tender, and stir in melted butter, pepper, and, if for goose stuffing, a little flour.

Shalot Sauce.

Chop of shalot what will fill a table spoon; give this a scald

with hot water in a saucepan, drain and add half a pint of good gravy, or melted butter, pepper, and salt, and when done a large spoonful of vinegar. The shalots may be stewed in mutton broth, with a little butter rolled in flour, and some vinegar, and served with boiled mutton. Shalot sauce, may be made as directed in the receipt for parsley and butter, by merely stirring a little shalot vinegar, or shalot wine into melted butter, with salt; and for roast meat or poultry this is more elegant than sauce of the chopped root. Carrier sauce for mutton is made by boiling chopped shalots in gravy sharpened with vinegar and seasoned with pepper and salt. Shalot enters largely into the composition of most of the high flavoured compound sauces.

Garlic Sauce.

Make this with a spoonful of garlic vinegar stirred into half a pint of melted butter; or chop, and pound in a mortar, two cloves of garlic with a bit of butter, or a very little oil, and rubbing the paste through a sieve, simmer it in the butter.

Mushroom Sauce.

Wash and pick a pint of young mushrooms, and rub them with salt, to take off the tender skin. Pour them into a saucepan with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter rubbed in flour. Boil them up, and stir them till done; then pour it round the chickens, &c. Garnish with lemon.

If you cannot get fresh mushrooms, use pickled ones done white, with a little mushroom-powder with the cream, &c.

Another way.—Wash and pick a large breakfast cupful of small button mushrooms; take off the leathery skin, and stew them in veal gravy, with pepper, cayenne, mace, nutmeg, salt, and a piece of butter rolled in a good deal of flour or arrow root to thicken, as the abounding gravy of the mushrooms makes them take a good deal of thickening. Stew till tender, stirring them now and then, and pour the sauce over the fowls. Those who like a high relish of mushroom may

have a spoonful of mushroom gravy drawn by salting a few for a night, or a little mushroom powder.

Observations.—The mushrooms may be stewed in thin cream, and seasoned and thickened as above. Mushrooms pickled white may supply the place of the fresh for this sauce. Lay them in milk for a little, and add some catsup to the sauce.

Another way.—Peel a pottle of mushrooms, put them in water with the juice of one lemon to keep them white while paring. Strain them, and put them in a stew-pan with a quarter of a pound of butter, a tea-spoonful of salt and pepper together, and the squeeze of half a lemon. When sufficiently stewed, which will be in half an hour, put in a thickening of one table-spoonful of flour with half a pint of cream, and let it boil together five minutes. Or, instead of the cream, add bechamel sauce, or brown sauce, a half pint.

Truffle Sauce.

Pare eighteen truffles and slice them, pass them off in two ounces of butter, till tender; add half a pint of white sauce, or brown; season with salt, and the squeeze of half a lemon.

Asparagus Sauce.

Blanch half a pint of asparagus tops or pease till tender strain and put half a pint of white sauce; season with salt and a little sugar.

Green Peas Sauce.

One pint of green peas, one ounce of butter, two table-spoonfuls of gravy, one tea-spoonful of sugar, two sprigs of mint, boil them till tender, and add half a pint of white sauce; and season with salt, or thicken with a spoonful of thickening.

Cauliflower Sauce.

One small cauliflower boiled tender, put to half a pint of white sauce, or melted butter.

Potatoe Sauce.

Two pounds of new potatoes, or if they cannot be procured

old ones will do, cut with a round cutter. Put in half a pound of butter, constantly shaking over the fire till done; add half a pint of white sauce, or melted butter.

Turnip Sauce.

Cut out six turnips with cutters, boil them tender in broth; strain and add half a pint of white sauce, or melted butter; season with salt and a little sugar.

Tarragon or Chervil Sauce.

Chop a handful of the green leaves of tarragon or chervil, pass them off in butter; when done add half a pint of white sauce, and season.

Garlic Sauce.

Chop six heads of garlic; pass it off in two ounces of butter; add half a pint of brown sauce; season with salt and pepper.

Horseradish Sauce, White.

Grate a teacup-ful of horseradish; cover it till wanted; put the crumb of two French rolls in a quarter of a pint of milk, and two ounces of butter; boil them to a pulp; add the horseradish, and season with salt.

Horseradish Sauce, Brown.

To a teacup-ful of horseradish grated add half a pint of brown sauce, and two table-spoonfuls of vinegar; season with salt and a little sugar.

Caper Sauce.

Chop half a teacup-ful of capers, put them in half a pint of white sauce, or melted butter, season with salt and pepper. If for a made dish, the capers must be put in whole.

Dutch Sauce.

Scrape a teacup-ful of horseradish, boil it in a quarter of a pint of water or broth, pass off, in three ounces of butter, with three table-spoonfuls of flour; add the liquor of the

horseradish by degrees, stir it to a smooth paste, add a quarter of a pint of cream and the yelks of six eggs beat together, with three spoonfuls of elder vinegar; season with salt.

Sauce Poivrade.

Chop ten shalots, boil them in a quarter of a pint of brown gravy, add two table-spoonfuls of vinegar; season with salt, serve all together without straining.

Mustard Sauce.

Mix two table-spoonfuls of ready made mustard, with a quarter of a pint of white sauce, or melted butter.

N. B. This sauce is used with fresh boiled lobsters, herrings, and tripe.

Sauce Piquante.

Pass off, a table-spoonful of chopped onion, parsley, and mushroom together; add a quarter of a pint of brown sauce, and two table-spoonfuls of vinegar; season it with salt.

Sauce Flamande.

Pass off, one clove of garlic, a tea-spoonful of parsley chopped, a quarter of lemon-peel grated, half a tea-spoonful of cloves and mace pounded; add a quarter of a pint of brown sauce, boil and strain through a tammy; season with salt, and add the juice of half a lemon.

Relishing Sauce for Cold Meat.

Grate a teacup-ful of horseradish; put a spoonful of sugar, and as much vinegar as will cover it, with a little salt and a spoonful of made mustard.

Aspic Sauce for cold Salads.

Rub three boiled yelks of eggs in a mortar, put one ounce of salt, a quarter of a pint of oil by degrees, till it becomes thick, then add one spoonful of anchovy essence, and a quarter of a pint of tarragon vinegar.

This sauce is used for Italian, lobster, or cold salads.

White harricoed Beans Sauce.

Soak a pint of white beans in water for a few hours; let them boil gently till quite tender, without breaking; strain the water off, and add to the beans two ounces of butter, two chopped shalots, and one pint of either white or brown sauce; season with salt and pepper. They are in general served with roast mutton.

Spanish Sauce (Sauce Espagnol.)

Boil one dozen button onions, also two dozen of chesnuts tender, and peel them; add a sweetbread, broiled and cut in pieces, with two dozen forcemeat balls: add twelve mushrooms, six truffles cut in slices, one pint of brown sauce, two spoonfuls of tarragon vinegar; boil all together, and season with salt and pepper.

Ragout Sauce.

Blanch six fat livers, twenty inside eggs, and twelve combs of fowls, and one dozen of forcemeat balls; boil them all tender with twelve mushrooms, four truffles, and two sweetbreads; put them into a pint and a half of brown sauce; season with salt and pepper, and the squeeze of a lemon.

The inside eggs of a hen may be procured at the poulterers at all times.

Mint Sauce.

Wash a small quantity of young mint. Pick off the leaves and mince them very fine, and mix them in the sauce-boat, with grated sugar and good vinegar to taste.

Caper Sauce.

Take two table-spoonfuls of capers and a little vinegar. Mince the one half, and stir the whole of them into half a pint of melted butter, or of strong thickened gravy. To prevent the butter from oiling stir the sauce for some time. When wanted very poignant, lemon juice may be added to this simple and tasteful sauce, or it may be flavoured with the tarragon or burnet instead of plain vinegar.

Mock Caper Sauce

May be made of gherkins or nasturtiums cut in bits, or parsley boiled to a bad colour, with lemon juice and melted butter; or French beans.

Apple Sauce.

Pare, core, and slice four or five juicy baking apples, and put them into a saucepan with a very little water to keep them from burning, and a bit of lemon-peel. Let them stew very slowly, taking care they do not burn, and when quite soft pour off the moisture, (or rather continue the water so exactly that none should remain,) and beat them up with pounded sugar to taste, and a small bit of butter.

Gooseberry Sauce.

Clip away the tops and tails of a breakfast cupful of small green gooseberries. Scald, drain, and stir them into melted butter, with a little sorrel juice or vinegar. A little ginger may be added, or the scalded gooseberries may be served mashed, with sugar and seasonings.

Relishing Sauce for Fish or Cold Meat.

Pound a large spoonful of scraped horseradish, four shalots, a clove of garlic, a drachm of mustard, and one of celery seed, with salt and a high relish of cayenne, Jamaica and black pepper. When well pounded mix with these ingredients half a pint of cucumber vinegar, a quarter of a pint of shalot, and the same quantity of horseradish vinegar. Let these infuse in a close stopped jar by the fire for a few days, and strain and bottle in small vials for use.

Hunter's Sauce.

Make a quarter of a pint, or rather more, of savoury brown gravy or melted butter very hot. Thicken it with a little browned flour, and put to it a large glass of claret or port wine, a large tea-spoonful of made mustard, a little salt, pepper, and cayenne. Simmer it a few minutes, and serve it very hot.

Observations.—The wine may be supplied by mushroom, or walnut pickle occassionally, and a little chopped green sage may be added. Hard yelks of eggs rubbed smooth make a good variety of the above.

The Marquis's Sauce for Wild Fowls.

A glass of claret, a spoonful of catsup, the same of lemon juice, a minced shalot, a few thin slices of lemon peel, four grains of the best cayenne pepper, two blades of mace pounded, and a large spoonful of the essence sold at the shops under the name of Russian essence or *Sauce à-la-Russe.* Simmer these ingredients for a few minutes, and then strain them to the gravy which comes from the wild fowl in roasting. Place the fowl on a dish heated by a lamp, and cut it up, so that the gravy as it flows out may simmer with the sauce.

Observations.—The above preparation is very much admired. The gravy of wild fowl is often scanty, but butter, or even meat gravy would hurt the wild flavour a little. Game gravy may, however, be made by par-roasting and then stewing a partridge or pigeon, by those who hesitate at no expense in the gratification of the palate.

Currie Sauce.

This sauce is plainly made by mixing currie powder with melted butter. It is more generally relished in white onion sauce; or if wanted of high flavour, with brown onion gravy sauce. When liked more piquante, chili vinegar may be added to the sauce.

Observations.—Imitations of the Indian currie powder are frequently attempted, and succeed as far as possible, considering that some of the seeds and spices are used green in compounding the genuine powder, and here they are necessarily all dried.

VENISON SAUCES.

Wine Sauce.

A quarter of a pint of claret or port wine, the same quantity of plain unflavoured mutton gravy, and a table-spoonful of currant jelly; let it just boil up, and send it to table in a sauce-boat.

Sharp Sauce for Venison.

Put into a silver, or very clean and well-tinned saucepan, half a pint of the best white wine vinegar, and a quarter of a pound of loaf-sugar pounded; set it over the fire, and let it simmer gently; skim it carefully, pour it through a tammis or fine sieve, and send it up in a basin.

Some people like this better than the sweet wine sauces.

Sweet Sauce for Venison or Hare.

Put some currant jelly into a stew-pan; when it is melted, pour it into a sauce-boat. Many send it to table without melting.

This is a more salubrious relish than either spice or salt, and when the palate protests against animal food unless its flavour be masked, currant jelly is a good accompaniment to roasted or hashed meats.

Old Sauce for Venison.

An old favourite sauce for venison is still occasionally made in the following manner: Simmer in a pint of red wine, half a pound of powdered sugar, and a stick of cinnamon, till the liquor becomes tolerably thick, but without boiling; then cut some bread into dice, soften it in water, put it into the sauce, take out the cinnamon, and boil the rest up together. Sometimes, the bread is at first boiled with the wine and the spice till quite smooth, and the sugar only introduced on taking out the cinnamon; when it is boiled up, and beaten into what is called the old pap sauce for venison.

German Horseradish Sauce.

Take a large stick of horseradish, quite fresh out of the ground; and, after washing and scraping it clean, and cutting away the ends with all impurities, grate it fine and smooth, on a trencher, by means of a large and sharp round grater; then putting it into a sauce-boat or tureen with a cover, add two lumps of sugar, three table-spoonfuls of boiling broth, or even water, two spoonfuls of the best vinegar, and a little salt. Mix them well together, till the sugar be entirely dissolved and completely incorporated. This sauce, though immediately fit to eat, will remain good two or three weeks, provided it be kept closely covered.

Benton Sauce.

Grate, or scrape very fine, some horseradish, a little made mustard, some pounded white sugar, and four large spoonfuls of vinegar. Serve in a saucer.

Liver Sauce.

Cut the livers, slices of lemon in dice, scalded parsley, and hard eggs: salt, and mix them with butter; boil them up, and pour over the fowls.

Another way.—Chop boiled liver of rabbits or fowls, and do it as directed for lemon-sauce, with a very little pepper an salt, and some parsley.

White Sauce for Fricassees.

In a little sweet white broth, stew a bit of lemon-peel, some sliced onion, some white pepper-corns, a little pounded mace or nutmeg, and a bunch of sweet herbs, until the flavour be good; then strain it, and add a little good cream, a piece of butter, and a little flour; salt to your taste. A squeeze of lemon may be added after the sauce is taken off the fire, shaking it well. Yelk of egg is often used in fricassee, but cream is better, as the egg is apt to curdle.

Sauce for Wild Fowl.

Simmer a teacup-ful of port wine, the same quantity of good meat gravy, a little shalot, a little pepper, salt, a grate of

nutmeg, and a bit of mace, for ten minutes; put in a bit of butter, and flour, give it all one boil, and pour it through the birds. By some persons the following is preferred: serve a rich gravy in the dish: cut the breast into slices, but don't take them off; cut a lemon, and put pepper and salt on it; then squeeze it on the breast, and pour a spoonful of gravy over before you help.

Sauce for Poultry in general.

Boil some veal-gravy, pepper, salt, the juice of a Seville orange and a lemon, and a quarter as much of port wine as of gravy; and pour it into the dish, or a boat.

Admiral's Sauce.

Chop an anchovy, a dozen capers, and four or five shalots or rocamboes. Simmer them in melted butter till the anchovy dissolves. Season with pepper and salt; and when ready, add the juice of a lemon, and grated nutmeg.

Chevreuil Sauce.

Put a small piece of butter into a stew-pan, with some chopped parsley, shalots, thyme, mushrooms, and a few spoonfuls of gravy or brown stock; after slowly simmering them for almost a quarter of an hour, add a sufficient quantity of flour to imbibe all the butter, and continue stirring it a few minutes longer over the fire. Then put to it a pint of stock; stir it well, till it has boiled a little together; and, taking it off the fire, squeeze in some lemon juice, and add a tea-spoonful of sifted loaf sugar and a small quantity of pepper and salt, to give it a more piquante flavour.

Egg Sauce.

Boil a couple of eggs for a quarter of an hour. Dip them in cold water, and roll them quickly under your hand to make the shell come easily off. Cut the yelks by themselves into little half-inch cubes, and cut the white of one

egg in the same manner. Stir first the white and then the yelk into thinnish melted butter in the tureen.

Another way.—Boil the eggs hard, and cut them into small pieces, then put them to melted butter.

Bread Sauce.

Boil a large onion, cut into four, with some black peppers and milk, till the onion is quite a pap. Pour the milk strained on grated white stale bread, and cover it. In an hour put it into a saucepan, with a good piece of butter mixed with a little flour; boil the whole up together, and serve.

Another way.—Put grated crumbs into a small saucepan, and pour a little of the liquor, in which mutton, veal, or fowls was boiled, over them. When it has soaked, simmer with a sliced onion, white peppercorns, salt, and mace. Take out the onion and peppercorns, and add melted butter or cream.

Rice Sauce.

Stew two ounces of rice in milk, with an onion, white pepper corns, and a little salt. Take out the pepper corns and onions, and rub through a colander. Heat this up with more milk or cream, and flavour it to taste.

SWEET SAUCES.

Pudding Sauce.

Put a glass of sherry, half a one of brandy, and two teaspoonfuls of pounded lump sugar; and, if agreeable, a little grated lemon-peel, into a quarter of a pint of thick melted butter, with some grated nutmeg on the top.

Custard Sauce for Rice, Bread, Sago, or Custard Puddings, or Fruit Pies.

Stir a pint of sweet cream in a very clean saucepan till it

comes to boil. Mix the beat yelks of two eggs with a drop of cold cream, and some fine pounded sugar put to it; pour backwards and forwards from the saucepan to a basin to prevent curdling, and let it just come to the eve of boiling, constantly stirring it. Serve the sauce in a china basin, and grate a little nutmeg on the top of it.

Sauce for a Plum or Marrow Pudding.

A glass of white wine, half a glass of brandy or old rum, or rum shrub, pounded sugar to taste, the grate of a lemon, and a little cinnamon, stirred into a little thickened melted butter. Sprinkle a little cinnamon on the top.

FISH SAUCES.

Lobster Sauce.

For sauce you must have a hen lobster, fresh, (alive if possible,) and full of spawn. When boiled, pound the spawn and coral with a bit of butter, or a very little oil. Rub this through a sieve into a sufficient quantity of melted butter, and mix it smooth. Cut the meat of the tail, &c. into small dice, and put them to the sauce, which may be heated up but not boiled.

Another way.—Pick the spawn out of the inside of a hen lobster, pound it with two ounces of butter, and rub it through a sieve, cut the lobster in small pieces, and add all together, to half a pint of melted butter, one spoonful of anchovy essence, with a squeeze of a lemon: season with cayenne pepper.

N. B. The outward spawn of a lobster is not to be used if it can be avoided, as it is in general very rank.

Another way.—Pick and cut the lobster small; chop the inside spawn; add to it half a pint of white sauce, or melted butter; season with a tea-spoonful of anchovy essence, lemon juice, and cayenne pepper.

Shrimp Sauce.

Take half a pint of shrimps, picked; put them in half a pint of melted butter, with a tea-spoonful of anchovy essence, a little cayenne, and the juice of half a lemon.

Another way.—Pick a pint of shrimps clean, wash, and put them into half a pint of melted butter. Some persons stew the heads and shells, with mace, fifteen minutes, and strain off the liquor for the purpose of melting the butter with it, adding thereto a little lemon juice, cayenne, essence of anchovy, or soy. But as these latter ingredients destroy the flavour of the shrimps, they should be omitted.

Another way.—Pick them clean, wash them carefully, and boil them in very thick melted butter for a minute. A squeeze of lemon is the only addition we can recommend for shrimps, though various pungent flavours are often added to this simple sauce.

Oyster Sauce.

Open the oysters, when you are just ready to make the sauce. Save their liquor; strain it, and put it to them, and give them a scald in it, and a soft boil. Pour them into a basin, and, after picking and bearding them one by one, return them into a stew-pan in which there must be in the proportion of half a pint of very thick melted butter to two dozen of oysters, or to eighteen large cut ones. Strain the liquor over them, and letting them come to boil, set them by the side of the fire that they may become tender, which quick boiling would prevent. When ready stir in a little cream. A squeeze of lemon juice is a simple and tasteful addition. Some cooks add mace, nutmeg, anchovy, &c. when a piquante sauce is wanted.

Another way.—Beard three dozen good-sized oysters; put them in a stew-pan with the liquor, six ounces of butter, and a table-spoonful of flour; let them just boil one minute all together; add a teacup-ful of cream; season with pepper and salt, and the squeeze of a lemon; and, if agreeable, a little grated nutmeg may be added.

Anchovy Sauce

Bone and pound four anchovies very smooth with a bit of butter; stir this into thick melted butter, in the proportion of three anchovies to the half pint.

This is a sauce which ought to be piquante. The cook is therefore at liberty to make whatever additions she pleases; cayenne, soy, essence of anchovy, lemon pickle, horseradish, mustard, shalot, nasturtiums, and vinegars; in short the whole circle of the pungent and sharp flavours may be pressed into the service. When a compound or double relish sauce is to be made, we would recommend brown gravy sauce.

Another way. Melted butter seasoned with anchovy, a squeeze of lemon, and cayenne to taste.

Cockle Sauce.

Boil two quarts of cockles without water; strain the liquor and let it settle; pick the cockles out and wash them well; take a quarter of a pound of butter, and a quarter of a pint of the liquor of the cockles, mix both with a table-spoonful of flour; boil all together five minutes; put the cockles in; season with pepper, salt, and a squeeze of lemon.

Crab Sauce.

Pick the meat out of a crab, take the inside part and pound it with two ounces of butter, and rub it through a sieve; then add the meat of the claws, cut small, to half a pint of melted butter season with salt, pepper, and the squeeze of a lemon.

Mackeral Roe Sauce.

Boil two or three roes either soft or hard, the former is preferred; take away the filaments that hang about them, and bruise them with the yelk of an egg. Stir this into a little thin parsley, or fennel and butter, and add a little vinegar, or walnut pickle, with pepper and salt.

Liver Sauce for Fish.

Boil the liver by itself; take away all fibres and black parts that attach to it, and pound it in a mortar. Boil it up in

thin melted butter with cayenne, and sharpen with lemon juice, or lemon cut in dice. If a higher relish is wanted, add soy, essence of anchovy, or catsup instead of lemon juice.

Fish Sauce without Butter.

Simmer very gently a quarter of a pint of vinegar and half a pint of water (which must not be hard,) with an onion, half a handful of horseradish, and the following spices lightly bruised: four cloves, two blades of mace, and half a teaspoonful of black pepper. When the onion is quite tender, chop it small with two anchovies, and set the whole on the fire to boil for a few minutes, with a spoonful of catsup. In the mean time, have ready and well beaten, the yelks of three fresh eggs; strain them, mix the liquor by degrees with them, and when well mixed, set the saucepan over a gentle fire, keeping a basin in one hand, into which toss the sauce to and fro, and shake the saucepan over the fire, that the eggs may not curdle. Don't boil them, only let the sauce be hot enough to give it the thickness of melted butter.

Fish Sauce à-la-Craster.

Thicken a quarter of a pound of butter with flour, and brown it; then put to it a pound of the best anchovies cut small, six blades of pounded mace, ten cloves, forty berries of black pepper, and all-spice, a few small onions, a faggot of sweet herbs (namely, savoury, thyme, basil, and knotted marjoram,) and a little parsley and sliced horseradish; on these pour half a pint of the best sherry, and a pint and a half of strong gravy. Simmer all gently for twenty minutes, then strain it through a sieve, and bottle it for use; the way of using it is, to boil some of it in the butter while melting.

Sauce for Fish Pies where Cream is not used.

Take equal quantities of white wine (not sweet,) vinegar, oyster-liquor, and mushroom catsup; boil them up with an anchovy; strain; and pour it through a funnel into the pie after it is baked.

Another way.—Chop an anchovy small, and boil it up with three spoonfuls of gravy, a quarter of a pint of cream, and a bit of butter and flour.

To make a good Sauce proper for all Sorts of Fish.

(From the MS. of a celebrated gastronomic professor.)

Take some good gravy, some claret, and a little white wine; a little nutmeg and salt, two or three anchovies, and a little catsup: set it over the fire; when the anchovies are dissolved, put in a good deal of butter, according to the quantity of sauce, and draw it up thick; then put in some horseradish scraped, one lobster cut in bits, and some oysters, mushrooms, shrimps, and crayfish, such of them as are at hand. So pour it all over the fish and lay round the dish ome slices of lemon and barberries.

CHAPTER VI.

STUFFINGS, SEASONINGS, FORCEMEAT, &c.

General Directions.

All stuffings should be allowed room to swell, especially those in which dry crumbs of bread enter into the composition, as they are sure to expand more or less in the dressing, and if pressed too close are apt to eat heavy.

The herbs and other flavouring ingredients should be so apportioned as that all may be discerned, while none unpleasantly predominate.

The proportion of eggs should be particularly attended to: if there is not a sufficient quantity to bind the other ingredients, they will crumble and separate; if too much, the whole substance will be hard and heavy.

Herbs must be washed very clean, carefully freed from every bit of stalk, and very finely shred.

If some of the ingredients require a much longer time than others, this may be provided against by previously scalding them; in like manner if the article to be stuffed or seasoned requires a very short time to roast, it may be well to scald the most solid articles of the seasoning; as for example, onions for stuffing very young ducks, or thin griskin; otherwise they will be likely to eat crisp, and taste unpleasantly strong; but this process must not be carried on too far, or the composition will be rendered insipid.

If dried herbs are to be used, they must be kept very free from dust and finely pulverized.

The different ingredients in forcemeat must be pounded till perfectly smooth and thoroughly incorporated.

Seasoning for Duck, Goose, or Roast Pork.

The ingredients are always sage and onions with pepper and salt; some slight variations according to taste. Some persons choose, and others decline, the addition of bread crumbs, and a piece of fresh butter; some use sage without onions, others prefer chives as being more mild; some like the onions scalded to draw out the strength of flavour, others will even add a clove or two of garlic to render it more poignant; some prefer the sage green, others like it dried and pulverized. In all these respects no precise directions can be given, the cook must observe, and comply with, the taste of her employers. The following are examples of seasoning, sometimes adopted which vary more or less from the original simple composition of mere sage and onion.

Two parts of chopped onion, two parts bread crumbs, three parts butter, one part pounded sage, pepper, and salt; mix all together.

Seasoning for a Goose.

Four well-sized onions, about half their weight of sage undried; divide the liver; parboil slightly, and chop these very fine: add a bit of butter, yelk of egg, and the crumb of a penny loaf, or an equal quantity of mashed potatoes, and season rather highly with pepper and salt.

Seasoning for a Sucking Pig.

Take a handful of mild sage, and a couple of young onions parboiled; chop these very fine, add a cupful of grated bread crumbs, two ounces of good butter, and a high relish of pepper and salt. Work this up with yelk of egg, and fill the belly.

Seasoning with Chesnuts.

Mince the liver; cut an onion in small pieces, and pass it in raspt lard; prepare fifty chesnuts (as is directed for chesnut soup,) let them simmer in the sauce; season with salt, pepper, and fine spices; when the chesnuts are ready, turn in the rump of the goose, and sew it up.

Seasoning for a Leg or Shoulder of Veal, an Ox, or Calf's Heart, &c.

To half a pound of crumbs of bread, grated as finely as possible,* put a quarter of a pound of suet, either beef, or lamb, or marrow shred very fine, a handful of parsley, about a quarter as much thyme, five or six sprigs of marjoram and the same of vervain, all chopped very fine. Some people add a few leaves of winter savoury; but others dislike the taste, which is very powerful; a little of the very thin rind of lemon may be added if approved, though the vervain in a great measure supplies the place of it; and a squeeze of lemon juice is an improvement; season with salt, pepper, and nutmeg; mix all the ingredients well with two eggs finely beaten; fix it in securely with the caul of the veal, or with buttered paper. This is a good plain family stuffing, and answers for many purposes. The same may be used for fowl, rabbit, or turkey, with the addition of the liver, or part of it, scalded and shred fine.

Stuffing for a Turkey.

Take a breakfast cupful of stale bread finely grated, two

* For this purpose stale bread answers much better than new, and the crumb of a large loaf than of a small one, though the directions generally are for the crumb of a penny or two-penny loaf.

ounces of minced beef suet, or marrow, a little parsley par. boiled and finely shred, a tea-spoonful of lemon-peel grated, a few sprigs of lemon thyme, a little nutmeg, pepper, and salt. Mix the whole well in a mortar with a couple of eggs. Do not stuff too full; and with another egg work up what remains into balls to be fried and served with the turkey. To this stuffing, parboiled sausage meat may be added, or grated ham, or oysters chopped.

Stuffing for a Turkey with Chesnuts.

Roast a quarter of a hundred and peel them, leave out a third part, pound the rest in a mortar, with the liver parboiled, a quarter of a pound of ham well grated or pounded, a little basil and parsley; mace, pepper, salt, and nutmeg, and a good piece of butter; stuff the bird, and tie him at neck and vent. When roasted, serve for sauce the remaining chesnuts, chopped, and stirred in strong thickened gravy, with a glass of Sherry or Madeira. Garnish with orange, or with sausage, or forcemeat balls fried.

Stuffing for a boiled Turkey.

The seasoning may be prepared as directed for veal, only with the addition of a considerable quantity of grated lemon peel, lemon juice, and a dozen or more oysters: or it may be made of equal parts of the above, and of sausage meat, well mixed together.

Another way.—Mince one quarter of a pound of beef suet, or rather marrow, the same quantity of bread crumbs, two drachms of parsley leaves, one drachm and a half of sweet marjoram, or lemon thyme, as much of grated lemon peel, an onion or shalot chopped very fine, and a little grated nutmeg, pepper, and salt; pound these thoroughly together, with the yelks and whites of two eggs, and force the composition into the veal with a skewer, or fasten it with a thread. Some of it should be made into balls, floured, and then boiled or fried; after which, send them up as garnish, or in a side dish. For a turkey, the quantity should be nearly double. In this case, you may add an ounce of dressed ham, or equal parts of the stuffing and pork sausage meat pounded together.

Another way.—To the preceding composition, add the soft part of twelve oysters, anchovy, or a little grated ham or tongue. Pork sausage meat is sometimes used to stuff turkeys and fowls, or it may be fried, and sent up as garnish.

Another way.—Two pounds of suet, chopped fine; one pound of bread crumbs, a teacup-ful of chopped parsley, a tea-spoonful of thyme, and ditto of marjoram in powder; a table-spoonful of chopped shalot, half a nutmeg, and half a lemon-peel grated; half an ounce of pepper, and ditto of salt; mixed up with five whole eggs.

This stuffing is used for veal, poultry, and game. The shalot may be left out if disliked.

For rabbits, poultry, pigeons, or birds, a very simple and pleasant stuffing may be made by merely scalding and shredding the liver, and adding thereto four times its quantity of crumbs of bread, a lump of butter, a little cold gravy of roast meat if you have it; season the mass with salt, pepper, and nutmeg, and secure it in the belly or crop.

A seasoning for a Hare—a choice Recipe.

Take the liver, one apple, and a bit of onion, chop it very small, season it with pepper, salt, nutmeg, some lemon rind, and thyme, shred very small; add to it a quarter of a pound of butter and what grated bread will temper it to a paste, then put it into the belly of the hare and sew it up close. When the hare is roasted, have ready three quarters of a pound of butter melted with some good gravy, a little claret, and two anchovies; take out the pudding and dissolve it in the sauce, then pour it all over the hare, and garnish the dish with barberries.

Another way.—Take the grated crumbs of a penny loaf, a quarter of a pound of beef suet, or three ounces of marrow, a small quantity of parsley and eschalot, a boned anchovy, a tea-spoonful of grated lemon peel, and the same quantity of nutmeg; salt and pepper to taste, a little cayenne, and the liver parboiled and chopped, if in a sound state. Mix the ingredients with the yelk of an egg, and a very little claret soaked in the crumbs. Put this in the belly, and sew it closely up.

Another way.—Two ounces of beef suet chopped fine, three ounces of bread crumbs, a drachm of parsley, half a drachm of shalot, one drachm of marjoram, thyme, or winter savoury, the same quantity of grated lemon peel, half a drachm of nutmeg, and as much of pepper and salt; mix the whole with the yelk and white of an egg, till it is thoroughly stiff, put it into the hare, and sew it up. If the liver is sound, it may be parboiled, minced fine, and added to these ingredients.

Stuffing for Pike, Carp, or Haddock.

Beat yelks of eggs, a few oysters bearded and chopped, and two boned anchovies, pounded biscuit, or bread grated, minced parsley, and a bit of shalot or an onion, mace pounded, black pepper, allspice, and salt. Mix these in the proper proportions, and having beat a good piece of butter in a stew-pan, stir them over the fire till of the consistence of a good thick batter, adding more biscuit powder or flour if necessary. Or a highly relishing forcemeat for the above may be made of scraped ham or tongue, or bacon fried and cut in little bits, with suet or marrow, shalot, cayenne, salt, a chopped anchovy, bread crumbs, a little walnut or oyster liquor, with egg to bind the composition. The meat of a lobster may be substituted for the ham or fried bacon.

Another way.—Take equal parts of fat bacon, beef suet, and fresh butter, some parsley, thyme, and savoury; a little onion, and a few leaves of scented marjoram shred fine, an anchovy or two; a little salt and nutmeg, and some pepper. Oysters will be an improvement, with or without anchovies; add crumbs, and an egg to bind.

FORCEMEAT.

The following Articles are used to form the substance.

Fowl, veal, sweetbreads, udders, tongues, brawn,—parboiled or roasted, and minced or pounded very fine. Cold ham scraped or grated; potted meat in general; fat bacon scraped; beef suet or marrow chopped very fine; crumbs of bread grated; yelks of hard boiled eggs; oysters, anchovy, lobsters.

For flavouring ingredients selection may be made from the following, according as the case requires: salt, pepper, nutmeg, cayenne; jamaica pepper, mace, or cloves, finely powdered; curry powder; cinnamon occasionally, but not frequently; of vegetables, thyme, marjoram, savoury, sage, tarragon, chervil, basil, bay leaves, mushrooms, morels, and truffles; onions, leeks, garlic, shalot, chives; parsley, spinach, mashed potatoes. To bind the substance, the yelks and whites of eggs well and separately beaten; for liquids, rich gravy, lemon juice, syrup of lemon, essence of anchovy, wine, soy, catsup, and sometimes flavoured vinegars.

Flour is occasionally used; but is in general better avoided.

Forcemeat is either fried or boiled in small balls about the size of a large nutmeg; or used to lard or stuff meat or poultry, or baked in patties.

An excellent Forcemeat.

Take of veal or pork half a pound; let it be free from skin, and chop it very small; add nearly an equal weight of good beef suet or marrow, chop them together till very fine and well mixed, then beat the mass in a mortar till it becomes a perfect paste, then season it with pepper, salt, nutmeg, grated lemon peel and thyme minced very small, work it up with one or two eggs; it may be coloured green with spinach, and fried or boiled according to the dish which it is designed to ornament or flavour.

Veal Forcemeat.

Scrape a pound of veal and half a pound of fat bacon, pound it fine in a mortar, add the crumb of a French roll, mace and nutmeg one drachm each, a table-spoonful of chopped onions, parsley, and mushroom, with pepper and salt; mix all this together, with two whole eggs, and rub it through a sieve. For occasional variety it may be rolled up in balls, crumbed over twice, and fried in hot fat; serve fried parsley with it.

Another way.—Take of undressed lean veal, freed from

skin and sinews, two ounces, as much beef or veal suet, and the same quantity of bread crumbs; chop fine two drachms of parsley; of lemon peel, sweet herbs, and onion, each a drachm; half a one of mace, or allspice beaten to fine powder; and pound the whole in a mortar, adding thereto the yelk and white of an egg; rub the whole well together, and season it with pepper and salt. Its flavour may be heightened by the addition of cold boiled pickled tongue, anchovy, shalot, and cayenne pepper, or curry powder.

Forcemeat, to force Fowls or Butcher's Meat.

Shred a little ham, or gammon, some cold veal, or fowl, some beef-suet; a small quantity of onion, some parsley, very little lemon peel, salt, nutmeg, or pounded mace, and either white pepper or cayenne, and bread crumbs.

Pound it in a mortar, and bind it with one or two eggs beaten and strained. For forcemeat patties, the mixture as above.

For cold savoury Pies.

The same: only substituting fat, or bacon, for suet. The livers, (if the pie be of rabbit or fowls,) mixed with fat and lean of pork, instead of bacon, and seasoned as above, is excellent.

Forcemeat for Turtle.

A pound of fine fresh suet, one ounce of ready-dressed veal or chicken, chopped fine, crumbs of bread, a little shalot or onion, salt, white pepper, nutmeg, mace, penny-royal, parsley, and lemon-thyme finely shred; beat as many fresh eggs, yelks and whites separately, as will make the above ingredients into a moist paste; roll into small balls, and boil them in fresh lard, putting them in just as it boils up. When of a light brown, take them out, and drain them before the fire. If the suet be moist or stale, a great many more eggs will be necessary.

Balls made this way are remarkably light: but being greasy, some people prefer them with less suet and eggs.

Forcemeat for Turtle, Mock Turtle, and other Made Dishes.

Pound some veal in a mortar, rub it through a sieve, with as much of the udder as there is of veal, or about one-third the quantity of butter; put some bread crumbs moistened with milk into a stew-pan, add thereto a little chopped parsley and shalot, rub them together in a mortar till they form a paste, pass it through a sieve, and when cold, pound and mix the whole together with three yelks of eggs boiled hard; season it with salt, pepper, and curry powder or cayenne, adding thereto the yelks of two raw eggs; rub the whole well and make it into balls. About ten minutes before your soup is ready, put them in.

FRENCH WAYS OF PREPARING FORCEMEATS

Forced Meats.

Take the large fine muscle found in the fillet of veal which can be taken out whole; skin and nerve it well; mince it fine; beat it in the mortar till it becomes a paste; mince a double quantity of beef suet, which must be dry and grainy, for if it is greasy the forcemeat will neither look well nor be good; pick off all the skin, and beat the whole together in a mortar till they are perfectly mixed; put in salt, pepper, and fine spicery; mix and beat all well together; take an entire egg, which must be perfectly fresh, and mix it well in; then another, which must be also perfectly incorporated; after this a third, which will be sufficient for two pounds of forcemeat; put in a spoonful of water; continue to add another every time the water is incorporated: let this operation have time that it may not be drowned; when sufficiently wetted as for a paste, strew a table with flour, and make a little ball for trial, and throw it into boiling soup; when done enough, it will yield under the finger; cut and taste if it be light and good; if not firm enough, add another egg to give it more consistence; if too firm, a little water; dust the table with flour, and roll the forcemeat into any convenient size; poach, drain, and keep it in readiness for such ragouts as require it.

Forcemeat for Patties.

Take the quarter of a pound of a fillet of veal, and as much beef, and a pound of beef-kidney fat; mince the veal and beef together as small as possible; chop the suet: mix all well together, and continue hashing it with a chopping knife, seasoning with salt, pepper, and fine spiceries: put in two eggs, one after the other, and continue to beat them; when completely mixed add a little water, and continue to do so by little and little, till it is brought to a proper consistence of forced meat; finish by adding parsley and scallions minced very fine; put it into a proper pot, so that it may be in readiness for use as required.

Gratin.

Take half a pound of fillet of veal, cut it in small dice; put it into a stewpan with a bit of butter, a little fine herbs minced, such as mushrooms, parsley, scallions, with salt, fine spicery, and pepper; put it upon the fire, and stir it with a wooden spoon; let it cook a quarter of an hour, drain off the butter, mince it fine, and put it into the mortar; take fifteen livers of fowls or game, wash and parboil them; throw them into cold water; drain and put them into the mortar with the other ingredients; beat them all well together; add as much panada, as directed in the following article, as meat; have, ready cooked and cold, some veal's udder; be careful to take off the skin, and put in as much of the udder as of each of the other ingredients, so that each may be a third; if there is no veal's udder, butter may be used; season with salt, and put in three eggs, one after the other in beating, and also three yelks; when all is sufficiently beaten, take it out of the mortar with a wooden spoon, make a trial by poaching; if not firm enough, add some yelks of eggs; when come to perfection, whip the whites of three eggs very well, and mix it in by degrees, breaking them as little as possible; truffles may be added well minced: put it by for use.

N. This gratin may be made entirely of raw livers, either of poultry or game, without using any other sort of flesh meat, keeping in view always the proportion of thirds, that is to say, one third of panada, one of liver, and one of butter

Panada.

Take a sufficient quantity of crumb of bread, cut it in small pieces, and put it into a stew-pan with reduced cream; let it soak, and when it has absorbed the cream, put it on the fire, and cook in such a manner, that it will have the consistence of a firm paste, (or it may be made of stock;) incorporate into it two yelks of eggs.

Cooked forced meat.

Take the necessary quantity of fowl, or of veal; cut it in small dice, and do it with fine herbs, as is directed for the gratin: take and cut the meat, skin and nerve it, hash and beat it; add as much panada as flesh, and the same of udder, that is to say, that these three materials consist of equal parts, and are all first beaten separately; put in as many eggs as is sufficient, taking care it is not too liquid; season with salt, fine spiceries, and fine herbs, cooked in butter; try a bit of it, and when properly done, add the whites of some eggs well beaten, with care, as directed in the gratin.

Forced Meat of Fowl.

Take off all the flesh of two fowls; skin and nerve it carefully; beat it in a mortar till it passes through a search, with the back of a wooden spoon; take as much panada as of fowl, and the same of butter, or udder of veal: having beaten them all separately, mix and beat them all together, adding one after another till all is well incorporated; in the same manner put in three eggs and three yelks, one after another; season with salt and nutmeg; beat them well in; gather it together in the mortar, and throw a little bit into boiling water; taste if good, and if not firm, put in one or two entire eggs; when it has arrived at its point, whip well the whites of three eggs, and add them by degrees. Observe the following directions:—If to garnish a large dish, take a skimming spoon, and fill it with the mass; then, with a knife dipt in warm water, give it the same form as that in the spoon, which will be like an egg; detach it from the spoon, and put it into a buttered saucepan, and in this manner make as many as is necessary:

put over them some very hot soup when you poach them, taking care that they swim without touching one another: let them boil softly, and turn them, when sufficiently done drain upon a cloth, and dress them on their dish. If smaller balls are required use two table-spoons to form them; and if for still smaller dishes, use tea-spoons, or any other shape, to make them in.

Fish Forcemeat.

Beat the flesh and soft parts of a middling lobster, half an anchovy, a large piece of boiled celery, the yelk of a hard egg, a little cayenne, mace, salt, and white pepper, with two table-spoonfuls of bread crumbs, one ditto of oyster-liquor, two ounces of butter warmed, and two eggs long beaten; make into balls, and fry of a fine brown in butter.

Another way.—Take two ounces of turbot, soles, lobster, shrimps, or oysters, free from skin; as much of fresh butter, one ounce of bread crumbs, the yelks of two eggs boiled hard, a little shalot, grated lemon-peel, and parsley minced fine, pound the whole together, and when thoroughly mixed and smooth, season with salt and cayenne, then break in the yelk and white of one egg, rub it well together, and it will be ready for use. Oysters parboiled and minced fine, with an anchovy, may also be added.

Curry Balls.

Take the yelk of an egg boiled hard, a bit of fresh butter about half the size of the egg, and as much bread crumbled small as is sufficient; beat the whole in a mortar, and season it with curry powder. Make the composition into balls as before directed.

Egg Balls.

Pound six boiled yelks of eggs with two raw, and a tea-spoonful of flour, and season with a little salt; make this paste up in small balls, and boil them two minutes.

These are used for soups and other dishes either with forcemeat balls or alone.

Another way.—Boil four eggs ten minutes, and put them into cold water; when quite cold, break the yelks into a mortar, with the yelk of an egg raw, one tea-spoonful of flour, as much chopped parsley, a very little salt, and some black pepper or cayenne; rub the whole well together into one mass, then roll it into small balls, and boil them for two minutes.

Veal Cake.

Boil six or eight eggs hard; cut the yelks in two, and lay some of the pieces in the bottom of the pot; shake in a little chopped parsley, some slices of veal and ham, then add eggs again; shaking in after each some chopped parsley, with pepper and salt, till the pot is full. Then put in water enough to cover it, and lay on it about an ounce of butter; tie it over with a double paper, and bake it about an hour. Then press it close together with a spoon, and let it stand till cold.

It may be put into a small mould; and then it will turn out beautifully for a supper or side dish.

Another Method, from an original MS.

Cut part of a cold fillet of veal in small pieces, put it in a mortar and pound it very fine; put to it one third of the fat of a ham, season with salt, pepper, and fine spice, pour in half a pint of clarified butter, and mix all well together. Then put it in a buttered mould, and put the mould in an oven for half an hour; when done set it to cool in the mould. When wanted for use, set the mould in warm water for a few minutes, when the cake will turn out.

Ham cake may be made in the same way

SAUSAGES.

Epping Sausages

Take equal quantities of young tender pork and of beef-suet. Mince them very finely, and season with salt, pepper,

grated nutmeg, a sprinkling of sage, and some thin rind of bacon. Roll up with egg, and fry it.

Another way.—Chop very fine equal parts of fat and lean pork, season with sage, pepper, salt, and half fill hog's guts that have been made extremely clean by washing, turning, and scraping with salt and water, the water being changed several times. These sausages are usually broiled, or basted with good dripping and baked in an iron oven.

Another way.—Chop fat and lean pork together; season it with sage, pepper, and salt, and you may add two or three berries of allspice: half fill hog's guts that have been soaked and made extremely clean; or the meat may be kept in a very small pan, closely covered; and so rolled and dusted with a very little flour before it is fried. Serve on stewed red cabbage; or mashed potatoes put in a form, brown with salamander, and garnish with the above; they must be pricked with a fork before they are dressed, or they will burst.

If kept in pots the sausage meat should be pressed down very close and a little pepper and salt sprinkled over the top. This mode is the most convenient for family use, and will keep longer. Some people fry them in clarified butter.

Sausages are sometimes served in the following manner:—Cut them in single links, and fry them in fresh butter; then take a slice of bread, and fry it a good brown in the butter you fried the sausages in, and lay it in the bottom of your dish; put the sausages on the toast, in four parts, and lay poached eggs betwixt them; pour a little good melted butter round them, and serve them up.

Sausage Meat.

Take the fat and lean of the chine of pork, two parts lean, one part fat; chop it fine, and to twelve pounds of sausage-meat take three spoonfuls of allspice ground, a spoonful of pounded sage, ditto of thyme, pepper, one ounce, and salt three ounces; mix it all well together; fill the skins and hang them in a dry place.

N. B.—The skins of the guts are to be turned on a stick, and well scraped and washed in several waters, and kept in salt and water two hours before filling.

Veal Sausages.

Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt and pepper, and a few anchovies. Beat all in a mortar; and when used roll and fry it, and serve it with fried sippets, or on stewed vegetables, or on white collops.

Beef Sausages.

These are made of minced collops, with seasonings, and a proportion of suet. The crumb of a penny loaf, soaked in water, is allowed to every three pounds of meat, before filling the skins.

Mutton Sausages.

Take a pound of the rawest part of a leg of mutton that has been either roasted or boiled; chop it extremely small, and season it with pepper, salt, mace, and nutmeg; add to it six ounces of beef-suet, some sweet herbs, two anchovies, and a pint of oysters, all chopped very small; a quarter of a pound of grated bread, some of the anchovy liquor, and the yelks and whites of two eggs well beaten. Put it all, when well mixed, into a little pot; and use it, by rolling it into balls, or sausage-shape, and frying. If approved, a little shalot may be added, or garlic, which is a great improvement.

Oxford Sausages, (probatum est.)

One pound of lean pork, one pound of fat ditto, and one pound of lean veal, all carefully cleared of skin and sinews, shred very fine with a chopping knife, or beat with a lard beater: one pound of crumbs of bread, about thirty leaves of sage shred very small, (some add a little parsley and thyme, others a little garlic, shalot, or leek,) mix the mass well together; season with pepper, salt, and nutmeg: beat separately the yelks and whites of four eggs, mix in the yelks and as much of the whites as is necessary to make it adhere. These sausages are always fried; each pound should be divided into eighteen equal parts, and a very small dust of flour shaken over them. No fat or butter must be put in the pan, as sausages made in this proportion will always fry themselves.

Have a perfectly clear fire and rather brisk, shake the pan the whole time, and the sausages when done will be of a fine pale brown. Let them be laid on fish drainers and serve very hot. Enough fat will remain in the pan to fry a few slices of bread or potatoes.

Oxford Sausages, another Recipe.

Take of pork and veal an equal quantity, let it be free from sinews and skin, chop it very small; then add half as much good beef suet as meat, chop it together till the suet is very fine, then season with pepper, salt, and nutmeg, some sage and thyme minced small, two or three eggs, and a little water as you see good.

Smoked Scotch Sausages, to keep and eat cold.

Salt a piece of beef for two days, and mince it with suet. Season it highly with pepper, salt, onion, or shalot. Fill a large well cleaned ox-gut, plait it in links, and hang the sausage in the chimney to dry. Boil it as wanted, either a single link or altogether.

Another way.—Season fat and lean pork with some salt, saltpetre, black pepper, and allspice, all in fine powder, and rub into the meat; the sixth day cut it small; and mix with it some shalot or garlic, shred as fine as possible. Have ready an ox-gut that has been scoured, salted, and soaked well, and fill it with the above stuffing; tie up the ends, and hang it to smoke as you would hams, but first wrap it in a fold or two of old muslin. It must be high-dried. Some eat it without boiling, but others like it boiled first. The skin should be tied in different places, so as to make each link about eight or nine inches long.

Savaloys, or Cervelas.

Take a piece of tender pork, free from skin and gristles, and salt it with common salt and a little saltpetre. In two or three days mince it, and season with pepper, chopped sage, and a little grated bread. Fill the gut, and bake the savaloys for half an hour in a moderate oven. If to be eaten cold, let them lie a day or two longer in the salt.

Bologna Sausages.

Take of beef-suet, fat and lean bacon, beef and veal, one pound each; cut them small, and chop them fine; then pick off the leaves of a handful of sage, and mince them with a few sweet herbs; season the meat with pepper and salt; and having filled a large gut with the mixture, put it into a sauce-pan of boiling water, first pricking the gut to prevent its bursting. Let it boil gently for an hour, and then lay it on clean straw to dry.

To make German Sausages.

Take the crumb of a small loaf, one pound of suet, half a lamb's lights, parsley, thyme, sweet marjoram, and onion, minced small, and seasoned with pepper and salt. Stuff these into a sheep's gut, and fry them in melted suet, for immediate use

The following seven articles are from a very old Cook's Dictionary, and deserve attention. The Bologna Sausages in particular will be found a very near imitation of those imported and sold at a very high price. Before boiling, the meats should have been sprinkled two or three days with common salt and saltpetre, which is not mentioned.

To make Sausages.

Having provided sheep's guts that are well cleaned, take good pork, either leg or loin, break the bones small, boil them in just water enough to cover them; let it be well skimmed, and season the liquor with salt, pepper, whole mace, onion, and shalot; when they have boiled till all the goodness is out of them, strain the liquor, and set it by to cool; then mince your meat very small, season it with salt, pepper, cloves, and mace, all beaten; shred a little spinage to make it look green, and a handful of sage and savoury; add also the yelks of eggs, and make all the minced meats and herbs pretty moist with the liquor the bones were boiled in; then roll up some of your minced meat in flour, and fry it, to try if it be seasoned to your liking; and when it is so, fill the guts with

the meat. If they are for present spending you may mince a few oysters with your meat.

Another way.—Take the best and tenderest pieces of hog's flesh, both fat and lean an equal quantity; you may, if you please, mix a little veal with it; chop these well together with a little shalot; season with salt, pepper, all sorts of spices, and savoury herbs, a small handful of grated bread; fill the guts with these ingredients, and prick them often to let out the wind, and to make them fill the better: when the sausages are filled, smooth them with your hand, tie them in lengths according to your mind, and broil them on a gridiron over a slack fire. You may serve them for outworks, or use them for other garnishings.

Veal sausages are made after the same manner, taking the flesh of a fillet of veal, instead of pork, and as much fat of hog's flesh as fillet of veal.

Another way.—Lay a leg of pork in salt and water for two hours, take off all the fat, chop the lean very small, shred four pounds of beef suet very fine; season them with an ounce of pepper, an ounce of mace beaten fine, and half an ounce of cloves, and a handful of sage and rosemary shred fine; break in half a score eggs, mingled all well together, fill your hog's guts with them, give them a gentle boil, and hang them up in the chimney to dry.

To make Sausages without Skins.

Take a leg of good young pork, cut off all the lean, take out all the sinews or skins from it, and mince it very small; then shred two pounds of beef suet very small, season with salt, pepper, nutmeg, a piece of an onion, and a handful of red sage chopped small; then mince and mingle them all well together; add the yelks of three or four eggs, and make it into paste, roll it out into pieces, in the form of a sausage, and fry them. The meat thus ordered will keep good a fortnight.

To make Sausages called Oxford Skates.

Chop the lean of a leg of pork or veal, small, with four pounds of butter or beef suet; then season the meat with

salt, three quarters of an ounce of pepper, half the quantity of cloves and mace, and a good handful of sage chopped small: mingle all these well together; then take the yelks of ten eggs, and the whites but of seven, and temper them well with the meat, and as you use them roll them out with flour, if you please; make butter boiling hot in a frying pan, and fry them brown; then eat them with mustard.

To make Bologna Sausages.

Take three pounds of buttock of beef, and as much of a leg of pork. Of the fat of pork or bacon, two pounds or better; of beef suet a pound and a half; parboil the meat over a slack fire for an hour; then shred it small, each by itself; afterwards shred the pork fat and suet by themselves; then take red sage, savoury, thyme, and penny-royal, of each an equal quantity, and the weight of two ounces in the whole; shred these very fine, mix them with nutmeg, cinnamon, cloves and mace, grossly powdered, all together six drachms. Mix meat, herbs, and spices all well together, with a sufficient quantity of salt; then add the yelks of twelve eggs, and four ounces of flour made into a soft paste: mix these all very well together, and pound them in a mortar, and having cleansed and prepared ox guts, fill them with the meat, and tie them up; then smoke, or dry them in a tin stove over a fire made of saw-dust, for three or four days.

Cleanse the ox-guts from their filth, cut them into proper lengths; lay them in water and salt, let them lie for three or four days, turning them inside out, and wash them well till they are clean and white.

To make Royal Sausages.

Chop the flesh of partridges, and of a fat capon or pullet, with gammon and other bacon, a piece of a leg of veal raw; cives, parsley, mushrooms, truffles; season with salt, pepper, beaten spice, and a clove or two of garlic; then add the yelks of six and whites of two eggs, with a little cream; mix these well together, roll it into thick pieces, and wrap them up in very thin slices, cut out of a fillet of veal, beaten very flat, so that the sausages may be about the thickness of a large man's wrist, and of a length proportionable; then garnish an oval

stew-pan with slices of bacon and beef-steaks, and put in your sausages, cover them with beef-steaks, and lay slices of bacon over the beef; cover the stew-pan very close, and set it between two gentle fires, the one under, and the other over it; let them stew for eight or ten hours: then take them from the fire, set them by the stew-pan to cool; then take them out gently, that you do not not break them, take off the slices of veal in which you rolled them, and all the fat; then cut the sausages into slices with a sharp knife, dish them neatly and serve them up cold.

French smoked Sausages.

Mince what quantity of fresh pork will be necessary; mix with it equal to a quarter of lard, salt, and fine spices; fill the skins and tie them; hang them in the smoke for three days: then simmer them in broth for three hours, with salt, a clove of garlic, thyme, bay, basil, parsley, and young onions; when cold serve upon a napkin.

PUDDINGS IN SKINS.

Black Hog Puddings.

Stir three quarts of blood well, with a spoonful of salt, till cold, and strain it through a sieve; add three pounds of the inside fat of the pig, cut in small squares, a quart of Embden groats, boiled soft in a cloth; stir these into it by degrees, with the fat; then add half a pint of cream, a pint of bread crumbs, one ounce of ground allspice, three table-spoonfuls of pounded sage, one ditto of pounded thyme, with one ounce of pepper, and one ounce of salt; when stuffed in the skins, prick and boil them gently twenty minutes; take care they do not break; when done, cover over with clean wheat straw.

N. B. It is necessary to take the largest skins of the bacon hog for this use; and when wanted for table, broil or bake them crisp.

The French way.

Boil twelve onions in broth, with parsley, young onions, thyme, basil, and a bay-leaf; chop them very fine; take four

pints of blood that has been properly taken from the throat of the animal; put in a little vinegar to prevent it from curdling; cut a pound and a half of the caul in dices; put it into the blood with four pints of rich cream, hashed fine herbs, fine spices, salt, and pepper, mix all well together; take the puddings of hogs or sheep, which must be well scraped and cleaned; fill them with a filler; but do not make them too full, otherwise they might break; tie them into proper lengths; put them into a pot of warm water, and do them over a slow fire to prevent their breaking; turn them carefully with a skimmer; if they are pricked, and the fat comes out, they are sufficiently done; take them up upon a cloth, and let them cool; when they are to be sent to table slit and grill them.

Another way.—Take a sufficient quantity of onions, put them in a wooden bowl, and with a harness-maker's knife mince them; then put them in a stew-pan with some of the cauls; put them upon the fire till the onions are well done, without being browned; let them cool a little; put in the blood; and mix seasoning with fine salt, fine herbs, and spices; add cream, and finish as before.

Another way.—Boil a quantity of grits in water for about half an hour, and then put them into a pan. On killing the hog, save two quarts of the blood, and keep it stirred till cold. Then mix and stir together that and the grits, adding thereto a table-spoonful of salt, some powdered allspice, a quantity of penny-royal, thyme, winter savoury, and sweet marjoram finely shredded. Clean, salt, and soak the skin or guts; then cut some of the flear or fat of the hog into dice, and mix it with the other ingredients. Fill the skins with the meat, grits, and herbs, tie them in links when three parts full, and put them into boiling water, pricking them as they swell, to prevent their bursting. Boil them gently about an hour, then lay them on straw or clean cloths to drain, after which, hang them up for use.

Another way.—Soak in a quart of milk the same quantity of grits the night before the hog is killed; add to the same, a quantity of penny-royal, savoury, thyme, pepper, mace, nutmeg, and cloves finely powdered. Mix these with a quart of the blood well stirred with salt till cold. Then fill the skins

with this mixture, and some of the fat cut into dice, and boil them. Some add crumbs of bread soaked in milk and water, shredded leeks, beef-suet, beaten eggs, and other things, according to taste. Previous to using black puddings, they should be scalded a few minutes, and then wiped dry.

White Hog Puddings.

One pound of grated bread or biscuit, three-quarters of a pound of suet or marrow chopped very fine, eight eggs, and four whites separately beaten and strained; one quart of rich milk, or part cream: the rind of a lemon pared thin and shred fine, and nutmeg grated, and a quarter of a pound of the best almonds blanched and beat: mix the ingredients and sweeten to taste with loaf sugar.

Have ready the skins very nicely cleaned (as above directed) and steeped in rose, orange flower, or peach water; put the puddings in, tie them up securely, and put into boiling water; let them boil till the skin begins to swell, then take out and pinch the skins, put in again and watch that the skins do not crack; when done enough, lay them on a clean napkin to cool: they are to be broiled and served with wine sauce.

French Hog Puddings.

Boil some onions cut small in a little water, with some of the fat; and when the liquor is nearly reduced, cut more flear into dice, and put it into the stew-pan with the onions, the blood, and a fourth part as much cream, seasoned with salt and spicery. Stir these well, and fill the skins by means of a funnel adapted to the size of the gut, which is first cut into the length of the puddings. Tie the ends so that they may not burst; then put them into boiling water, and in a quarter of an hour prick them, and if no blood comes out, it is a sign that they are done enough. Then set them to cool, and before serving up, broil them on a gridiron.

White Hog's Puddings.

After cleaning the skins, soak them all night in rose water, and then half fill them with a mixture of half a pound of blanched almonds, each cut into seven or eight pieces, a pound of grated bread, two pounds of marrow or suet, one pound of currants, some pounded cinnamon and cloves, mace

and nutmeg, a quart of cream, the yelks of six and the whites of two eggs; a little orange flower water, some Lisbon sugar, lemon peel, and citron sliced. Boil them in milk and water, and take care to preserve them from bursting by pricking them with a fork.

Another White Pudding in Skins.

After washing half a pound of rice in warm water, boil it in milk till tender; then put it into a sieve to drain; in the mean time, beat up half a pound of sweet almonds very fine with rose water; wash and dry a pound of currants, cut a pound of hog's lard small, beat up six eggs, half a pound of sugar, a nutmeg grated, a stick of cinnamon, some mace, and salt. Fill the skins with this mixture, and boil them.

Another way.—Take four pounds of beef-suet shreded fine, three pounds of grated bread, and two pounds of currants picked and washed; a quarter of an ounce each, of cloves, mace, and cinnamon, finely beaten: salt, a pound and a half of sugar, a pint of wine, a quart of cream, some rose water, and twenty eggs well beaten, with half the whites. Mix these well, and half fill the guts, boil them a little, and prick them; take them up when done, and lay them to dry.

Hog's Puddings with Almonds.

Chop a pound of beef-marrow, and half a pound of sweet almonds blanched; beat them fine with orange-flower or rose water; take half a pound of grated bread, the same quantity of currants, a quarter of a pound of fine sugar, a quarter of an ounce each, of mace, nutmeg, and cinnamon, and half a pint of wine. Mix these with half a pint of cream, and the yelks of four eggs; half fill the skins, tie them up, and boil them a quarter of an hour.

To make Liver Puddings.

Wash and clean the guts; boil the liver till it will grate or pound; take an equal quantity of minced suet and liver, chop an onion or two, season with pepper, salt, and a little thyme rubbed small. Half fill the guts; cut them into proper lengths, and fasten the ends. Let them boil a little, and prick them to prevent bursting. When done, lay them to cool; broil, and serve them to table.

To make Sweet Puddings.

According to the quantity you intend to fill, mince equal quantities of beef-suet, and apples; grate some stale bread; wash some currants; pound raw sugar, nutmeg, and cinnamon; and grate a piece of lemon peel. Mix these well, and fill the guts; boil them, and in about a quarter of an hour take them out to drain. When wanted for use, put them first into boiling water, and then on a gridiron.

To make Oatmeal Puddings.

To one pound and a half of suet chopped fine, add two pounds of oatmeal, an onion or two sliced; season with pepper and salt, and fill the skins or guts as before. The oatmeal should be well dried before it is used.

The French prepare many different puddings in skins, most of them very delicious, but more troublesome and expensive than those that are commonly adopted among us. The following are specimens:—

White Pudding.

Prepare a dozen of onions as directed for black pudding; make a very dry panada of cream; put the onions with it into a mortar, adding sweet almonds that have been put through a search; mix altogether; add some raw yelks of eggs, caul cut in dices, white of roasted fowls hashed very fine; pound altogether, and moisten with warm rich cream; season with salt and fine spices; taste if it is good, and fill the skins.

These puddings do not require so much cooking as the black: instead of water use milk; let them cool and prick them, instead of cutting, before they are put upon the grill: the best manner of doing them is to put them into a white paper case.

Crayfish Pudding.

Take half a hundred of crawfish, and boil them in broth; let them cool; take the shells off the claws and tails, and suppress that of the bodies: dry the shells, pound and make a butter of them,* cut the tails in dice; put them into a stew-

* This is done by wiping the shells, and drying them in a cool oven or stove; then beating them fine in a mortar, add their weight in butter, then beat again, until the mass is reduced to a smooth paste.

pan with the spawn; take the white of a fowl minced fine, panada of cream very dry, some roasted onions, some fat livers cut in slices and also in dice; mix in the butter some spoonfuls of rich gravy, fine spices and salt; mix all well together, and fill, tie them, and cook them as the white puddings.

Rabbit Pudding.

Roast a young rabbit; take off the flesh and pick out the sinews; hash it with the liver very fine; break the bones, and put them into a stew-pan; moisten with rich stock, let it boil to draw the flavour, with which a panada is to be made; pound the meat and panada together; add a third of butter, that is to say, put in an equal part of the three ingredients; add fine minced onions that have been stewed in gravy, six raw yelks of eggs, reduced cold cream, as much as is necessary to make the whole to the consistence of pudding; add fine spices, salt, and nutmeg, and finish as is directed above.

Pheasant Pudding.

Roast a pheasant, and prepare it as directed in the above receipt; prepare six onions as above, seasoned with salt, pepper, two cloves, basil, a bunch of parsley, and small onions; when the onions are done to a perfect reduction of their seasoning, mince them very fine; mix all together and pound them; put in rich cream, six yelks of eggs, and three quarters of a pound of white caul cut in dice, salt, and fine spices; fill the puddings, and cook them as above.

Pork Chitterlings.

Cut pork skins of a proper size; clean them carefully, and lay them in white wine for five or six hours, with thyme, basil, and two cloves of garlic; cut some fillets of fresh pork, caul, and fraize:* mix all with salt, fine spices, and a little powder of anise seed; fill the puddings, not too much, as they might burst; tie and boil them in a vessel of the same length, with milk and water, parsley, young onions, a clove of garlic, thyme, basil, bay-salt, pepper, and fraise; let them cool in their seasoning; wipe them well; nick them a little; grill, and serve.

* Called in English the "pluck," being the internal part of an animal, lights, heart, sweetbread, &c. of which the last article is the prime.

Andouilles (or Chitterlings) à-la-Bechamelle.

Put a bit of butter into a stew-pan, with a slice of ham, three shalots, parsley, young onions, a clove of garlic, thyme, basil, and bay; put them upon a slow fire; let them sweat a quarter of an hour; moisten with a quart of milk; let them boil and reduce to the half; pass it through a search; put in a large handful of the crumb of bread, and make it boil until the crumb has taken up all the milk; cut fillets of fresh pork, caul, petit lard, and veal fraise; mix all with the bread and six yelks of eggs, fine spices, and salt; fill the puddings; tie, and cook them in half milk and half fat broth, salt, pepper, and a bunch of parsley and young onions; serve as directed for the pig's chitterlings.

Veal Chitterlings.

Take a veal's fraise and udder; blanch them a full quarter of an hour, and cut them in fillets; add a pound of petit lard, cut in the same manner; mix the whole with salt, fine spices, some minced shalots, four large spoonfuls of rich cream, and four yelks of eggs; employ pig's puddings and simmer them in rich broth, a bottle of white wine, a clove of garlic, thyme, basil, bay, and a bunch of parsley and young onions; let them cool in their seasoning; nick and grill them.

Calf's Chitterlings.

Take a fraise and one udder or two (according to their size) of the veal, blanch and let them cool, mince them; hash some mushrooms, shalots, parsley, and truffle; put these fine herbs into a stew-pan with a bit of butter; pass them, and moisten them with a glass of Malvoisie or Madeira; when that is half reduced, put in four or five spoonfuls of Spanish sauce, and reduce it; put in the other ingredients, six yelks of eggs, salt, pepper, and fine herbs; taste if good; and fill the puddings, not too full, and tie them; put them two minutes in boiling water, to give them their form; let them cool; put into a stew-pan slices of veal and ham, carrots, and onions; put in the chitterlings; cover them with slices of bacon; moisten with broth and white wine; let them simmer an hour; leave them to cool in their season; nick and grill them.

CHAPTER VII.

OF CURING MEAT, TONGUES, HAM, &c.

General Directions.

MEAT should either be cut up and salted before the animal heat have left it, or else be allowed to hang a few days to become tender In regulating this, due regard must be had to the state of the weather. In fact temperate weather is always to be preferred for salting meat, as there is danger in intense heat, of the meat becoming fly-blown or putrid, before it can be salted; and in severe cold it becomes frozen, which prevents the salt penetrating.

Every part of the meat must be carefully inspected, and all veins, kernels, and bloody slime removed previously to salting. During the process any doubled parts must be daily examined, and if any scum or mouldiness appears, be immediately removed. It is a very common practice to salt many joints in succession in the same brine; this has nothing but frugality to recommend it, and as salt is now so much cheaper than formerly, we should strongly recommend the frequent entire clearing of the salting pan or trough, and the renewal of the brine. Meat never eats so tender and mellow as when salted with fresh materials to form its own brine. If however meat is to be put in the brine in which former meat has been salted, it should at any rate be first rubbed for a day or two with fresh common salt; or if half the quantity of the ingredients directed for fresh salting were to be well rubbed in, the pickle of former meat might then be added with advantage. The proper and successful management of the salt-pan will be best acquired by observation and experience.

During the process of salting, meat cannot be too closely covered up, at any rate there should be a lid to fit the pan; and several folds of blanket or something of the kind are

by many people recommended in addition; this will be understood as applying only to the *vessel* in which the salting is carried on, the *place* should be cool, airy, and if possible dark.

The quantity of salt and other ingredients should not be put on at once; but the meat first sprinkled for a day with common salt, to draw out blood and slime; this is better done in a flat dish; then let it be removed into the vessel in which it is to be finally salted, then rub in half the salting ingredients, and in two or three days the remaining half. During the whole process the meat should be rubbed, basted, and turned, at least daily.

Where much salting is going on, especially for tongues or fleshy pieces of meat, it is a good way to have a wooden lid that will just drop within the pan or trough, and on this to place several weights so as to press down the meat and keep as nearly as possible covered with brine.

Salting troughs are commonly lined with lead, it were to be wished this practice could be avoided on account of health. Glazed earthen pans are still more pernicious, as the salt acts much more powerfully on lead prepared for the purpose of glazing earthenware, than upon lead in its native state. Except for its weight, which would render it difficult to obtain vessels of any considerable size, the Nottingham or Welch stone ware would be preferable. A wooden tray hollowed out like a canoe and well pitched, answers the purpose very well. It may be fitted on a frame of legs of a convenient height, and should have a hole at one corner for the brine to run off occasionally; this must be securely stopped with a peg or cork.

Whenever the salting vessels are empty they should be thoroughly scalded and scoured inside and out, and exposed to the air till perfectly dry.

Of the Ingredients for Salting.

Much good and well flavoured meat, especially bacon, is cured with common salt only. Bay salt, however, is thought to give a better flavour, sal prunel is also frequently used. Sugar is one of the most valuable preservers of meat; while equally efficacious with salt in its preserving qualities, it cor-

rects the harshness of oversalting, and secures a delightful mellowness. Treacle answers the same purpose. Saltpetre gives an agreeable redness; but is apt to harden the meat. It is much less used than formerly. When a high foreign flavour is desired for hams, tongues, or brawn, pepper and other spices are adopted; whatever the ingredients are, care should be taken to pound them finely, mix them thoroughly, and rub them into every part of the meat. In hams, the knuckle should be stuffed with the salting as far as the finger can reach and then tied up with packthread. By this means it works its way thoroughly into the meat.

Of Drying, Smoking, and Keeping.

The process of salting being completed, various methods are adopted for drying the meat. It is usual to drain the meat a day or two, and rub the fleshy side with bran; this bran we should recommend to have been previously dried in an oven, lest any insects should be among it, which might prove injurious to the bacon.

It is then generally sewed in wrappers of coarse hessens; these we strongly recommend, both as guarding the meat against too intense heat, and against an accumulation of dust and dirt, which can be no ways beneficial to the flavour of the meat, and must occasion considerable waste. The cost of these wrappers is very trifling, and, with care, they will serve many years in succession. Neat's tongues, pig's cheeks, and other small articles, may be tied in coarse brown paper.

The drying is carried on in various ways. Some people merely hang, or lay on a rack, in a warm dry place, usually in the influence of the kitchen fire. It is generally supposed that bacon thus dried goes farther; but the flavour is not so good, neither is it so securely dried for long keeping.

Some people dry their bacon in the influence of a baker's oven, and others in that of a malt-house kiln; both of these we consider exceptionable. Without pretending to account for the fact, we have repeatedly observed, that bacon dried at a baker's is very liable to weevils or hoppers; and that bacon dried in a malt house is generally liable to rust; besides which, both want the true smoked flavour.

The very best way of drying bacon is by smoking it in a chimney over the smoke of wood, stubble, litter, or saw-dust. That of fir or deal is generally avoided. Turf and peat also are objectionable as giving a very unpleasant flavour. Perhaps nothing makes a better fire for smoking bacon, than roots or billets, occasionally lighted up with furze or fern; such a fire may be kept in all night with very little trouble or expense, and with great advantage to the bacon; a heavy root will smother all night, or a shovel or two of sawdust lightly thrown on. Care must be taken to hang the bacon out of the way of rain, and not near enough the fire for the fat to melt, which not only is very wasteful, but invariably occasions rust. A constant moderate fire is to be preferred before one that is occasionally fierce and blazing and at other times suffered to go out. The bacon should hang long enough to become perfectly dry, but not long enough to harden. Where a constant fire is kept, a month will generally be sufficient for flitches of bacon: for hams, tongues, and other small matters, a less time, in proportion to their size.

When it is desired to give hams or other salt meat a strong foreign flavour, the use of aromatic woods, or wood that has been newly pitched, is adopted; juniper wood is generally preferred; or any kind of aromatic herbs may be used with advantage, as balm, mint, sage, rosemary, rue, tansey, camomile, southernwood. This high smoking is particularly applied to mutton hams, tongues, and high seasoned sausages for eating cold. This may be done on a very small scale by suspending the articles to be smoked in an inverted hogshead in which the aromatic smoke is confined. For this purpose the hogshead may be fixed over a moveable grate, either out of doors, or in an out house.

For keeping the bacon and hams when dried, various methods have been recommended, perhaps the two following are the best; either of which may be adopted as circumstances render most convenient.

1. On taking the articles from the chimney, let the wrappers be removed, and the bacon &c. white washed two or three times, a day between each washing. It will then keep well on a rack in a kitchen, or any dry place.

2. Have a large chest or box, long enough to hold the flitches, sift over the bottom some ashes of wood, turf, peat, or very dry sand, lay in one flitch, which cover with six or eight inches of the ashes, and then another flitch in the same way. If the ashes become damp, dry them by the fire and replace them in the box. This method has been found very successful in preserving bacon fresh, sweet, and free from hoppers.

Directions for boiling bacon, ham, tongues, &c. have been given in the early part of this work, to which the reader is referred with this additional observation, that the colour of salt meat is improved, and that it eats more tender, short, and mellow if three or four handfuls of hay flowers be boiled with it, or if these cannot be procured, sweet hay tied up in a coarse bag or cloth. Particular directions will now be given, many of them original or only in private circulation, and others taken from the most approved sources already before the public.

To salt Bacon.

Salt it six days with common salt only, then drain off that pickle and mix, for a final salting, with as much common salt as you think necessary, twelve ounces of bay salt, four ounces of saltpetre, and a pound of coarse sugar; let these ingredients be well rubbed in and turned every day for a month.

For Wiltshire Bacon.

The usual proportions are equal parts of coarse sugar and bay salt; a pound and a half of each is the quantity for a moderate sized hog; to this add one pound of common salt and half a pound of salt-petre.

The following proportions are preferable, though somewhat more expensive:—

Common salt, two pounds.	Coarse sugar, two pounds
Bay salt, ditto.	Saltpetre, six ounces.

Somersetshire Bacon.

On killing a hog, the flitches are placed in wooden troughs,

and sprinkled over with bay salt. In this state they are left to drain twenty-four hours; then taken out and wiped dry Fresh bay salt is then heated in a frying-pan, and the troughs having been cleaned out, the flitches are replaced, and the hot salt rubbed over them. This process is repeated four days, the flitches being turned each time. If they are large, they are left in the brine three weeks, and afterwards dried without smoke.

Buckinghamshire Bacon.

Having reduced to powder about half a pound of saltpetre, the meat is well rubbed with it; and the next day, three or four pounds of common salt are heated with a pound of coarse sugar over the fire; and when quite hot, rubbed equally over the bacon and hams, which are next put with the skinside downwards in a salting vessel. The proportion for a ham is two pounds of salt, and for the two flitches six or seven pounds, with one of sugar. Both the bacon and hams must remain a month in the pickle, being turned therein once or twice a week. When thoroughly done, the hams and sides are hung up on the rack or in the chimney, without any extraordinary smoke.

Westphalia Bacon.

Take a gallon of pump water, a quarter of a peck of bay, and as much of common salt, a pound of saltpetre, four ounces of coarse sugar, and an ounce of socho tied up in a rag. Boil these well, and let the pickle stand to cool; then put in the side of pork, and let it remain a fortnight; after which take it out, and dry it over the smoke of sawdust.

Hamburgh Pickle.

For keeping meat in summer.—Take sixteen quarts of water, ten pounds of common salt, six ounces of saltpetre, half a pound of brown sugar; boil together, and skim it; when cold cover the meat with it. after three weeks boil and skim, adding three pounds more salt, and two ounces of saltpetre; after the same time boil it again: it will keep three months.

N. B. A joint of meat dipped in this may be hung some time before it spoils.

Another Pickle for the preservation of Pork, Tongues, &c.

To four gallons of water put a pound of Muscavedo sugar, four ounces of saltpetre, six pounds of bay or common salt. Put the whole into a pot, or kettle, and let it boil, taking care to remove the scum as it rises. Take the vessel from the fire when no more scum rises, and let the liquor stand till it become cold; then put the meat intended to be preserved, into the vessel appropriated for keeping it, and pour upon it the preserving liquor, covering the meat, in which condition it must be kept. Meat preserved in this manner has been taken out of the pickle after lying in it for the space of ten weeks, and been found as good as if it had not been salted above three days, and at the same time as tender as could be desired. The pickle after the second boiling will keep good for twelve months.—This is an excellent pickle for curing hams, tongues, and beef intended for drying. Observe, when the meat is taken out of the pickle for drying, to wipe it clean and dry, and then to put it into paper bags, to be hung up in a dry place.

A Pickle that will keep for years, for Hams, Tongues, or Beef, if boiled and skimmed between each parcel of them.

To two gallons of spring-water put two pounds of coarse sugar, two pounds of bay, and two pounds and a half of common salt, and half a pound of saltpetre, in a deep earthen glazed pan that will hold four gallons, and with a cover that will fit close. Keep the beef or hams as long as they will bear, before you put them into the pickle; and sprinkle them with coarse sugar in a pan from which they must drain. Rub the hams, &c. well with the pickle, and pack them in close; putting as much as the pan will hold, so that the pickle may cover them. The pickle is not to be boiled at first. A small ham may lie fourteen days, a large one three weeks: a tongue twelve days, and beef in proportion to its size. They will eat well out of the pickle without drying. When they are to be dried, let each piece be drained over the pan; and

when it will drop no longer, take a clean sponge and dry it thoroughly. Six or eight hours will smoke them, and there should be only a little sawdust and wet straw burnt to do this; but if put into a baker's chimney, sew them in coarse cloth, and hang them a week.

1. *To pickle Hams, an original Recipe.*

To two small hams put one pound of coarse moist sugar, three ounces of saltpetre, three ounces of bay salt, two ounces of black pepper ground, and one pound of common salt all mixed together and dried before the fire; rub the hams thoroughly with this mixture, and add as much common salt as will cover them. In a day or two afterwards pour over them half a pound of treacle. Baste them with the pickle every day for a fortnight.

N. B. The same pickle will answer very well for neats' tongues.

2. *Another way.*

Common salt, one pint.
Saltpetre, a quarter of a pound.
Bay salt, two ounces.
Black pepper, a quarter of an ounce.
Coarse sugar, one pound.
Sal prunella, two ounces.

The above is sufficient for two hams of twenty pounds, let them remain in the pickle three weeks.

3. *To cure Hams of forty pounds weight.*

Saltpetre, a quarter of a pound.
Sal prunel, three ounces.
Coarse sugar, a pound and a half.
Common salt, one pound.
Juniper berries, one ounce.

Finely pounded together and well rubbed into the hams which must lie in the pan or trough with the rind downwards, and which if large will require a month in pickle, if smaller a less time in proportion.

Another way.—Choose the short, thick legs of clean-fed hogs. To each large ham allow half a pound of bay salt, two ounces, or even more, of saltpetre, eight ounces of coarse sugar, and half a pound of common salt, with four ounces of Jamaica and black pepper, and one of coriander seeds. Pound

the ingredients, and mix them well; rub in about six ounces of the salt and the saltpetre, and, after two days, the rest of the salt and the spices.

The most common Method to cure Hams.

Hang them a day or two, then sprinkle them with salt, and let them drain twenty-four hours; pound an ounce and a half of saltpetre, as much bay salt, half an ounce of sal prunel, and one pound of the coarsest sugar. Mix all these well, and rub each ham therewith four days, and turn it. If it be a small ham, turn it for three weeks every day; if a large one, a week longer; but they are not to be rubbed after the first four days. Before the ham is dried, it must be drained, and covered with bran. Smoke it ten days.

Another way.—If the leg is large, after hanging for two days, rub it well with a mixture made of a pound of bay salt, four ounces of saltpetre, one pound of coarse sugar, and a handful of common salt, all thoroughly pounded. Lay the ham with its rind downwards, and cover the upper part with the mixture; basting it often with the pickle. Keep it thus four weeks, turning it every day; then drain it, cover it with bran, and hang it in a chimney where wood is burnt, turning it occasionally for ten days.

Another way.—Clean the ham, and sprinkle it with salt; then rub it every day with a mixture made of half a pound of common salt, as much bay salt, two ounces of saltpetre, the same of black pepper, and one pound and a half of molasses. Turn it twice a day in the pickle for three weeks. Then put it into water for one night, wipe it dry, and smoke it two or three weeks.

Another way, to give it a high Flavour.

Hang the ham three days, if the weather is not too hot; then pour upon it a pickle made of an ounce of saltpetre, a quarter of a pound of bay salt, as much common salt, the same quantity of coarse sugar, and a quart of strong beer, boiled together. Turn the ham twice a day for three weeks; and then add to the mixture an ounce of black pepper, and the same quantity of allspice, finely powdered. Cover it

with bran after wiping it, and smoke it for three or four weeks. If it is to be exposed near a strong fire, cover it with coarse wrappers.

There is yet another way to give it a still higher flavour; by sprinkling the ham with salt, after it has hung two or three days, and then let it drain; make a pickle of a quart of strong beer, half a pound of molasses, an ounce of coriander seeds, two ounces of juniper berries, an ounce of common pepper, as much allspice, and the same quantity of saltpetre, half an ounce of sal prunel, a handful of salt, and a head of shalot, all pounded fine. Boil these ingredients a few minutes, and pour the liquid over the ham. It will be sufficient for one of ten pounds. Rub and turn it every day for a fortnight; then let it drain well, cover it with bran, put it into a bag, and smoke it for three weeks.

The Yorkshire way of Curing Hams.

Beat them well; mix half a peck of salt, three ounces of saltpetre, half an ounce of sal prunel, and five pounds of coarse salt. Having rubbed the hams thoroughly with this, put them into a pan or tub, and lay what remains of the mixture over them. After lying three days, hang them up; then put as much water to the pickle as will cover the hams, adding salt thereto, till it will bear an egg; then boil, and strain it off. Next morning put your hams into the pickle, and keep them down, so that they may be thoroughly covered. After lying a fortnight, take them out, rub them with bran, and dry them. This is the way to cure three hams; therefore, to do only one, the ingredients must be proportionably less.

The New-England Mode.

For two hams, beat two ounces of sal prunel fine, rub it in well, and let them lie twenty-four hours. Take half a pound of bay salt, a quarter of a pound of common salt, an ounce of saltpetre pounded well, and half a pound of the coarsest sugar. Rub these well into the hams, and let them lie two or three days. Next take common salt, and make a strong brine, with two gallons of water, and half a pound of

coarse sugar. Boil these well; when cold, skim it; put the hams therein, and turn them every two or three days for three weeks. Hang them up in a chimney, and smoke them for a day or two with horse litter. Let them hang for a week on the side of the chimney, and when you take them down, keep them dry in a bin or chest covered with bran.

Westphalia Hams.

Cover the ham, either of the wild boar or the common hog, with dry salt, for one day and a night; take a quarter of a peck of bay and the same of common salt, and a pound each of saltpetre and moist sugar, a quarter of a pound each of sal prunel and pounded juniper berries, and an ounce of socho, tied up in a cloth. Boil these, and when the liquor is cold, put into it the ham, wiped clean from salt and blood, and let it remain covered with brine near a month, turning it twice a week. Then wipe it dry, mix some pounded pepper, salt, and bran; rub them into the cavities, and all over the ham, after which hang it on the side of a chimney where wood only is burnt; and let it continue there from three to six months, according to its size.

To boil a Gammon, or Ham, or any salted and smoked Meat, as Neat's Tongues, Hog's Cheeks, &c.

Set on a kettle of water: put in three or four handfuls of hay flowers, or, if you cannot get them, hay tied up in a coarse bag or cloth. By this means the meat will be of a much finer colour, more tender, short, and mellow.

Some old directories have prescriptions for baking hams and gammons with stuffings of sweet herbs and eggs, or with forcemeat and ragouts, or sweet sauces; but these ingenious methods of spoiling a good article, are so much out of fashion, that we think it needless to give the formula. The following is worth notice.

To broil Bacon.

Make up a sheet of paper into the form of a dripping-pan, cut your bacon into thin slices, cut off the rind, or otherwise,

as may be approved, lay the bacon in the paper on the grid iron over a clear fire and it will broil cleanly.

For Neats' Tongues.

There is perhaps no better proportion than

Common salt	Coarse sugar.
Bay salt	Of each equal parts.

To each pound of the above mixture, add one ounce of saltpetre, one ounce of sal prunel; and, if required to be highly flavoured, of black pepper, allspice, coriander seeds, and juniper berries, two drachms each.

This quantity will suffice for three or four neats' tongues, or for smaller tongues in proportion.

The pickle when done with may be added to the ham or bacon trough.

Mutton hams may be cured in the same manner; but it is usual somewhat to increase the proportion of spices and diminish that of salt. The use of aromatic wood is very much recommended in smoking mutton hams. They are highly esteemed for cutting in rashers* and broiling as a breakfast or luncheon relish, or as an accompaniment to wine. Mutton hams will keep long, but do not improve after six months.

Pig's cheeks may be done in the same manner.

To salt a Round or Rump of Beef.

A rump of twenty-five pounds will take two ounces of saltpetre, six of sugar, four of pepper, half a pound of bay salt, and as much common salt. Rub the meat very well with the mixed salts and spices; turn it on all sides, and rub it. Baste and rub with the brine every day for a month. It may either be hung and dried, or boiled out of this pickle.

Dutch Beef.

Rub a rump of meat with brown sugar, and let it lie three days, turning it often: then wipe it, and salt it with four ounces of bay salt, four ounces of common salt, and two ounces of saltpetre, well beaten and mixed. Let it lie in this

* Or, as we have been recently informed, *ratios*—an allowance—a slice.

for a fortnight, and then roll it tight in a cloth and press it under a weight. Smoke the meat in a cloth, hung in a chimney where wood is burned; boil it piecemeal as it is wanted: when boiled, press it till cold, and it will grate or pull like Dutch beef.

Irish Beef.

Proceed as directed for a rump or round, only season with nutmeg and mace, as well as the ingredients mentioned there.

For a Mart or winter store, much used in the Highlands and other lone parts of Scotland.

Take an ordinary sized cow, cut it up in joints. The legs and shins are better removed for using fresh, some people also take away the prime pieces for roasting. This matter however is generally regulated by the size of the family and the quantity of meat required for winter consumption. Whether the quantity of meat be more or less, take of spring water sufficient to cover it, and with Liverpool (grey) salt, make a pickle strong enough to float a potatoe. Stir till the salt is dissolved; then boil the pickle till all the scum is thrown off. When quite cold, pour it over the meat in the salting-tub or beef stand.

Observations.—The meat must be wholly and constantly covered with the pickle, by occasionally adding fresh supplies as it wastes, and using a sinking-board. If the pickle become turbid, and a scum gather on it, either pour it off, and boil and skim it well before returning it, when cold, to the meat; or use a fresh pickle, which may now be afforded cheaply, and is perhaps better, because purer than the original liquor boiled up. Meat preserved in this way is never disagreeably salt, and will keep for a long time.

Brawn Pickle.

Two quarts of bran put into two gallons of pump water, and boiled two hours, with a handful of bay salt; then strain through a sieve into a pan, sufficiently large to contain a collar of brawn, in which it may be kept till used.

N. B. Keep both real and mock brawn constantly in this pickle, except when using.

Another way.—Boil a quarter of a peck of wheat-bran, a sprig of bay, and a sprig of rosemary, in two gallons of water, with four ounces of salt in it, for half an hour. Strain it, and let it get cold.

Mock Brawn.

Take the maw of a large hog, cleanse it well; fill and stuff it with one pig's cheek, three pigs' tongues, the gristle of three neats' feet boiled, four pigs' ears, two pound of lean, and two pound of fat of pork; all cut in large square pieces, with the skin of the pork; season it with one ounce of ground allspice, two ounces of pepper, and a quarter of a pound of salt; when stuffed, roll it up in a cloth, and tie it tight with tape; let it boil four hours, and when done, tighten the cloth, and hang it with a large weight attached to it till cold; it may be put in a round press, the size of brawn.

N. B. It may be kept in brawn pickle any length of time. *See brawn pickle.*

Another way.—Boil a pair of neat's feet very tender; take the meat off, and have ready the belly-piece of pork, salted with common salt and saltpetre for a week. Boil this almost enough; take out the bones, and roll the feet and the pork together. Then roll it very tight with a strong cloth and coarse tape. Boil it till very tender, then hang it up in the cloth till cold; after which keep it in a sousing liquor as is directed in the above article.

Pig's Head for eating Cold.

Split and boil a pig's head, with the tongue, three hours, till quite tender; take out all the bones, lay the sides flat on a cloth to join; season it all over, with one ounce of pepper, two ounces of salt, and half an ounce of allspice ground; roll it up, and tie in the cloth tight, while hot, with tape; put on it a good weight, and let it stand till cold.

To collar Pig's Head.

Scour the head and ears nicely; take off the hair and snout, and take out the eyes and the brain; lay it into water one night; then drain, salt it extremely well with common

salt and saltpetre, and let it lie five days. Boil it enough to take out the bones; then lay it on a dresser, turning the thick end of one side of the head towards the thin end of the other to make the roll of equal size; sprinkle it well with salt and white pepper, and roll it with the ears; and if you approve, put the pig's feet round the outside when boned, or the thin parts of two cow-heels. Put it into a cloth, bind with a broad tape, and boil it till quite tender; then put a good weight upon it, and don't take off the covering till cold.

If you choose it to be more like brawn, salt it longer, and let the proportion of saltpetre be greater, and put in also some pieces of lean pork; and then cover it with cow-heel to look like the horn.

This may be kept either in or out of pickle, of salt and water boiled, with vinegar; and is a very convenient thing to have in the house.

If likely to spoil, slice and fry it either with or without butter.

Another way.—First boil the cheeks tender, and pull out all the bones; season with a good deal of salt. Then lay the thin end of one cheek to the thick end of the other with the tongue in the middle, roll them up in a cloth, and tie the cloth tight at each end. Then bind hard on the collar five or six yards of coarse wide tape, boil it till quite tender; when cold, take off the tape and cloth; and put it in brawn pickle

CHAPTER VIII.

PASTRY.

The simple preparations of this kind in daily use to plain families have already engaged our attention, chap. v. part i. We proceed now to give directions for such as are more elaborate

and expensive. The general rules will, however, apply equally well in both cases, they need not therefore be repeated.

PUDDINGS.

Rich Plum Pudding.

One pound of fine flour dried, one pound of currants very carefully washed, picked, and dried before the fire; one pound of raisins stoned and chopped, one pound of beef suet or marrow shred very fine, eight eggs, the whites and yelks beaten long and separately, and well mixed with the flour, before any other ingredients are added; two ounces of candied citron shred fine, two ounces of almonds blanched and cut in pieces, a nutmeg and a little ginger, a glass of brandy; if not sufficiently moist, use a little either new milk or water,—the less the better of either;—the milk will make it eat more solid; but the water will make it more light and hollow. Let it boil four hours, and serve with sugar sifted over, and wine sauce.

Another equally good.

Take four ounces of pounded pudding biscuit, and two ounces of the best flour, or good common biscuit, half a pound of bloom or muscatel raisins stoned, the same quantity of fresh Zante currants picked and plumped, and half a pound of suet stripped of skins and filaments, and shred; a small teaspoonful of nutmeg grated, a quarter of a pound of fine beat sugar, a drachm of pounded cinnamon, and two blades of mace; three ounces of candied lemon, orange, and citron sliced, and two ounces of blanched almonds roughly chopped. Beat four eggs well, and put to them a little sweet milk, a glass of white wine or brandy, and then mix in the flour and all the ingredients. Tie up the pudding firm, and boil it for four hours, keeping up the boil, and turning the cloth. Serve pudding sauce.

Another way.—Take one pound of suet, chopped; one pound of currants; one pound of raisins, stoned; two ounces of candied orange and lemon-peel, cut fine; one pound of bread crumbs; three ounces of sugar; one lemon-peel, grated; a tea-spoonful of pounded cinnamon, mace, and clove, all together; mix these ingredients up, with six whole eggs, and half a glass of brandy; boil in a mould buttered and floured, or a cloth, one hour and a half; or it may be baked: serve wine sauce with it.

Another way.—Having carefully stoned a pound of the best jar raisins, well washed and picked, the same quantity of fine and newest currants, chopped or minced small, a pound of the freshest beef suet, and blanched and pounded two ounces of almonds; mix them in a pound each of sifted flour and grated bread crumbs; adding two ounces of candied citron, orange and lemon peel, half a grated nutmeg, a blade or two of beaten mace, a quarter of a pound of powdered loaf sugar, and a very little salt. Then moisten the whole with ten beaten eggs, about half a pint of cream, a glass or two of mountain wine, and half a gill of brandy, to make it of a good consistency; but it must by no means be thin, as the fruit would then settle at the bottom. Being thus made, it may either be put into a dish or mould, and well baked; or, as is more generally the case, carefully tied up in a cloth, boiled at least four hours, and served up with melted butter, in mountain wine, and scraped sugar over it.

Marrow Pudding.

Grate as much bread as will fill a large breakfast cup quite full. Put it into a jug, and pour nearly a quart of boiling sweet milk or thin cream over it, and let it swell and soak, while you shred half a pound of marrow or suet, and beat up four large or six small eggs. Have two ounces of raisins stoned, and two ounces of currants picked and plumped. Sweeten the pudding to taste, and season it with a very little grated nutmeg, and a tea-spooonful of cinnamon in powder. Cover a stoneware flat dish on the edge with stripes of puff paste, and mark it neatly as leaves. Bake the pudding in this dish, or plainly in a deep dish.

A few almonds, or a little candied citron, or orange peel may be put to this pudding for variety. A little finely sifted sugar may be strewed on the top, or a few blanched almonds sliced may be stuck round it. In a flat dish twenty-five minutes will bake it. It will require half an hour in a deep dish; or it may be boiled in a pudding shape. This pudding will keep and cut in firm slices, which may be broiled or heated in a Dutch oven.

Another way.—Boil with a quart of milk, one lemon-peel, and a tea-spoonful of cinnamon, and strain it; add half a pound of chopped marrow, a quarter of a pound of currants, a quarter of a pound of citron, sliced, half a nutmeg grated, one glass of brandy, and twelve sponge biscuits; when the mixture is cold, add eight yelks and three whites of eggs; bake it in a dish lined with tart paste.

Ayres's Pudding.

Take one pound of good beef suet shred very fine, add one pound of raisins, stoned and chopped, but not too small; beat fine five eggs with a little brandy, a little salt and nutmeg, three large spoonfuls of the finest flour dried, and three of fine loaf sugar sifted; mix all well together, tie it up securely, and boil it four hours; pour over it melted butter, and strew fine sugar.

Rusk Pudding.

According to the size of the dish you want to fill, take as many rusks* as will barely half fill it, butter the dish, spread the rusks pretty thickly with butter or marrow, and lay them in the dish; strew over each layer fine loaf sugar sifted, currants, citron, lemon and orange peel shred fine, a few Jordan almonds blanched, nutmeg, and powdered cinnamon. Pour over the whole a rich unboiled custard, in the proportion of one pint of new milk; a quarter of a pint of cream, three

* The best rusks in England, and which are exported to all parts of the world, are made at Lemann's long established shop in Threadneedle Street, London; this is chiefly important to be known by those who use rusks, tops and bottoms, or biscuit powder as food for infants.

whole eggs and three yelks, and a spoonful of ratifia; let it steep at least two hours, (as much longer as the weather will admit,) then bake in a moderate oven till it has assumed a fine pale brown colour, which will be in half or three quarters of an hour.

New College Puddings.

Take the crumb of a twopenny white loaf with eight Naples biscuits grated fine, add thereto a handful of good beef suet or marrow chopped very fine; six or eight ounces of currants, and two of sweatmeats shred very fine; one ounce of grated lump sugar; a little nutmeg; one spoonful of orange flower water or brandy; mix these ingredients into a very stiff paste with the yelks of two eggs, and make them up in balls or small flat cakes; a very small dust of flour must be used to prevent their sticking; but the less the better. Fry them in butter over a gentle fire of a fine light brown, strew loaf sugar over them and serve with wine sauce.

Another way.—Take the crumbs of four penny loaves, add thereto one pound of good beef suet shred small; one pound of currants; some nutmeg; a little salt; four ounces of fine sugar; five eggs well beaten with a little sack or brandy, or you may put a little rose water if you please, and what cream will temper it into a very stiff paste, then make it up in little puddings the shape of an egg, but longer: this quantity will make about eighteen. Fry them in half a pound of butter; pour over them melted butter and strew sifted sugar.

Another way.—The crumb of four penny loaves; two biscuits; three-quarters of a pound of beef suet; half a pound of currants; candied orange and lemon peel, two ounces; sweeten to taste with loaf sugar, add a little brandy, grated nutmeg, and as many eggs as will mix it into a stiff paste: fry and serve as above.

N. B. These delicious little puddings are often served as a garnish round a quaking or custard pudding.

They are sometimes fried in lard, which, if perfectly fresh and sweet, answers equally well.

They are sometimes baked in very small patty pans well

buttered, or on a buttered plate, made up in the usual shape of balls, and laid at such a distance as to prevent their running into one another.

Several different recipes for making New College puddings are in circulation; but the preference is given to the above. First, as having been received from two of the most celebrated college cooks in the last and present centuries; and secondly, as having been repeatedly adopted by the writer with great success and approbation. They now first appear in print.

Mother Eve's Pudding.

Would you make a good pudding, pray mind what you're taught—
Take two penn'orth of eggs, when they're twelve to the groat,
Six ounces of bread, (let Mill eat the crust,)
The crumb must be grated as fine as the dust.
Six ounces of flour you may add if you please,
Stir it smooth as a paste with the eggs by degrees;
Then of that same fruit which Eve once did cozen,
Pared and well chopped, take at least half a dozen.
Six ounces of plumbs from the stones you must sort,
Lest they break all your teeth and spoil all your sport;
Six ounces of currants, be sure wash them clean,
And six ounces of suet shred fine and stir in;
Some lemon or citron peel add if you choose,
Some people prefer it, but others refuse.
Six ounces of sugar wont make it too sweet,
And some salt and some nutmeg the whole will complete.
Let it boil for six hours without any flutter,
Nor is it quite finished without melted butter.

The Prince of Plum-puddings.

Take the foot of a kine
And chop very fine,
And when 'tis well ground
Add currants one pound.
Eight ounces of bread
Through a colander shred;

Six ounces of suet,
And a nutmeg add to it.
Eight eggs beaten thin,
I would have you put in;
To this add some salt,
And 'twill be without fault.
With sugar one handful;
'Twill all make a panful.
Three hours you must boil it—
One more would not spoil it.
When dished for the table
You may add, if you're able,
Some butter and wine;
And you'll say, 'twill outshine
All the puddings in England,
Wherever you dine.

A grateful Pudding.

Take fine flour and grated bread, of each an equal quantity, four whole eggs and four yelks well beaten—well sweeten with fine loaf sugar, as much cream as will make the whole the thickness of batter, then add raisins of the sun, stoned, and currants, of each one pound, more or less according to the quantity of the pudding. Nutmeg, cinnamon, candied-peel at pleasure; bake it three quarters of an hour in a dish well buttered; when done, grate fine sugar over it, and serve it with wine sauce, or sugar and lemon juice.

Another way.—Take two twopenny white loaves, pare off the crust; slice them into a dish; put to them a quart or three pints of cream, set the dish over a chafing dish of charcoal till the bread grows dryish, then stir in a good piece of butter and gradually mix in the yelks of half a dozen eggs and the whites of three, well beaten with rose water, and sugar, and some nutmeg grated; mix all well together, and when baked strew fine sugar over.

Neat's Foot, or Cow-heel Pudding.

Cut the gristly part of a cow's heel into small dice; take the same quantity of currants, raisins, chopped suet, and

crumbs of bread; one ounce of sugar, a spoonful of allspice, mace, and cinnamon in powder; one lemon peel grated, six whole eggs, and one glass of brandy; mix these well together; put it into a mould, buttered and floured; or tie it in a cloth, and boil it one hour and a half; serve wine sauce with it.

Duke of Cumberland's Pudding.

Mix in equal proportions, grated bread, shred suet, chopped apples, loaf sugar, and cleaned currants, with six eggs well beat. Season with the grate of a lemon, half a nutmeg, a little salt, and two ounces of candied citron, lemon, and orange peel. Mix the ingredients thoroughly, and when they have stood for an hour to amalgamate, put the mixture into a buttered mould. Tie several folds of a floured cloth over it, and boil for two hours and a half.

Northumberland Puddings.

Make a thick batter by boiling and sweetening milk and flour. When cold and firm, mash it up, and add to it four ounces of melted butter, the same weight of currants, two ounces of candied lemon, and orange peel, sliced, and a little brandy if liked. Butter tea-cups, and bake the puddings in them for fifteen minutes. Turn them out on a dish, and pour wine sauce over them if to be eat hot. If to make a cold ornamental supper dish omit the wine sauce.

Dutch Pudding, or Albany Cake.

Mix two pounds or rather less of good flour with a pound of butter melted in half a pint of milk. Add to this the whites and yelks of eight eggs separately well beaten, half a pound of fine sifted sugar, a pound of cleaned currants, and a few chopped almonds, or a little candied orange peel sliced fine. Put to this four spoonfuls of yeast. Cover it up for an hour or two, and bake it for an hour in a wide flattish dish. When cold it eats well as a cake.

To make a Quaking Pudding.

Take two penny loaves, cut off the crust, slice the crumb thin and pour over it what boiling milk will wet it; when

thoroughly soaked, put in six eggs well beaten with a little brandy and rose water if you please: add two ounces of fine sugar, a little nutmeg, tie it up securely, and boil one hour.

Another way.—Boil some large mace, sliced nutmeg and ginger, laurel leaves, in a quart of sweet cream; then add almonds beaten in rose water, four ounces; eight eggs—four whites; strain all these together, mingle with a sufficient quantity of grated bread, sweeten to taste with loaf sugar. Add a pinch of salt, tie it very tight in a pudding cloth, well buttered; put it into fast boiling water and boil it one hour; or it may be baked; serve with wine sauce, or with melted butter, sugar and verjuice, or lemon juice.

Another way.—Scald a quart of cream, and when nearly cold, add to it four eggs well beaten, a spoonful and a half of flour, some nutmeg, and sugar. Tie all close in a buttered cloth, and let it boil an hour. Turn it out carefully, to avoid cracking. Serve with melted butter, wine, and sugar.

A French Pudding.

Take the crumb of two small loaves, cut it into dice; raisins of the sun, one pound; beef suet chopped very fine, one pound; sugar, five or six ounces; eighteen or twenty pretty large lumps of marrow; one dozen dates sliced; one pint of cream; six eggs beaten in it, flavour with salt, nutmeg, cloves, and mace. Butter a dish, pare and slice four pippins lay at the bottom, pour the pudding over and bake.

An Italian Pudding.

Take a pint of cream, and slice therein as much French roll as will make it thick, beat up five eggs, butter the bottom of a dish, slice eight pippins into it, and add thereto some orange peel, sugar, and half a pint of port wine. Pour in the cream, bread, and eggs, lay a puff-paste over the dish, and bake it half an hour.

A rich Bread Pudding.

Simmer two quarts of cream with salt, sugar, nutmeg, cinnamon, cloves, and mace; when it boils, slice in the crusts of four French rolls, or the whole of two. When the rolls have soaked up the cream, press through a colander, add twelve

eggs, leaving out four whites; sweeten with loaf sugar; mix well together, put it in a buttered bason; tie over securely and boil one hour.

Brown Bread Pudding.

Half a pound of stale brown bread grated, ditto of currants, ditto of shred suet, sugar and nutmeg; mix with four eggs, a spoonful of brandy, and two spoonfuls of cream; boil in a cloth or basin that exactly holds it, three or four hours.

Nelson Puddings.

Put into a Dutch oven six small cakes called Nelson-balls, or rice cakes made in small tea-cups. When quite hot, pour over them boiling melted butter, white wine, and sugar; and serve.

Dutch Pudding.

Boil a pint and a half of milk, slice six ounces of bread, pour the milk over, cover it close, when almost cold beat it fine; add four ounces of butter, five eggs, a quarter of a pound of loaf sugar, and a little nutmeg.

If wanted richer, put a quart of milk, and eight ounces of butter to the same quantity of bread.

A Green Pudding.

Of mutton and beef suet shred very small, three quarters of a pound each; bread crumbs a pound and a half; mix with a sufficient quantity of cream, and the yelks of four and whites of two eggs well beaten. Parsley chopped fine one handful; juice of spinach, one pint; season with salt, sweeten with loaf-sugar to taste: add grated nutmeg and one pound of currants with a little flour to bind it; mix the ingredients well together, roll it up in a sheep's caul and bake.

A Lent Pudding.

Simmer a quart of cream with two or three blades of mace, take it off the fire and add the yelks of eight eggs and whites of four. Raisins stoned and slit half a pound; sugar half a pound; butter a quarter of a pound: stir all well together;

dip a cloth in milk, spread it with butter, strew with flour, put in the pudding, tie it up close and boil three quarters of an hour. Serve with melted butter and sugar.

Noddy Puddings.

Beat blanched almonds very fine, add one or two spoonfuls of rose water or cream, strain the whole through a sieve, boil it, and set it by to cool. Then thicken it with beaten eggs, sweeten with fine lump sugar dissolved in rose water, and tie it up in different bags; boil them half an hour in a small sauce-pan, and melt butter with rose water and sugar for the sauce. These curious puddings may be coloured with spinach juice, saffron, beet, or other articles.

A very delicious Pudding, either to bake or boil.

Having beat one pound of almonds very fine with rose water and cream, add the yelks of five and whites of two eggs, one pound of beef suet shred very fine, make it as thin as batter for fritters, mixing it with cream; season with salt, sugar, and mace; bake or boil an hour, and serve with sugar strewed over it.

A Rice or Millet-seed Pudding.

Wash well in several waters, and pick, half a pound of the best Carolina rice. Boil it slowly in a little water for a few minutes, and then put a pint and a half of sweet milk to it, with a roll of lemon peel. Stir it constantly to prevent it from sticking. When quite soft pour it into a dish, and mix two ounces of fresh butter, or of nicely shred suet with it; and when cold three or four beat eggs; sugar to taste, and a seasoning of cinnamon or nutmeg. Cover the edges of a flat pie dish with paste, cut into leaves; and bake the pudding in it. A few currants may be put to it. This pudding may be thinned with milk and boiled in a cloth; or it may, allowing a double quantity of suet, be filled into skins and so boiled. Chopped apples, stoned prunes, &c. may be put to this pudding; and it may be made of ground instead of whole rice. When candied peel is used this takes the name of a Patna Pudding.

Another way.—Boil half a pound of rice in milk till very tender and thick; when cold add to it three quarters of a pound of butter broken in bits; three quarters of a pound of currants; a little nutmeg and salt; three grated biscuits, or an equal quantity of French bread; five eggs beaten with a little sack or brandy; half a pound of fine sugar, one ounce each of candied citron and lemon peel, or not, as most approved. Have a dish with puff paste on which lay the pudding, and cut out a Florentine pattern of puff paste for the lid; an hour will bake it. Millet seed, which makes a very delicious pudding, may be prepared exactly in the same way.

Small Rice Puddings.

Prepare four ounces of rice as above directed, and put to it three ounces of fresh butter, and half a pint of cream. When cold, mix in sugar to taste, and six well-beat yelks of eggs, with three whites, grated lemon peel, and a little cinnamon. Butter small cups, and putting into each a few slices of candied citron, fill very nearly full, and bake them. Dish and serve them hot with sweet sauce in a boat.

A Lemon or Orange Pudding.

Boil very tender, in two or three waters, the thinly shaved rind of two lemons or Seville oranges; then beat them fine in a mortar with the pulp of the lemons or oranges perfectly freed from skin and kernels, and add to it three quarters of a pound of loaf sugar sifted; four biscuits grated; the yelks of ten eggs beaten with a little of the best brandy, one ounce of citron, and one ounce of lemon peel shred fine; when all is mixed stir it into half a pound of clarified butter, and keep it stirring one way till it is cold. Then bake it in a puff paste in the same manner as the rice or millet pudding.

Another way.—Beat up the yelks of four eggs with four ounces of lump sugar, rub thereto the rind of a lemon, then peel the same, and beat it in a mortar, with the juice of a large one. Mix the whole with four or five ounces of warmed butter. Lay a crust in a shallow dish, notch the edges, and put in the pudding, but when baked, turn it out into another for the table.

A Cabbage Pudding.

To three quarters of pound of good beef suet or marrow shred fine, add an equal quantity of sugar and currants. Slice thin the crumb of two penny loaves, and having laid a puff paste at the bottom of your dish, put a layer of the suet, currants, and sugar, then a layer of bread, and so on till the dish is full. Then beat five or six eggs with a little brandy and a pint and a half of cream, and pour over. You may lay a Florentine cover of paste, or bake it without.

Almond Puddings.

Take a quarter of a pound of blanched Jordan almonds, pounded fine; four whole eggs; the whites of two; a pint of cream, and a quarter of a pound of butter melted in it; two spoonfuls of flour; and two ounces of sugar; mix these by degrees in the cream when cold: bake in a dish lined with tart paste round it. Two or three bitter almonds may be added to the other almonds.

Another way.—Beat four ounces of sweet almonds, with four or five bitter ones, a little white wine, the yelks of six eggs, the peel of two lemons grated, six ounces of butter, about a quart of cream, and the juice of a lemon. Bake it half an hour, with paste round the dish.

Another way.—Pound eight ounces of almonds with a few bitter ones, in a spoonful of water, then mix it with four ounces of butter warmed, the yelks of four, and the whites of two eggs, sugar, two spoonfuls of cream, and one of brandy. Bake it in buttered cups as before, and serve with pudding sauce.

Cream Pudding.

Take two spoonfuls of flour, one ounce of sugar; mix them with a pint of cream, and eight yelks of eggs; boil or steam it, in a basin, tied over with a cloth, three quarters of an hour.

Custard Pudding.

Mix a spoonful of flour with a pint of cream; boil them

together; when cold add five yelks and two whites of eggs, one ounce of sugar, and half a nutmeg grated; boil it in a basin, buttered and floured, three quarters of an hour; serve wine sauce.

Another way.—Take a pint of cream, mix two or three spoonfuls of it with one of fine flour, and set the rest over the fire. When it has boiled, take it off, and stir into it the cold cream and flour. While the whole is cooling, beat up five yelks of eggs, with two of the whites, stir in a little salt, some grated nutmeg, a glass of white wine, and sugar. Butter a wooden bowl, pour therein the custard, tie a cloth over it, and let it boil an hour. When done, turn the pudding into a dish, pour over it melted butter, either plain, or mixed with orange flower water, sugar, and a spoonful of white wine.

Macaroon Custard Pudding.

Fill the bottom of a dish with macaroons, soak them with white wine, and pour over them a custard made of twenty eggs, a pint and a half of cream, and a pint of new milk; with the addition of such sweetmeats as may be agreeable. The dish may be lined with puff-paste, but care must be taken that it is not baked too much.

Pancake Pudding.

Take a quart of milk, four eggs, and two large spoonfuls of flour, with some salt, and grated ginger. Beat all up into a smooth batter, and put it into a buttered dish. When baked, pour over it melted butter.

Carrot Pudding.

Grate half a pound of the best part of a raw carrot, and double the quantity of bread: mix eight beaten yelks of eggs, and four of the whites, with half a pint of new milk, and melt half a pound of fresh butter, with half a pint of white wine, three spoonfuls of orange-flower water, a grated nutmeg, and sugar. Stir the whole, and if too thick, add more milk. Lay a puff-paste over the dish, and bake it an hour. Serve it with grated sugar. This pudding will be more delicious

by substituting Naples biscuit and cream for the bread and milk, and by adding a glass of ratafia to the orange-flower water. Some boil the carrot, but thereby the saccharine virtue is lost.

Amber Pudding.

Lay a pound of fresh butter in a stew-pan, with three-quarters of a pound of lump sugar finely pounded; melt the butter, and mix the whole well; then add the yelks of fifteen eggs beaten, and as much candied orange as will give it a colour and flavour, first reducing it to paste. Line the dish with a fine crust, and cover it as you would a pie. Bake it in a slow oven. It is equally good cold or hot.

Muffin or Cabinet Pudding.

Cut three muffins in two; pour a pint and a half of boiling milk over them; let them stand till cold; make a custard of eight yelks and four whole eggs, beat up with one pint of cream and one glass of brandy, one nutmeg, a quarter of a pound of sugar, and one lemon-peel, grated; butter a mould, place some dried cherries in it according to fancy; lay a layer of muffin, drained, and dried cherries and custard to cover, alternately, till the mould is full; boil it in a stew-pan, with a little water for the mould to stand in, one hour and a half; serve wine sauce with it.

N. B. French plum pudding is made in the same way.

Another way.—Boil a small piece of lemon peel, a little cinnamon, and sugar, about eight or ten minutes in a pint of milk. Put three muffins into a large basin, strain over them the milk, and when cold, mash the whole with a wooden spoon. Pound about an ounce of blanched almonds, mix them well in, with about a quarter of a pound of any dry preserved fruit, as apricots, cherries, or plums, a little grated nutmeg, three yelks of eggs beaten, and two table-spoonfuls each of brandy and orange-flower water. Bake the pudding with puff-paste round the dish, or you may boil it tied up in a basin. Currants may be substituted for the preserved fruit.

Sago Pudding.

Boil a pint and a half of new milk, with four spoonfuls of sago washed and picked, lemon peel, cinnamon, and nutmeg. Sweeten the whole to your taste, then mix therewith the yelks of four eggs, lay a paste round the dish, and bake it in a slow oven.

Macaroni Pudding.

Simmer one or two ounces of pipe macaroni in a pint of milk, with a little lemon peel and cinnamon, till tender. Put it into a dish, with milk, two or three yelks, and one white of egg, sugar, nutmeg, a spoonful of peach water, and half a glass of sweet wine. Lay a paste round the edges of the dish. Orange marmalade, or raspberry jam, may be advantageously substituted for almond water in giving the pudding a flavour.

Tapioca Pudding.

Boil two ounces of tapioca tender in a pint of milk: beat up five yelks, and one whole egg, with half a pint of cream; two ounces of butter, melted; two ounces of sugar; one lemon-peel, grated; bake it half an hour in a dish lined with tart paste.

Another way.—Boil four tablespoonfuls of tapioca in a pint of new milk; when thick pour it on about two ounces of butter, stir till cold; add four eggs, two whites, brandy and sugar to your taste. All to be well baked in a crust.

Vermicelli or Sago Pudding.

Boil two ounces of vermicelli in a pint and a half of milk to a paste; when cold add one ounce of butter, melted in half a pint of cream; six yelks and two whole eggs, one lemon peel, and half a nutmeg, grated; two spoonfuls of orange-flower water, and half an ounce of citron, cut; line a dish with paste bake it half an hour.

Ginger Pudding.

Put twelve sponge biscuits, soaked in a pint of cream or

milk, ten yelks of eggs, two ounces of preserved wet ginger, cut in small pieces, a spoonful of the ginger syrup, and two ounces of butter, melted; bake it in a dish lined with tart paste; or boil it in a mould, standing in a stew-pan, with a little water.

Apricot Pudding.

Mash six ripe apricots through a sieve; add one pint of cream, four ounces of sugar, four yelks and two whole eggs, one ounce of butter, melted; mix all together, and bake in a dish lined with puff paste, and glaze the top.

N. B. Apple, peach, and plum puddings are baked the same way.

Another way.—Pour a pint of hot cream over what would fill a cup of bread crumbs, and cover the jug. When cold add the beat yelks of four eggs, a glass of white wine, and beat sugar to taste. Scald till soft a dozen large apricots. Cut them, take out the kernels, and pound the whole in a mortar. Mix them with the other ingredients, and the beat whites of two of the eggs, and bake in a dish with a paste border.

Gooseberry Pudding.

Stew green gooseberries till they will pulp through a sieve. When cold pulp them, and add to them six ounces of butter, four ounces of sugar biscuit, pounded sugar to taste, four beat eggs, and a glass of brandy. Bake in a dish with a paste border.

Observation.—Excellent patties, and small pasties or turnovers may be made of this material.

An Apple Pudding.

Pare and grate three quarters of a pound of juicy apples. Put to them six ounces of butter beat cold to a cream; four beat eggs, two pudding biscuits pounded, the rind of a lemon grated, sugar to taste, a spoonful of brandy, and another of orange flower water. Bake in a puff paste marked on the border, and when done strew candied lemon or orange peel sliced over the top.

Observations.—Any good sweet biscuit may be used, or bread crumbs. A little lemon juice or cider may be added if the apples are too mellow.

An excellent Apple Pudding.

Pare, core, and stew the apples in a small stew-pan with cinnamon, two or three cloves, and the grated rind of a lemon. When soft sweeten them to taste. Pulp them through a sieve, and add the beat yelks of four eggs, a quarter of a pound of butter, the grated peel and the juice of a lemon. Mix the ingredients well, and bake for half an hour in a dish lined with good puff paste.

A baked Apple Pudding.

Take one dozen of large apples and boil them as for sauce; grate in four Naples biscuits and the rind of a lemon, squeeze in the juice; add four eggs with the whites; two ounces of butter, sweeten to taste, and bake it with a thin puff paste at the bottom of the dish.

A Welsh Pudding.

Melt half a pound of butter, by setting it in a basin floating in hot water, and gradually mix with it the beat yelks of eight eggs and the whites of four. Sweeten with fine pounded sugar, and season with the grate of a lemon and a little nutmeg. Bake in a dish with an ornamented paste border; and when ready stick slices of citron or candied orange peel round the edges.

A George Pudding.

Boil as for rice pudding four ounces of rice with a roll of lemon peel. Mix this when drained dry with the pulp of a dozen boiled, roasted, or baked apples, well beaten. Add the beat yelks of five or six eggs, sugar to taste, and a little cinnamon; with two ounces of candied orange and citron sliced fine. Line and butter a basin or mould with paste, (not too thick,) and pour the pudding into it; then gently stir in the whites of the eggs beaten to a strong froth. Bake the pud-

ding for more than half an hour, and serve it with a hot sauce made of wine, sugar, the yelk of an egg, and a bit of butter.

A Charlotte, or French Fruit Pudding

Or by whatever other name it be designated, may be made of any kind of fruit; or of a mixture of such as blend well. Cut even slices of bread of nearly half an inch in thickness. Butter them richly on both sides, and cover the bottom and sides of a buttered pan with them, cutting the bread into dice or long slips, to make the whole join or dove-tail compactly. Fill up the dish with apples, prepared and seasoned as for an apple pie. For the top, soak slices of bread in melted butter and milk. Cover the apples with these soaked slices. Butter them, and keep them pressed down while baking with a plate, and weight placed on it.

Observation.—This, turned out of the shape when baked, is called an apple loaf. Any kind of preserved or ripe fruit may be used instead of apples. A few thin slices of bread buttered thus makes a good crust to a rice or other pudding.

German Puddings or Puffs.

Melt three ounces of butter in a pint of cream, let it cool, then mix two ounces of fine flour, and two ounces of sugar, four yelks and two whites of eggs, and a little rose or orange flower water. Bake it in small cups, buttered, half an hour, and serve them up as soon as done, by turning them out, and sending with them white wine and sugar.

A Transparent Pudding.

Beat up eight eggs, put them into a stew-pan, with half a pound of sugar powdered fine, as much butter, and some grated nutmeg. Place it over the fire, and keep it stirring till it thickens. Set it in a basin to cool, lay a rich puff paste round the edge of the dish, pour in the pudding, and bake it in a moderate oven. Candied orange and citron may be added.

Buttermilk Pudding.

Having warmed three quarts of new milk, turn it with a

quart of buttermilk. Drain the curd through a sieve, and when dry, pound it in a marble mortar, with about half a pound of loaf sugar, a lemon boiled tender, the crumb of a roll grated, a nutmeg also grated, six bitter almonds, four ounces of warm butter, a teacup-ful of cream, the yelks of five and the whites of three eggs, a glass of wine, and another of brandy. Bake in small cups or basins well buttered, and if the bottom is not browned, use a salamander. Serve them hot, and with pudding sauce.

Curd Puddings or Puffs.

Turn two quarts of milk, press out the whey, rub it through a sieve, and mix with it four ounces of butter, the crumb of a penny loaf, two spoonfuls of cream, the same quantity of white wine, half a nutmeg, and a little sugar. Butter some small cups or pattepans, and fill them three parts up, and bake them carefully. Orange-flower water will be an improvement. Serve with sweet sauce in a boat.

Boiled Curd Pudding.

Rub the curd of two gallons of milk, well drained, through a sieve, mix it with six eggs, a little cream, two spoonfuls of orange-flower water, half a nutmeg, three spoonfuls each of flour and bread crumbs, half a pound of currants, and the same of raisins cut and stoned. Boil an hour in a thick floured cloth.

A Cowslip Pudding.

Take two quarts of cowslip pips, pound them small, with half a pound of Naples biscuit grated, and three pints of cream. Boil these together, then beat up ten eggs with a little cream and rose water, sweeten to your taste, mix the whole well, butter a dish, and pour the ingredients in, with a little fine sugar over all, and bake it.

A Spinach Pudding.

Pick and clean a quarter of a peck of spinach, put it into a saucepan, with a little salt, cover it close, and when it is boiled tender, throw it into a sieve to drain, then chop it

with a knife, beat up six eggs, mixed well with a quarter of a pint of cream, and a stale roll grated fine, a little nutmeg, and four ounces of melted butter. Stir the whole, and put it into the saucepan the spinach was boiled in, and keep on stirring it till it begins to thicken, then wet and flour a cloth, tie up the pudding, and boil it an hour. When done, turn it out upon a dish.

Lady Sunderland's Pudding.

Beat up the yelks of eight eggs, with the whites of three, add thereto five spoonfuls of flour, and a grated nutmeg, and put the whole into a pint of cream. Butter some small basins, fill them half way, and bake them an hour. When done, turn them out, and pour thereon melted butter, wine, and sugar.

Barley Pudding.

Beat up the yelks of six eggs and the whites of three, and put them into a quart of cream. Sweeten, and put in a little orange flower or rose water, with a pound of melted butter. Add six handfuls of French barley, that has been boiled tender in milk. Butter a dish, pour it in, and send it to the oven.

Citron Pudding.

Take a spoonful of flour, two ounces of sugar, nutmeg, and half a pint of cream. Mix the whole with the yelks of three eggs. Put it into cups, after adding three ounces of citron cut very thin. Bake them in a quick oven, and when done, turn them out on a dish.

Quince Pudding.

Scald the quinces till they are tender, pare them thin, scrape off the pulp, mix it with plenty of sugar, and add a little ginger and cinnamon. To one pint of cream, put three or four yelks of eggs, and stir therein quinces till they are sufficiently thick. Butter your dish, pour in the pudding, and bake it.

A Green Bean Pudding

Boil and blanch some old beans, then beat them in a mortar with a little pepper, salt, cream, and the yelk of an egg. A little spinach juice will give it a fine colour, but it will do without. Boil it an hour in a basin, and pour parsley and butter over it. Serve it with bacon.

Norfolk Dumplings.

Having made a good thick batter, as for pancakes, drop it into a saucepan of boiling water. When the dumplings are done, which will be in two or three minutes, throw them into a sieve to drain, and then turn them into a dish. They are to be eaten with sugar and butter.

Portugal Pudding.

Four table-spoonfuls of ground rice or semelima; one pint of cream; three ounces of butter; mix all together in a stew-pan, put it over the fire, stirring it all the time till it boils, when quite thick take it off the fire and add five eggs, the whites of two; a quarter of a pound of loaf sugar; a little salt and nutmeg, bake it an hour, then have another dish on which put a layer of raspberry jam, then the pudding, then a layer of apricot jam.

Pippin Pudding.

Coddle six pippins, in vine leaves, covered with water, so gently that they may be rendered soft on the inside without breaking the skins. Then peel them, and take the pulp from the core with a tea-spoon. Press it through a colander, add thereto two spoonfuls of orange-flower water, three eggs beaten, a glass of sweet wine, a pint of scalded cream, sugar, and nutmeg. Lay a thin puff-paste at the bottom, and round the dish, add some lemon peel shreded fine, also orange peel and citron in slices. Bake it nicely.

Rhubarb Pudding.

Peel and wash four dozen sticks of rhubarb, put them into

a stew-pan, with the juice of a lemon, a little cinnamon, and as much moist sugar as will sweeten it. Set it over a fire, and reduce it to a marmalade, pass through a hair sieve, and the yelks of four eggs, and one white, four ounces of butter, half a nutmeg, and the peel of a lemon grated. Beat all well together, line the inside of a dish with good paste, put in the pudding, and bake it half an hour.

Tansey Pudding.

To four Naples biscuits grated, put as much boiling cream as will moisten them completely, after which, beat them with the yelks of four eggs. Next take a very few chopped tansey leaves, with enough of spinach to give the whole a green colour. Mix all together, and when the cream is cold, add thereto a little sugar, and set it over a slow fire till it grows thick. Then take it off, and when cold, put it in a cloth well buttered and floured. Tie it up close, let it boil three-quarters of an hour, then take it up, put it in a basin, and set it aside fifteen minutes, after which turn it out, and serve it with white wine sauce in the dish.

A Chesnut Pudding.

Boil eighteen chesnuts in a saucepan of water, for a quarter of an hour, then blanch and peel them, beat them in a mortar, with a little orange-flower water and white wine, till they make a fine paste. Beat and mix twelve eggs, and half the whites, grate half a nutmeg, add thereto a little salt, with three pints of cream, and half a pound of melted butter. Sweeten to your taste, put it over the fire, and keep stirring till it is thick; lay puff-paste over your dish, put in the pudding, and bake it.

Brandy Pudding.

Line a mould with either jar raisins chopped and stoned, or dried cherries, next with slices of French roll, then some ratifia, or macaroons, after which, place in layers, fruit, rolls, and cakes, in succession, till the mould is full, sprinkling over the whole two glasses of brandy. Beat up the yelks and

whites of four eggs, then to a pint of milk or cream, lightly sweetened, put half a nutmeg, and the rind of half a lemon, both grated. Suffer the liquid to soak into the whole, then flour a cloth, tie it over all, and boil one hour, keeping the mould the right side upward. Serve with pudding sauce.

Cheese Pudding, a pretty side-dish.

Half a pound of cheese grated; two ounces of butter; four eggs, a little cayenne, and if you choose a grate of nutmeg; butter a dish, and bake twenty minutes.

CUSTARDS.

In a quart of cream slice half a nutmeg, a few blades of mace and ten or twelve cloves, simmer it a while with laurel leaves if approved, then strain, and add by degrees to ten eggs, five whites well beaten with a little sack or brandy, and a pinch of salt and sugar to taste; when thoroughly mixed, pour into the custard cups, and lightly grate nutmeg over the top.

Another way.—Boil a quart of new milk with sugar, a bit of cinnamon and lemon peel, and two bay leaves. Mix a spoonful of rice flour with a little cold milk and the beat yelks of six eggs. Stir the whole together into the boiling milk in a basin, and then let it thicken over the fire, but not boil. Pour it into a cold dish, and stir one way till cool. A very little ratafia, curacoa, or peach water, may be put to flavour this custard. Grate a little nutmeg, or strew a little ground cinnamon lightly over the top of the cups.

Almond Custards.

Blanch and pound nearly half a pound of sweet, and half an ounce of bitter almonds, using a little rose water to prevent them from oiling. Sweeten a pint or rather more of boiling sweet milk, and another of cream, and mix these gradually

with the yelks of six eggs, stirring them well as they cool. Rub the almond paste through a sieve to this, and set it over the fire to thicken, carefully stirring it. Pour it into a jug, and stir till it cools. Instead of boiling, this may be baked in cups, or in a dish with an elegantly cut paste border. Flour of rice may be used instead of almonds; they are then called rice custards.

Baked Custard.

Boil and sweeten with fine sugar, a pint of milk, and another of cream, with a stick of cinnamon and a bit of lemon peel. When cool mix in the beat yelks of four eggs. Pick out the cinnamon and lemon peel, fill the cups, and bake for ten minutes.

Lemon Custard.

Beat the yelks of eight eggs as well as if for a cake, till they are a strong white cream. Mix gradually a pint of boiling water and the grated rind and juice of two lemons. Sweeten to taste, and stir this one way over the fire till it thickens, but do not let it boil. Add a little wine and a spoonful of brandy when the custard is almost ready. Stir till cool. Serve in cups to be eaten cold.

Cheesecakes; as made at Magdalen and Oriel Colleges, Oxford.

Take the curd of eight quarts of milk which, is run, not too hot nor too cold, dry it well in a cloth, then work in three quarters of a pound of butter, three grated biscuits, an equal quantity of bread crumbs, a little salt, cloves, mace, and nutmeg; ten eggs, five whites well beat with a little of the best brandy, and a little rose water if you please; three quarters of a pound of fine sugar, and a pint of good cream. When well mixed work it with your hands through a coarse hair sieve, then add one pound of currants washed and dried, and having lined your pattepans with puff-paste, put in the meat and lay bars or leaves of paste neatly cut, over the top.

Another way.—Mix with the beat curd of a quart and a half of milk, half a pound of picked currants, white sugar to

taste, and also pounded cinnamon, the beat yelks of four eggs, the peel of a lemon grated off on lumps of the sugar used for sweetening, half a pint of scalded cream, and a glass of brandy. Mix the ingredients well, and fill pattepans lined with a thin light puff paste nearly full. Twenty minutes will bake them in a quick oven. They may be iced.

Almond Cheesecakes.

Blanch and pound a quarter of a pound of sweet almonds and eight bitter ones, with a glass of common or orange-flower water. Add four ounces of sugar, a quarter of a pint of cream, and the whites of two eggs beat to a froth. Mix and fill small pattepans; or, these almond cheesecakes may be made by merely mixing a few beat almonds with common cheesecakes.

Lemon or Orange Cheesecakes.

Grate the rind of three lemons, and squeeze their juice over three sponge biscuits soaked in a glass of cream. Add to this four ounces of fresh butter, four of fine sugar, and three eggs well beaten. Season with cinnamon and nutmeg. Mix the whole ingredients thoroughly, and bake in small pans lined with a light thin paste. Lay a few long thin slices of candied lemon peel upon the top.

Another way.—Take a large lemon or Seville orange, grate the rind, squeeze the juice and sweeten to taste with pounded lump sugar; a quarter of a pound of clarified butter put in when the thickness of cream: five eggs, only three whites; one table-spoonful of brandy; mix well together, have good puff paste, bake in pattepans.

PANCAKES.

Ayres's Pancakes.

Beat eight eggs with a little of the best brandy, and three quarters of a pound of finest flour; put in a little nutmeg and salt, and half a pound of butter melted in a pint of cream or

rich milk. When almost cold, mix it altogether with two ounces of fine sugar, and fry them in a dry pan without any addition of fat. Let the pan be hot when you begin, fry them only on one side. As you lay them on the dish, strew fine sugar between each pancake, and when they are all done, turn them upside down on another dish, that the brown side may be uppermost. Sprinkle fine sugar over that, and garnish with cut lemon.

Cream Pancakes.

Mix the yelks of two eggs, with half a pint of cream, two ounces of sugar, some beaten cinnamon, mace, and nutmeg. Fry them as quick as possible, and grate over them some lump sugar.

Rice Pancakes.

Boil half a pound of rice to a jelly, with a little water, and when cold, mix with it a pint of cream, eight eggs, a small matter of salt, and some nutmeg. Stir in eight ounces of butter just warmed, and as much flour as will thicken the batter. Fry them in very little lard or dripping.

Irish Pancakes.

Take a pint of cream, eight yelks and four whites of eggs, beat them with some grated nutmeg and sugar, then melt three ounces of butter in the cream, mix it with the rest, and add thereto about half a pint of flour smoothed fine. Rub the pan with some butter, and fry the cakes thin without turning. Serve several one on another.

Wafer Pancakes.

Beat four eggs well, with two spoonfuls of fine flour, two of cream, one of loaf sugar beat and sifted, and half a nutmeg grated. After cleaning and rubbing your pan with butter, pour in the batter, and make it as thin as a wafer, fry it only on one side, put it in a dish, and grate sugar upon each.

New England Pancakes.

Mix with a pint of cream, five spoonfuls of fine flour, seven yelks, and four whites of eggs, and a little salt. Fry them very thin in fresh butter, strewing between every two pancakes sugar and powdered cinnamon. Six or eight should be sent to table at once.

Pink-coloured Pancakes.

Boil till tender a large beet-root, and then bruise it in a marble mortar. Put to it the yelks of four eggs, two spoonfuls of flour, three of cream, half a grated nutmeg, some sugar, and a glass of brandy. Mix these ingredients thoroughly, fry them well, and serve up the pancakes, with a garnish of green sweatmeats, preserved apricots, or sprigs of myrtle.

Plain Fritters.

These may be made of the same kind of batter as pancakes, by pouring a small quantity into the pan;—or by grating the crumb of a penny loaf, and putting it into a pint of milk; mix it smooth, and when cold, add the yelks of five eggs, three ounces of sifted sugar, and some grated nutmeg. Fry them, and when done, pour thereon melted butter, wine, and sugar.

Custard Fritters.

Beat up the yelks of eight eggs, with one spoonful of flour, half a nutmeg, salt, and a glass of brandy, then put in a pint of cream, sweeten, and bake it in a small dish. When cold, cut it into quarters, and dip them in batter, made of half a pint of cream, a quarter of a pint of milk, four eggs, a little flour, and a small quantity of grated ginger. Fry the fritters, and when done, strew over them some grated sugar.

Apple Fritters.

Pare, core, and cut in slices some large apples, then take half a pint of ale, and two eggs, beat in as much flour as will

give it a consistence rather thicker than that of a common pudding. Add nutmeg and sugar, and let the whole stand three or four minutes to rise. Then dip the slices of apple into the batter, fry them crisp, and serve them up, with sugar grated over them, and wine sauce in a boat.

Rice Fritters.

Boil a quarter of a pound of rice in milk till it is pretty thick. Mix with it a pint of cream, four eggs, a little sugar, cinnamon, and nutmeg, six ounces of currants, some salt, and as much flour as will make a thick batter. Fry the fritters in boiling lard, and give them the form of little cakes. Send them up with sugar and butter.

Another way.—Boil a quarter of a pound of rice in milk, tender; strain it dry, mix it with two eggs, one spoonful of flour, and one ounce of sugar; flavour it with half a nutmeg and one lemon grated; mix it into a stiff paste, and fry it in small cakes in a saute-pan with plenty of butter, turn them; when done, sift sugar over them, and glaze with a salamander.

Hasty Fritters.

Warm some butter in a stew-pan, take half a pint of ale, and stir into it gradually a little flour, and a few currants or sliced apples, beat them up, and drop a large spoonful at a time all over the pan, taking care that they do not stick together. Turn them with an egg slice, and when brown, lay them on a dish, with sugar over them, and serve them hot.

Potatoe Fritters.

Boil two large potatoes, scrape them fine, beat up four yelks and three whites of eggs, then add one large spoonful of cream, as much of sweet wine, the squeeze of a lemon, and a little nutmeg. Beat this batter half an hour, then put some lard into a stew-pan, and drop a spoonful of butter therein at a time. Fry the fritters, and serve them separately, with a sauce made of one glass of white wine, the juice of a lemon, a dessert-spoonful of peach or almond water, and some lump sugar, melted together.

Parsnep Fritters.

Boil, peel, and grate to a pulp two parsneps, beat the mass up with four yelks and two whites of eggs, two spoonfuls each of cream and white wine, with a little grated nutmeg Beat the whole till the batter is very light, then fry it as already directed, and serve the fritters up with orange or lemon juice, and sugar, or with melted butter, white wine, and sugar.

Royal Fritters.

Pour a quart of new milk into a saucepan, and when it begins to boil, add a pint of white wine. Take it off, and let it stand five or six minutes, skim off the curd, and put it into a basin, mix it with six eggs, and season it with nutmeg. Beat it with a whisk, and add flour sufficient to make a batter, put in some sugar, and fry the fritters as before.

Chicken Fritters.

Put some new milk into a stew-pan, and add as much flour of rice as will give it a tolerable consistence. Beat three or four eggs, the yelks and whites together, and mix them well with the rice and milk. Add thereto a pint of cream, set it over a stove, and stir it well. Put in some powdered sugar, candied lemon peel cut small, and some fresh grated lemon peel. Cut off the white meat of a roasted chicken, pull it into small shreds, and put it to the other ingredients, stirring the whole together. This will make a rich paste, which must be rolled out, cut into fritters, and fried in boiling lard. Strew the bottom of the dish with powdered sugar, put in the fritters, and throw some more sugar over them.

Bilboquet Fritters.

Break five eggs into two handfuls of fine flour, with milk enough to make it assimilate with the rest, then add salt, and work it again. When the batter is well made, put in a teaspoonful of powdered cinnamon, the same of grated lemon peel, and half an ounce of candied citron cut small. Rub a pan with butter, and put in the paste. Set it over a slow

fire, and when baked, take out the paste, and lay it on a dish. Place another stew-pan on the fire, with a good deal of lard, and when it boils, cut the paste to the size of your finger, and notch it across at each end, which will cause it to rise and be hollow, so as to have a pleasing effect. Great care must be taken that they do not rise too much. When done, sift sugar on a warm dish, and shake some over the fritters.

German Fritters.

Pare, core, and quarter some apples, and cut them into round pieces. Put a quarter of a pint of brandy, a table-spoonful of fine sugar pounded, together with some cinnamon, into a pan. Add the apples thereto, and set the whole over a gentle fire, stir them often, but without breaking them. Set on another pan with lard; and when it boils, drain the apples, dip them in flour, and put them into it. Strew sugar over the dish, and place it on the fire, lay in the fritters, throw some sugar over them, and glaze them with a red hot salamander.

Orange Fritters.

Peel five or six sweet oranges, cut them in quarters, take out the seeds and boil the fruit, with a little sugar. Make a paste, with white wine, flour, a spoonful of fresh butter melted, and some salt. Mix it till it runs ropily from the spoon. Dip the pieces of orange into it, and then fry them of a light brown in lard. Serve them glazed with sugar, and salamandered.

Wafer Fritters.

Take five or six spoonfuls of flour, a little salt, a quart of water, eight eggs well beaten, a glass of brandy, and mix them thoroughly. The longer the fritters are made before they are dressed, the better they will eat. Melt half a pound of butter, and beat it well into the batter, then fry the fritters in lard.

Currant Fritters.

Take half a pint of ale, and stir into it sufficient flour to

make it tolerably thick, and add a few currants. Boil it quick, and put a large spoonful at a time into a pan of boiling lard.

Strawberry Fritters.

Make a batter with a spoonful of salad oil, one of white wine, rasped lemon peel, and the whites of two or three eggs. Let it be just thick enough to drop from a spoon. Mix therewith some large strawberries, and put them into the hot fritters. When of a good colour, take them out, and drain them on a sieve. Strew sugar, or glaze them, and serve them hot.

Raspberry Fritters.

Grate the crumb of a French roll, and put to it a pint of boiling cream. When cold, add thereto the yelks of four eggs well beaten up. Mix the whole with raspberry juice, and drop the fritters into a pan of boiling lard, in very small quantities. When done, stick upon them some blanched almonds sliced.

Tansey Fritters.

Pour a pint of boiling milk on the crumb of a penny loaf, let it stand an hour, and then add thereto as much tansey juice as will give it a flavour. Put in a little spanish juice, a spoonful of ratafia water or brandy, sweeten it, and grate therein the rind of half a lemon; beat up the yelks of four eggs. Mix the whole of these ingredients, put them into a stew-pan, with a quarter of a pound of butter, set it over a slow fire, and stir it till quite thick, then take it off, and let it stand two or three hours. Drop a spoonful of this batter at a time into a pan of boiling lard, and when the fritters are done, grate some sugar over them. Serve with wine sauce in a boat, and garnish with slices of orange.

Almond Fraize.

Blanch and steep one pound of the best Jordan almonds in a pint of cream, add ten yelks and four whites of eggs. Take out the almonds, and pound them in a mortar, then mix them

again with the cream and eggs, put thereto sugar and grated bread, and stir the whole well together. Lay some fresh butter in a pan, and when hot, pour in the batter. Keep stirring till it is of a good consistence, and when done, turn it out into a dish, with some sugar over it.

Bockings.

Mix three ounces of buckwheat flour with a teacup-ful of warm milk and a spoonful of yeast, let it rise before the fire for an hour. Then beat up four eggs, and as much milk as will make a good batter, and fry them in it.

Ramakins.

Stew some Parmesan cheese, then bruise it with some fresh butter, a little water, salt, and an anchovy. Boil the whole well, and add as much flour as will make a paste. Put this into another pan, with the yelks of twelve eggs, beat up the whites stiff, and put them to the rest. Fry them till brown.

PIES AND TARTS.

Rich puff-paste for Puddings, Florentines, and Tartlets.

To one pound and a half of finest flour dried, allow one pound of butter and three eggs. Divide the butter into four parts, well beat the eggs, rub in one fourth of the butter; then mix the eggs; if a little more moisture is required use water a little warm; but be careful not to make the paste too moist to require much flour in rolling out; roll in the rest of the butter at three times.

If a less rich paste be required, as for a meat pie or pasty, allow to one pound of flour half a pound of butter and one egg; in mixing the ingredients, proceed as above.

For general directions as to the art of making pastry, the reader is referred to the early part of this work, p. 64—68

Puff Paste, light.

To make light puff paste attention is principally required in the rolling out; if it should be too light, it may be rolled out once or twice more than mentioned; as it principally relies on the folding it to rise even and high.

To a pound of good stiff butter (free from water) take one pound of flour; break and rub half the butter in the flour, wet it into a paste with a quarter of a pint of water, the juice of one lemon, and the yelk of one egg beat up with it; care must be taken not to make it too soft, but hard enough to roll out the thickness of a crown piece: lay the remainder of the butter in thin slices all over; fold it up, beginning at top and bottom to the middle, in five or six folds; roll it out as thin as at first, brushing off the flour before folding up; when rolled out, and folded three times this way, try a piece in the oven; if so light that it falls over, roll it out once or twice more. The piece tried should not be thicker than a crown piece; if it rises straight, it has been folded even; if not, the ends have not been laid straight. This paste is used for all sorts of pies, patties, vol-au-vent, and light pastry.

Vol-au-Vent, with Ragout; or Puff Paste Patty.

Cut a large oval in light puff paste, one inch and a half thick, eight inches long, by five broad; bake it and take out the inside, but mark where you mean to take it out; make another not quite so large, to go at top; when baked, take the inside out from the bottom, put your ragout or fricassee in the middle; put on the cover.

N. B. It may be cut in any shape, according to the size of the dish; and any made dish of fish or compote may be served in it.

Duchess Rolls, or Petit Chose Paste.

Take half a pint of milk, two ounces of butter boiled, with half a lemon-peel grated, and one drachm of cinnamon powder; work it in one pound of flour over the fire till it becomes a

stiff paste, and leaves the stew-pan; put it in a mortar, and beat in it by degrees five whole eggs, smooth. This paste may be rolled out in lengths, or made in balls, egged over, and baked twenty minutes, and served with currant jelly, or any kind of jam in the inside.

N. B. This paste may be fried in hot lard, and sifted sugar put over it.

French Paste.

Take half a pound of flour, half a pound of butter, half a pound of sifted sugar; rub the butter and sugar together, add four whole eggs by degrees, with half a pound of flour, half a lemon peel grated, one drachm of mace and cinnamon in powder; spread it on a copper baking plate tinned as thick as your finger; bake it, and cut it into any shape you please while hot.

Croquante Paste.

Twelve raw yelks of eggs, well mixed with ten ounces of fine pounded sugar, put to stand in a damp place for three days, covered over; work in one pound and a half of fine flour; if too soft add a little more; grease the shapes or moulds with beef or mutton suet before covering; cut it in patterns on the mould, according as wanted, and bake in a cool oven.

N. B. With this paste temples, pagodas, and other ornaments are made; and it is in general called cut pastry, from the patterns being cut with a very fine knife.

A rich Puff-paste for Patties.

Take one pound and a quarter of finely sifted flour, and rub gently to it, with the hand, half a pound of fresh butter; mix the same with half a pint of spring water, knead it well, and set it by for a quarter of an hour, then roll it out thin, and lay on it, in small pieces, three quarters of a pound of butter additional, throw thereon a little flour, double it in folds, and roll it thin three times, after which, set it by for an hour in a cool place.

French Glazing for Pastry.

When pastry is nearly baked, sift some fine powdered sugar over; put in the oven again, and hold a hot salamander or shovel over it, till the sugar runs into a glazing.

English Glazing for Pastry.

Whisk up the white of one egg to a froth; brush it over the pastry with a paste brush; cover it thick with powdered sugar; sprinkle a little water over it; put it in the oven, and just let it set.

N. B. Pastry or tarts should be nearly baked when this is done, as it is likely to burn if done at first.

Beef-steak Pie.

Beat some rump steaks with a rolling pin, and season them with pepper and salt. Put a good crust round the side, lay in the steaks, with as much water as will half fill the dish. Put on the cover, and let it be thoroughly baked.

Another way.—Take three pounds of tender steaks, and cut them into small pieces. Chop six shalots, and mix them with half an ounce of pepper and salt, strew some over the bottom of the dish, then put in a layer of steaks, then another of the seasoning, and so on till the dish is full. Add half a gill of mushroom catsup, and the same quantity of gravy, or red port, cover it with paste, and bake it two hours. Large oysters that have been parboiled and bearded, will form an agreeable addition, and their liquor may be used instead of the catsup and wine.

Raised Beef-steak Pie.

Cut the skin from the fat of rump steaks, beat them, put them over the fire, with a little butter, pepper, lemon juice, and shalots chopped fine; when half done, lay them in a dish till cold. Blanch and strain some oysters, and preserve the liquor, put a layer of steaks at the bottom of the pie, another of oysters over that, and so on alternately. When done, put in some gravy, with the oyster liquor and catsup.

Veal Pie.

Season the meat with pepper, salt, nutmeg, and a little clove in powder. Chop two sweetbreads, and season them with the same. Lay a puff paste on the edge of the dish, then put in the meat, with some hard eggs, the sweetbreads, and oysters. Lay over the whole a few thin slices of ham, and fill up the dish with water. When the pie is done, pour in through the hole at the top a little good gravy, and some cream that has been boiled with flour.

Veal and Ham Pie.

Take two pounds of cutlets, divide them into small pieces, and season with pepper and salt. Then take a pound of raw or dressed ham, cut it into slices, lay both alternately in the dish, and put some forcemeat or sausage meat over all, with stewed mushrooms, the yelks of three hard eggs, and a glass of water. The best end of a neck cut into chops is the most approved part for a pie.

Raised Ham Pie.

Lay a small ham to soak four or five hours, then wash, and scrape it well, cut off the knuckle, and boil it half an hour. Take it up, and trim it neatly, clear the rind, and put it into a stew-pan, with a pint of Madeira or sherry, and a sufficient quantity of veal stock to cover it. Stew for two hours, or until it is three parts done, then take it out, and set it to cool. Raise a crust large enough to receive the ham, round which put some forcemeat, and bake it in a slow oven. When done, take off the cover, glaze the top, and pour in a sauce made as follows:—Take the liquor the ham was stewed in, skim it clean, thicken it with flour and butter, a little browning, and some cayenne pepper.

Raised French Pie.

Make two pounds of flour into a paste, knead it well into the form of a ball, press your thumb into the centre, and work it gradually into a circular or oval hollow, about five inches high. Place it on a sheet of paper, and fill it with

coarse flour or bran, roll out a covering of about the same thickness as the sides, cement these last with the yelk of an egg, pare the edges even, and pinch it round, egg it over with a brush, and ornament it to fancy. Bake it till brown in a slow oven, and when done, cut out the top, remove the flour or bran, brush it clean, and fill with the fricassee of chicken, rabbit, or any thing else convenient. Serve it on a napkin.

Calf's Head Pie.

Stew a knuckle of veal, with two onions, a few shavings of isinglass, some sweet herbs, a blade of mace, and a few pepper-corns, in three pints of water. Reserve the broth for the pie, take off a little of the meat for the balls, and the rest may be eaten, but the bones should be let simmer in the broth. Parboil the head, and cut it into square pieces, put a layer of ham at the bottom of the dish, then some head, first the fat, and next the lean, with balls, and hard eggs cut in two. Do this alternately till the dish is full, but place the pieces so as to admit the jelly. The meat must first be seasoned with pepper, salt, and a little grated nutmeg. Put some water and gravy into the dish, cover it with a thick crust, bake it in a slow oven, and when done, pour in as much more gravy as it will hold. The pie should not be cut till cold, and in doing it, insert your knife so that it may reach the bottom of the dish. Thereby you will cut thin slices, which from the different colours, and clear jelly, will exhibit a curious appearance. Instead of isinglass, calf's foot or cow-heel jelly may be used; the pie will also receive an agreeable variety by the addition of calves' tongues.

A smaller pie of this kind may be made to eat hot.

Calf's Feet Pie.

Boil the feet in three quarts of water, with three or four blades of mace, and stew them gently till the liquor is reduced to about half the quantity. Then take out the feet, strain the broth, and make your crust. Take the flesh from the bones, and put half of it into the dish, with half a pound of currants, and half a pound of stoned raisins. Lay on the

rest of the meat, skim the liquor, sweeten it to your taste, and put in half a pint of white wine. Cover the dish, and bake it an hour and a half.

Sweetbread Pie.

Lay a puff paste, half an inch thick, at the bottom of a dish, and forcemeat round the sides. Cut the sweetbreads in pieces, according to the size of the pie, place them in first, then some artichoke bottoms cut into four pieces each, next some cockscombs, truffles, and morels, tops of asparagus, and fresh mushrooms, yelks of hard eggs, and forcemeat balls. Season the whole with pepper and salt. Put in plenty of water, cover the pie, and bake it two hours. On taking it out, pour in some rich veal gravy, thickened with cream and flour.

Ox Cheek Pie.

Bake the cheek with seasoning, but do not let it be overdone. It may stand in the oven all night, and will be ready next day. Make a good puff-paste, and with it line a deep dish. Take the flesh, kernels, and fat off the head, with the palate, and cut the whole in pieces, lay them in the dish, and throw over them one ounce of truffles and morels, the yelks of six hard eggs, a glass of mushroom pickle, and several forcemeat balls. Season with pepper and salt, and fill up the pie with the gravy in which the cheek was baked. Cover it with a crust, and send it to the oven. Artichoke bottoms or the tops of asparagus are sometimes put in with the truffles, but the pie will be rich enough without them.

Venison Pasty.

Bone, and season with pepper and salt, a neck, shoulder, or breast of venison. Put the meat into a deep pot, with the best part of a neck of mutton, sliced and laid on it, pour in a glass or two of red wine, lay a coarse paste over the whole, and bake it two hours. On taking it out, lay the venison in a dish, pour the gravy over it, and add one pound of butter thereto. Next surround the edge of the dish with a good puff-paste, roll out the cover somewhat thicker than the rest,

and lay it on. After this, roll another cover thin, cut it into form, and place it over the former. The venison will keep in the pot it was baked in eight or ten days, by letting the crust remain.

Another way.—A pasty is made of what does not roast well, as the neck, the breast, the shoulder. The breast makes the best pasty. Cut it into little bits, trimming off all bone and skins. Make some good gravy from the bones and other trimmings. Place fat and lean pieces of the meat together; or if very lean, place the thin slices from the firm fat of a neck of mutton along with the meat. Season the meat with pepper, salt, pounded mace, and allspice. Place it handsomely in a dish, and put in the drawn gravy, a quarter of a pint of claret or port, a glassful of shalot vinegar, and, if liked, a couple of onions very finely shred. Cover the dish with a thick venison pasty crust.

Before the pasty is served, if the meat be lean, more sauce made of a little red wine, gravy, mixed spices, and the juice of a lemon, may be put in hot. The common fault of venison pasty is being over done. An hour and a half in a moderate oven is fully sufficient for baking an ordinary sized pasty; an hour will do for a small one. Some cooks steep the meat in the wine and other seasonings for a night, or for some hours previous to baking.

Another way.—Take a neck, shoulder, or breast of venison, bone and trim off the skin, then cut it into small pieces, put them into a stew-pan, with three glasses of red wine, two onions, or shalots sliced, some pepper, salt, three blades of mace, about twelve berries of allspice, and a sufficient quantity of veal broth to cover the whole. Put it over a slow fire, and let it stew till three parts done. Throw the trimmings into another pan, cover them with water, and set the pan on the fire. Take out the venison that is intended for the pasty, and put it into a deep dish, with a little of the liquor, and set it to cool. Add the remainder of the liquor to the bones and trimmings, and boil till the pasty is ready, which must be covered with a good paste. Bake it two hours in a slow oven, and before sending it to table, pour therein a sauce made of the gravy the venison was stewed in, strained and skimmed,

some pepper, salt, half a glass of port, the juice of half a lemon, and some flour and butter.

A Dartmouth Pie.

Chop or mince two pounds of the lean part of a leg of mutton, and half as much of beef suet. Keep them constantly stirred from the board, to prevent the minute particles from sticking. Add a pound of currants, sift over them three ounces of powdered lump sugar, grate some nutmeg, and season with a little salt. Work this mixture into a paste, composed of two parts of purified beef suet, and one of fresh butter, both melted, and mixed in the water which is to be used in making the crust. Boil all together, and then pour it into the cavity formed in the centre of the flour, knead it up, and roll it out for a lining and covering to the dish.

A Pasty of Beef or Mutton.

Bone a small rump, or part of a sirloin of beef, or a fat loin of mutton, after hanging several days. Beat the meat well, then rub it with sugar, in the proportion of four ounces to ten pounds, and pour over it one glass of port, and one of vinegar. Let it lie five days and nights, wash, and wipe it dry, and give it a high seasoning with Jamaica pepper, black pepper, nutmeg, and salt. Lay it in a dish, and spread over ten pounds of meat, and about one of butter. Put a crust round the edge of the dish, and cover it with a thicker one. Bake it in a slow oven. Set the bones in a separate pan in the oven, with just water enough to cover them, and one glass of port, a little pepper and salt, to make gravy. This pasty is a good imitation of venison.

To make raised Lamb Pies.

Cut the meat into slices, trim them neatly, and lay them in the bottom of a stew or frying-pan, with one ounce of butter, a tea-spoonful of lemon juice, and some pepper and salt, put them over a fire, turn them, and then set the pan by to cool. Raise four or five small pies with paste, about the size of a large tea-cup, put some veal forcemeat at the bottom, and the lamb upon it, roll out the top an eighth of an inch thick, close

the edges, bake them half an hour, and when done, pour in some good brown sauce after taking off the top.

Cheshire Pork Pies

Skin a loin of pork, cut it into steaks, and season it with salt, nutmeg, and pepper, then make a good crust, put in a layer of pork, then one of apples pared and cored, sugar enough to sweeten it, then another layer of pork, next half a pint of white wine, and cover all with some butter, before you close your pie. If a large one, it will take a pint of wine.

A Shropshire Pie.

Make a good puff-paste, cut two rabbits in pieces, with two pounds of fat pork chopped small, season both with pepper and salt, cover your dish with the crust, and lay in the rabbits, with the pork intermixed; parboil the livers of the rabbits, and beat them in a mortar, with as much fat bacon, and a few sweet herbs, seasoned with pepper, salt, and nutmeg. Mix it with the yelk of an egg, make it into balls, and throw them into the pie, grate some nutmeg over the meat, and put in a pint and a half of water. Bake the pie an hour and a half in a quick oven.

Partridge Pie.

Take four partridges, and truss them as for boiling. Pound in a marble mortar some shalots, parsley, the livers, the partridges, and double the quantity of bacon. Season this mixture with pepper, salt, and mace, and add thereto some fresh mushrooms. Raise the crust for the pie, and cover the bottom with seasoning, then lay the partridges thereon, but without stuffing, put the rest of the seasoning about the sides and between the birds. Lay over these some of the pounded mixture, with slices of bacon. Put on the crust, and bake it two hours. When done, remove the cover, take out the bacon and fat, add a pint of veal gravy, with the juice of an orange, and send it to table hot.

Hare Pie.

Cut a hare into pieces, and season it with pepper, salt,

nutmeg, and mace, and put the whole into a jug, with half a pound of butter. Close it up, and set it in a copper of boiling water, then make a rich forcemeat, with a quarter of a pound of scraped bacon, two onions, a glass of port, crumbs of bread, winter savoury, the liver cut small, and a little nutmeg. Season it well, and mix therewith the yelks of three eggs, raise the pie, and lay the forcemeat at the bottom of the dish. Put in the hare, with the gravy that came from it, lay on the cover, and let the pie bake an hour and a half.

Hottentot Pie.

Bone two calves' feet, and chitterlings boiled and chopped small, next take two chickens, cut them up as for eating, put them into a stew-pan, with two sweetbreads, a quart of veal gravy, half an ounce of morels, cayenne pepper, and salt, stew the whole over a gentle fire for an hour, then add six or eight forcemeat balls, that have been boiled, and the yelks of four hard eggs, lay them in a good raised crust, previously baked for the purpose. Strew over the top some green peas or asparagus tops, and send it to table without a cover.

Artichoke Pie.

Boil twelve artichokes, break off the leaves and the bottoms, make a good crust, and spread a quarter of a pound of butter over the bottom of the dish. Then place in a row of artichokes, strew pepper, salt, and beaten mace over them, then another row, and so on alternately. Boil half an ounce of truffles and morels in a quarter of a pint of water. Pour the water into the pie, cut the truffles and morels small, and scatter them over the pie. Add a gill of white wine, then cover, and bake your pie.

Eel Pie.

Take eels of about half a pound each, skin, strain, wash, and trim them well, cut them into pieces of three inches in length, season with pepper and salt, and fill the dish, omitting the heads and tails. Pour in a glass of water or veal broth, cover it with paste, rub the same with a brush dipped in the yelk of an egg, ornament the pie with some of the paste, bake

it an hour, and when done, pour in a sauce made as follows:—The trimmings boiled in half a pint of veal gravy, seasoned with pepper and salt, a table-spoonful of lemon-juice, and thickened with flour and water, strain it through a fine sieve, and let it be boiling hot when put into the pie.

Cod or Turbot Pie.

Parboil the fish, and season it with pepper, salt, cloves, nutmeg, and sweet herbs, cut fine. Lay the turbot in the dish, with yelks of eggs, and an onion, cover the top with fresh butter; and when baked, take out the onion. Oysters may be added if approved.

Carp Pie.

Having scaled and gutted the carp, put it in vinegar, water, and salt. When well washed and dried, make a forcemeat as follows:—Take the flesh of eels cut small, some grated bread, two buttered eggs, an anchovy cut small, a little grated nutmeg, pepper, and salt, mix the whole together, and put some into the carp, leaving the rest for balls. Then lay the fish, without the tail and fins, in the dish, add a little beaten mace, some butter, and half a pint of claret, cover the pie, and bake it in a moderate oven.

Another way.—Scale, gut, and wash a large carp, then take an eel, and boil it till nearly tender, pick off the meat, and mince it fine, with the same quantity of crumbs of bread, some sweet herbs, lemon peel cut small, pepper, salt, grated nutmeg, an anchovy, half a pint of oysters parboiled and chopped fine, and the yelks of three hard eggs cut small. Roll this mixture with a quarter of a pound of butter, and fill the belly of the carp. Cover the dish with a crust, and lay the fish therein. Save the liquor in which the eel was boiled, put the bones into it, and boil the whole with mace, whole pepper, an onion, sweet herbs, and an anchovy, till reduced to about half a pint. Strain it, and add about a quarter of a pint of white wine, and a piece of butter mixed with flour. Boil this, and pour it into the pie. Put on the cover, and bake it an hour in a quick oven. Tench may be

done in the same manner, only using port wine, instead of white wine or claret.

Salmon Pie.

Take a piece of fresh salmon, clean it well, and season it with salt, mace, and nutmeg. Put a piece of butter at the bottom of the dish, and then lay the salmon therein. Take a boiled lobster, pick out the flesh, chop it small, bruise the body, and mix it well in melted butter. Pour the whole over the salmon, cover it up, and let it be well baked.

Trout Pie.

Lard a brace of trout with eels, raise the crust, and put a layer of fresh butter at the bottom. Make a forcemeat of trout, mushrooms, truffles, morels, chives, and butter. Season with salt, pepper, and other spicery, mixed with the yelks of two eggs; stuff the trout, lay them in the dish, cover them with butter, put on the top crust, and send it to the oven When done, pour therein some fish gravy.

Sole Pie.

Split a pair of soles from the bone, and cut the fins close, season with salt, pepper, nutmeg, and pounded mace, and place the whole in layers, with half a hundred of oysters. Put the liquor of the oysters in the dish, with two or three spoonfuls of broth, and some butter. When the pie is baked, add thereto a cupful of thick cream. Mackarel, flounders, and herrings, are sometimes made into pies with various seasonings to fancy. Spice, butter, and cream, are generally approved: onions and apples shred thin are adopted by some persons and rejected by others.

A fine Fish Pie.

Boil two pounds of small eels, cut the fins off close, pick off the flesh, and put the bones, with mace, pepper, salt, and a sliced onion, into the liquor. Boil the whole till rich, and then strain it. Make forcemeat of the flesh, an anchovy, parsley, lemon peel, salt, pepper, crumbs, and four ounces of butter warmed. Lay all this at the bottom of the dish. Take

the flesh of some soles, small cod, or dressed turbot, and lay it on the forcemeat, after rubbing in salt and pepper. Pour the gravy over the pie, and bake it. The skins and fins of cod or soles must be taken off.

Lobster Pie.

Boil two large or three small lobsters, remove the tails, cut them in two, take out the gut, divide each into four pieces, and lay them in a small dish, then put in the meat of the claws, and that which has been picked from the body. Clear the latter of the furry parts, and take out the substance, beat the spawn in a mortar, do the same by the shells, set them on to stew, with some water, two or three spoonfuls of vinegar, pepper, salt, and pounded mace, and add a piece of butter rolled in flour; when the goodness of the shells is extracted, give the whole a good boiling, and strain it into the dish, strew some crumbs over it, and cover it with a paste. Bake it slowly, but take it out as soon as the crust is done.

Oyster Pie.

In opening the oysters, take care of the liquor. Strain, beard, and parboil the fish, do the same with sweetbreads, which last must be cut in slices, and disposed with the oysters in layers, seasoned lightly with salt, pepper, and mace. Put half a tea-cupful of the liquor, and as much gravy, into the dish. Cover the oysters with crust, and bake the pie in a slow oven. On taking it out, add a tea-cupful of cream, some more oyster liquor, and a cupful of white gravy, warm, but not boiling.

Shrimp Pie.

Pick a quart of shrimps, and if very salt, only season them with mace, and one or two cloves. Mince two or three anchovies, mix them with the spicery, and season the shrimps. Put some butter at the bottom of the dish, and pour over the shrimps a glass of sharp white wine. Cover the whole with puff-paste, and bake the pie in a moderate oven.

Vermicelli Pie.

Season four pigeons with pepper and salt, stuff them with crumbs of bread, parsley cut small, and mixed together with butter. Then butter a deep dish, and cover the bottom with vermicelli. Make a puff paste, lay it on the dish, then place the pigeons with the breasts downwards, put a thick covering of paste over all, and bake the pie in an oven moderately heated. When done, turn the pie into another dish, the vermicelli will then be on the top, and make a pretty appearance.

Mince Pies.

N. B. Those who possess a better recipe are challenged to bring it forward

Take of neat's tongue or heart parboiled, one pound and a half, chop it very fine, add to it one pound and a half of good beef suet and an equal weight of currants, one large nutmeg, a cloves and blades of mace beaten fine; a little salt; four fine pippins, and half a pound of raisins stoned and chopped small; half a pint of sack; quarter of a pint of best brandy; quarter of a pint of verjuice; one pound of loaf sugar pounded, a little rose water, the rind of a large lemon minced small, and put in the juice; candied lemon and citron peel, of each two ounces shred small. The crust should be very rich and flakey, and the meat entirely covered above and below.

Another way.—Rub with salt and mixed spices a fat bullock's tongue. Let it lie three days, and parboil, skin, and mince or scrape it. Mince separately three pounds of Zante currants, picked, plumped, and dried, a dozen of lemon pippin apples, pared and cored, and a pound of blanched almonds. Mix them, and add half a pound of candied citron and orange peel minced, and an ounce of beat cinnamon and cloves, with the juice and grated rind of three or four lemons, half an ounce of salt, the same quantity of allspice, and a quarter of a pound of fine sugar pounded, a pint and a half of Madeira, and half a pint of brandy. Line the pans with a rich puff paste, and serve the pies hot with burnt brandy.

Observation.—The brandy is best when burnt at table as

it is used. Though the mince meat will keep good for some time, it is best not to be too old. The fruit, suet, and wine may be added when the pies are to be made, as the suet and raw apples are apt to spoil, and the dried fruits, though in less danger, do not improve by keeping in this state. Mince pies will warm up very well in a Dutch oven, or in a slow oven.

Another, less expensive.

Mince pies are made in an endless variety of ways. Indeed every family receipt book teems with prescriptions. We select what is, after experiment and mature consideration, considered the best formula. Par-roast or bake slightly a couple of pounds of the fine lean of good beef. Mince this, or scrape it. Mince also two pounds of fresh suet, two of apples pared and cored, three pounds of currants washed, picked, and dried, and a pound and a half of good raisins stoned. Let the things be separately minced till fine, but not so fine as to run together: then mix them with a pound of beat sugar, and add a tea-spoonful of salt, half an ounce of ground sugar, the same weight of allspice and bruised coriander seeds, some beat cloves, two nutmegs grated, the juice and grated rind of two lemons and of two Seville oranges, half a pound of candied lemon and orange peel, and a quarter of a pound of candied citron sliced. Mix the seasonings equally with the meat. Put half a pint of brandy, or pine-apple rum, into a basin, with double that quantity of Madeira or sherry. Keep the minced meat closely pressed in cans in a cool dry place. When to be used cover pans of any size, small saucers, or a small pie-dish with puff or plain paste. Moisten the meat if hard with a little wine or brandy, and fill the pies. Put a cover of puff paste over them, or if plain paste ice it. Pare the edges neatly, and mark the top with a paste knife. Half an hour of a moderate oven will bake them. Slip them out of the tins, and serve them hot.

Observations.—Mince pies may be made cheaper, and yet very good, by substituting gravy for wine; or by using home made wine, (ginger wine is best,) by lessening the quantity of expensive fruits and spiceries, and taking any bit of lean

dressed beef the larder affords, or a piece of the double tripe minced fine.

Egg Mince Pies.

Boil six eggs hard, and shred them small, chop double that quantity of suet, then take one pound or more of currants washed and picked, the peeling of a lemon shredded fine, together with the juice, six spoonfuls of sweet wine, some mace, nutmeg, sugar, a little salt, orange, lemon, and citron candied. Make a light paste.

Lemon Mince Pies.

Squeeze a large lemon, boil the outside till tender enough to beat to a mash, add to it three large apples chopped, and four ounces of suet, half a pound of currants, four ounces of sugar; put the juice of the lemon, and candied fruit, as for other pies. Make a short crust, and fill the patty-pans as usual.

Apple Puffs.

Stew or roast apples till they will peel and pulp dry. Mix them with good beat sugar and finely chopped lemon peel. Bake them in thin sweetened paste in a quick oven. They are best when made rather small.

Lemon or Orange Puffs.

Grate down three quarters of a pound of refined sugar, and mix it well with the grate of three lemons, or two Seville oranges. Beat the whites of four eggs to a solid-looking froth, and putting this to the sugar beat the whole together without intermission for half an hour. Make the batter into any shape, or into a variety of shapes, and bake it on oiled paper laid on tin plates in a moderate oven. When cold take off the paper.

Cranberry Tart.

Pick your cranberries, and wash them in several waters, then lay them in a dish, with the juice of half a lemon, and

four ounces of moist, or pounded, lump sugar to a quart of fruit. Cover it with puff paste, and bake it three-quarters of an hour.

French Tart of preserved Fruit.

Cover a flat dish or patty-pan with puff-paste, about one-eighth of an inch thick. Roll out some more paste half an inch in thickness, cut it in stripes, each an inch in width, wet the paste and lay it round the pan, fill the centre with jam or marmalade, ornament it with leaves of paste, bake it half an hour, and send it to table cold.

Pippin Tarts.

Pare two Seville or China oranges, boil the peel tender, and shred it finely, then pare and core twenty apples, put them into a stewpan with a very little water; when half done, add eight ounces of sugar, the orange peel and juice, boil the whole till pretty thick, and when cold, put it into a dish, or some patty-pans lined with paste. These tarts should be served up cold.

Prune Tarts.

Scald the prunes and break the stones, put the kernels into some cranberry juice, with the fruit and sugar. Simmer the whole over a slow fire, and when cold, make a tart of the sweetmeat.

Raspberry Tart.

Roll out some thin paste, and lay it in a dish or patty-pan. Put in the raspberries, strew over them some fine sugar, cover the dish with a fine crust, and bake it. When done, cut it open, and put in warm, half a pint of cream, the yelks of two or three eggs well beaten, and a little sugar. Return it to the oven for five or six minutes, and serve it up.

Green Pea Tart.

Boil some young peas a short time, put to them a little salt, with some sifted white sugar, fresh butter, and saffron. Cover them with a fine paste, bake the tart gently, and serve it with sifted sugar.

Transparent Tarts.

Take one pound of flour, beat up an egg till it is quite thin, then melt three quarters of a pound of clarified fresh butter, to mix with the egg, and as soon as it is cool, pour the whole into the centre of the flour, and form the paste. Roll it thin, make up the tarts, and on setting them in the oven, wet them over with a little water, and grate on them a small quantity of sugar.

Almond Tarts.

Blanch some almonds, beat them fine in a mortar, with a little white wine, and some sugar, in the proportion of one pound to the same quantity of almonds, add to these, grated bread, nutmeg, cream, and the juice of spinach for a colouring. Bake it gently, and when done, thicken it with candied orange or citron.

Tart de Moi.

Lay a puff-paste round a dish, and then put in a layer of butter and marrow, another of sweetmeats, and so on, till the dish is full. Boil a quart of cream, thicken it with eggs, put in a spoonful of orange-flower water, sweeten it with sugar, pour it over the tart, and bake it half an hour.

Angelica Tart.

Pare and core some golden pippins or nonpareils, and then take an equal quantity of the stalks of angelica, peel, and cut them into small pieces. Boil the apples in water enough to cover them, with lemon peel and fine sugar. Do them gently, till they produce a thin syrup, and then strain it off. Put it on the fire together with the angelica, and let both boil ten minutes. Make a puff-paste, lay it at the bottom of the tin, then a layer of apple, and one of angelica, till full. Pour in some syrup, put on the cover, and bake it moderately.

Chocolate Tart.

Rasp four ounces of chocolate, and a slice of cinnamon, add

thereto fresh lemon-peel grated, salt, and sugar. Take two spoonfuls of flour, and the yelks of six eggs well beaten, and mixed with milk. Put the whole into a stewpan, and set it over the fire. When taken off put in lemon-peel cut small, and let it stand till cold. Beat up enough of the whites of eggs to cover it, and put it into puff-paste. When baked, throw sifted sugar over it, and glaze it with a salamander.

Apple Puffs.

Pare the apples, and either stew them in a stone jar on a hot hearth, or bake them. When cold, mix the pulp with sugar, and lemon peel shreded fine, taking but little of the juice. Bake them in thin paste, in a quick oven, for a quarter of an hour. Orange or quince marmalade is a great improvement, also cinnamon pounded, or orange-flower water.

Light Puffs.

Mix two spoonfuls of flour with a little grated lemon-peel, some nutmeg, half a spoonful of brandy, a little loaf sugar, and one egg, then fry the whole, but not brown, beat it in a mortar with the whites and yelks of five eggs; put some lard in a frying-pan, and when hot, drop a dessert-spoonful of batter in it at a time, turn them as they brown, and serve them with sweet sauce.

Almond Puffs.

Blanch two ounces of sweet almonds, and beat them fine, with orange-flower water. Beat up also the whites of three eggs to a froth, and strew in a little sifted sugar. Mix the almonds with the sugar and eggs, and add more sugar till it is as thick as paste. Make it into cakes, and bake them in a slack oven on paper.

Curd Puffs.

Pour a little rennet into two quarts of milk, and when it is broken, put it into a coarse cloth to drain. Then rub the curd through a hair seive, and put to it four ounces of butter, ten ounces of bread, half a nutmeg, a lemon peel grated, and

a spoonful of wine. Sweeten with sugar to your taste, rub your cups with butter, and put them into the oven for about half an hour.

Chocolate Puffs.

Beat and sift half a pound of double-refined sugar, scrape into it an ounce of chocolate very fine, and mix the whole together. Beat up the white of an egg to a froth, and strew into it the sugar and chocolate. Keep beating it till it is as thick as paste, then sugar the paper, drop them on about the size of a sixpence, and bake them in a slow oven.

Lemon Puffs.

Beat and sift a pound and a quarter of double-refined sugar, grate the rind of two lemons, and mix the same with the sugar, then beat the whites of three new-laid eggs, add them to the sugar and peel, and beat it for an hour, make it up into shape, and bake it on oiled paper laid on tin plates, in a moderate oven. The paper must remain till cold. Oiling it will make it come off with ease.

Small Puffs of preserved Fruit.

Roll out thin good puff-paste, and cut it into pieces, lay a small quantity of any kind of jam on each, double them over and cut them into shapes, lay them with paper on a baking plate, ice them, and bake them about twenty minutes, without colouring.

Sugar Puffs.

Beat up the whites of ten eggs till they froth, then put them into a marble mortar, with as much double refined sugar as will make it thick. Rub it well round, put in a few caraway seeds, then take a sheet of wafers, and lay the same on, each as broad as a sixpence, and as high as you can. Put them into a moderate oven for about a quarter of an hour.

Norfolk Pudding Puffs.

Mix three eggs, three table-spoonfuls of flour, half a pint of cream, and two table-spoonfuls of orange-flower or rose

water. Sweeten the whole with sugar, put the batter into deep custard cups, about half full, set them in the oven, and when the puffs rise to the top they are done.

Orange Puffs.

Pare the rinds from some Seville oranges, and rub them with salt, let them lie twenty-four hours in water, boil them in four changes of water, making the first salt, then drain, and beat the oranges to a pulp; bruise in all the pieces that you have pared, make the whole sweet with white sugar, and boil it till thick. Let it stand till cold, and then put it into the paste.

Mille Feuilles, Italian Pyramid.

A good puff paste, rather thick, must be stamped out with tin stamps or any ingenious substitutes, into a number of pieces, each less than the other; the base being of the size of the plate in which the pyramid is to be served, and the others gradually tapering to the top. Bake the pieces of paste on paper laid on tins, and ice them. Pile them up with raspberry and other jams of different colours laid on the edges, and a bunch of small preserved fruit or some other ornament on the top.

Fuit d'Amour, or Sweatmeet Tarts.

Roll and cut puff-paste, as patties, with a scollop-cutter, but much smaller; when baked, put marmalade, jam, jelly, custards, or creams in them. Or you may line a tart-pan with puff-paste, put marmalade or sweetmeat in, and cover it over with slips of paste, according to fancy: in general it is made like basket work. Bake and glaze with French glazing.

Tartlets stringed.

Line the pans with puff-paste; put some sweetmeat in each, and roll out some fine threads of paste, cover them over in various patterns, and bake in a gentle oven. For stringing tartlets, take the size of a walnut of puff-paste; work it with a tea spoonful of water and flour, on a marble slab or table, till it becomes quite tough, and will pull out in lengths.

Stewed apples, raspberry, strawberry, or apricot jam, may be put in puff paste.

Tarts are also made of all sorts of marmalades, jams, and preserved small fruits. If of apples, pare, core, and quarter them. Stew and mash them, and sweeten them with fine beat sugar. Season with the squeeze of a lemon, a little beat cinnamon, an ounce of candied orange peel sliced, and a little white wine or cider. Cover a flat dish with tart paste, and place a broad rim of puff-paste round the edges. Bake the paste and put it in the jam, either when it is ready, or a few minutes before. Paste stars, flowers, &c. may be cut out, and baked on tins to ornament the top; or if the fruit is put in at first, it may be covered with paste cross bars. Fresh good cream is a very great improvement to all fruit pies and tarts. The next best thing is plain custard. In England the cream is often sweetened, thickened with beat yelks of eggs, and poured over the fruit. In Scotland cream for tarts is usually served by itself, either plain or whisked.

Sandwich Pastry.

Roll out two pieces of paste very thin, of equal size; spread apricot or raspberry jam over one of them; cover with the other; bake it; cut it in squares or rounds; and glaze it with French glazing.

Small Pastry.

Roll out a piece of puff-paste thin; brush it over with egg, chop some blanched almonds and citron; add coarse pounded sugar; sprinkle this over the paste; cut it in rings, or shapes, and bake it in a moderate oven.

Fan Pastry.

Roll out puff-paste one inch thick; cut it in slices the size of a finger; lay it on the baking tin, the side it was cut; when baked, glaze over with French glazing.

Thousand Leaf Cake (Gateau Mille Fruit.)

Cut eight pieces of paste, as for vol-au-vent; lessening the size till it becomes quite small; when baked, take the inside out, fill separately with preserved fruits, jams, or custards; put

one on the other to form a pyramid; spin caromel sugar, over all together; garnish the outside with jelly or comfits.

Ornamental Pastry for Dishes.

Roll out puff-paste several times to take off the lightness, cut different patterns with the cutters; when baked, glaze with French glazing, afterwards stick up in the dish with caromel sugar, and put any compote, sweetmeat, jams, or whipped creams in the middle.

Almond Paste.

Blanch and pound one pound of Jordan almonds, very fine; add a spoonful of water in the pounding to keep them from oiling; add three quarters of a pound of fine sifted sugar: stir it together over a gentle fire to dry off the moisture. As it leaves the pan, and becomes a stiff paste, put it in pots.

N. B. You may add half an ounce of gum tragacanth, soaked in water, thick.

Tarts to turn out.

Roll the biscuit paste, or tart paste, out thin; line a tart-pan; put the fresh fruit in with pounded sugar at the top; cover it over with the paste, thin; make two holes at the sides, notch it neatly round, and bake: when nearly baked, glaze it with English glazing, and turn out of the dish while hot.

Almond Paste Ornaments.

Roll almond paste out thin; cut out with cutters, any patterns; bake very gently in a cool oven.

You may ornament cakes with this, and stick them up in dishes with caromel sugar.

N. B. Windmills, castles, bridges, houses, boats, &c. are made of this paste, and baked very slowly; you may serve any thing with them.

Almond Cups.

Roll out and form cups in moulds of almond paste; bake them in a cool oven; when done fill with boiled custards or syllabub creams.

Almond Wafers.

Pound half a pound of blanched Jordan almonds very fine, with two yelks of eggs; put to them a quarter of a pound of sugar, one lemon-peel, and half a nutmeg grated; add two whole eggs, and one ounce of flour; mix it well together, spread it thin on a copper tinned plate, rubbed with butter; sprinkle fine chopped almonds over, and bake it quickly; cut it in long squares while warm, turn it over a round piece of wood till cold and crisp.

Patties.

Roll out puff-paste, half an inch thick; cut them with a round cutter, the size wanted; mark the top where to be taken out; glaze them over with yelk of egg and cream; and bake in a quick oven; when done cut the inside out, and put patty meat in as directed under the different heads of patty meats. If a top is wanted, cut a size smaller, and roll a little thinner; when baked take out the bottoms, and cover over the other.

Force meat for patties may be prepared from many different articles, according to which they take their name.

Beef Patties

Are made of under-done beef, shred small, seasoned with pepper, salt, cayenne, shalot and onion; a little butter-cream, or rich gravy may be added at pleasure.

Veal and Ham Patties

Are prepared by chopping small, six ounces lean dressed veal, three of ham, put them into a stew-pan, with an ounce of butter rolled in flour, half a gill of cream, and the same quantity of veal stock, a little grated nutmeg, and lemon peel, some cayenne pepper, and salt, a spoonful of the essence of ham, and lemon juice. Stir the whole over the fire some time, and then make patties as before directed. The white meat of the breasts of chickens or fowls may be substituted for the veal.

For Turkey Patties.

Mince some of the white meat, and add thereto grated lemon peel, nutmeg, salt, white pepper, cream, and a little butter. Proceed as before.

Sweet Patties.

Chop the meat of a boiled calf's foot, and use the liquor for jelly, take two apples, one ounce of orange and lemon peel candied, also some fresh peel and juice. Mix these with half a nutmeg grated, the yelk of an egg, a spoonful of brandy, and four ounces of clean currants. Bake them in small patty-pans.

Patties resembling Mince Pies.

Chop the kidney and fat of cold veal, add thereto an apple, orange, lemon peel candied, and fresh currants, a little wine, two or three cloves, some brandy, and sugar. Make the patties, and bake them.

Oyster Patties.

Roll out some puff-paste a quarter of an inch thick, cut it into squares, sheet eight or ten patty-pans, and put upon each a small bit of bread. Roll out another layer of paste of the same thickness, cut it as before, wet the edge of the bottom paste, and lay on the top, pare the edges round, and notch them with the back of the knife, rub them with the yelk of egg, and bake them in a hot oven about a quarter of an hour. When done, take a thin slice off the top, and with a knife or spoon take out the bread and inside paste, leaving the outside entire, parboil two dozen large oysters, strain them from their liquor, wash, beard, and cut them into four pieces, put them into a stewpan, with an ounce of butter rolled in flour, half a gill of cream, some grated lemon peel, and the oyster liquor that has been reduced by boiling to one half, some cayenne, salt, and a tea-spoonful of lemon-juice. Stir the whole over the fire five minutes, and fill the patty-pans.

Lobster Patties.

Take a hen lobster that has been boiled, pick out the meat from the tail and claws, chop it fine, and put it into a stewpan, with a little of the inside spawn pounded in a mortar till perfectly smooth. Add thereto an ounce of fresh butter, half a gill of cream, and the same of veal jelly, cayenne pepper,

and salt, a tea-spoonful of the essence of anchovy, as much flour, and water. Stew these five minutes, and make your patties agreeable to the former directions.

Fried Patties.

Mince a little cold veal, and six oysters, then mix a few crumbs of bread, salt, pepper, nutmeg, and lemon peel, add thereto the liquor of the oysters, warm the whole, but do not let it boil. As it cools, get ready a good puff paste, roll it thin, and cut it into square pieces, put some of the ingredients between two of them, twist up the edges, and fry them brown. This is a fashionable dish when baked.

Timball of Macaroni.

Boil one pound of macaroni tender, in two quarts of milk and water, and a quarter of a pound of butter; when tender, dry it with a cloth, line a mould with slices of fat bacon, mix a couple of whole eggs, well beat up with the macaroni, and some pepper and salt; put some in the mould, and a ragout of sweetbreads in the middle; fill up with macaroni, and bake or boil it two hours, standing in a pan with water, so as not to boil in it; serve it with white or brown sauce, and take the bacon off.

Casserole of Rice.

Boil one pound of rice tender, with one quart of milk, and a quarter of a pound of butter; let it come to a stiff paste, stirring it frequently over a slow fire; form this paste in a mould, or on a dish, leaving a hole in the middle for a ragout of any sort. If wanted brown, bake it in a mould; when done take out the inside sufficiently to admit the ragout.

N. B. Palates, sweetbreads, ragouts of fricassee chicken, may be served in it.

SWEET FANCY DISHES.

1. OF RICE.

Bignets of Rice.

Reduce two ounces of rice, well boiled in a pint of milk or cream, to a thick paste; sweeten it with two ounces of sugar; add half a lemon peel grated, a tea-spoonful of cinnamon and mace powder; when cold roll up in small balls, dip it in egg and bread crumbs, and fry it quick; you may form it in any shape.

Rice and Apples.

Boil a quarter of a pound of rice, with one pint of milk or cream, one ounce of butter, two ounces of sugar, and half a lemon grated; make it stiff enough to put round a dish; put a marmalade of apples in the middle; cover it over with the rice; garnish with apple jelly, or pour a custard over it.

Snow Balls.

Swell half a pound of rice in water with a roll of lemon peel till tender, and drain it. Divide it into five parts, and roll a pared apple, cored and the hole filled with sugar and cinnamon, into each heap, tying them up tightly in separate cloths. Boil for an hour, and serve with pudding sauce.

Buttered Rice.

Swell the rice till tender in new milk. Pour off the thick milk, and add melted butter, sugar, and cinnamon. Serve hot.

Rice Blanc Mange.

Swell four ounces of rice in water; drain and boil it to a mash in good milk, with sugar, a bit of lemon peel, and a stick

of cinnamon. Take care it does not burn, and when quite soft pour it into cups, or into a shape dipped in cold water. When cold turn it out. Garnish with currant jelly or any red preserved fruit. Serve with cream, or plain custard.

Rice flummery.

Mix a couple of spoonfuls of rice flour with a little cold milk, and add to it a large pint of boiled milk sweetened and seasoned with cinnamon and lemon peel. Two bitter almonds beaten will heighten the flavour. Boil this, and stir it constantly; and when of proper consistence pour it into a shape or basin. When cold turn it out, and serve with cream or custard round it; or with a sauce of wine, sugar, and lemon juice.

Observation.—This differs in nothing from rice blanc mange, except that rice flour is used instead of the whole rice.

2. CREAMS, SYLLABUBS, &c.

Curds and Cream.

When the milk is curdled firmly, fill up a melon or Turk's cap stoneware shape, perforated with holes to let the whey drain off. Fill up the dish as the curd sinks. Turn it out when wanted, and serve with cream in a glass dish: or a whip may be poured about the curd, which may be made firm by squeezing or long standing. Garnish with currant jelly and raspberry jam.

Cream for Fruit Pies or Tarts.

Boil a bit of lemon or Seville orange peel, a little cinnamon, two laurel leaves, twelve coriander seeds, two or three cloves, a blade of mace, and a pint of new milk. Then put into another stew-pan the yelks of three eggs, beaten up with a little milk, and half a spoonful of flour, strain, and stir the hot milk in, set it over the fire, and begin whisking it to the

consistence of cream, and take it off again. As it cools, stir in a table-spoonful of rose or orange flower water, or a little syrup of clove gilliflowers, and a few drops of essence of ambergris. This cream is particularly agreeable with fruit pies or tarts. It may also be made in a plain manner, with lemon peel, cinnamon, and laurel leaves only, boiled in milk, and a single egg beat up with a spoonful of rice flour. Fruit pies with cream should always be covered like tarts with puff paste, and when served up, have their tops cut round and taken off, for the purpose of depositing the cream on the fruit, after which, the cover may be replaced, either whole or in quarters.

Another way.—Boil half a pint of cream, and as much milk, with two bay leaves, a little lemon peel, a few almonds beaten to paste, with a drop of water, a little sugar, orange-flower water, and a tea-spoonful of flour rubbed down with some cold milk. When cold, add some lemon juice, and serve it up in cups or glasses.—Another method is, to whip three quarters of a pint of rich cream to a froth, with some scraped lemon peel, a little of the juice, half a glass of sweet wine, and sugar. Lay it on a sieve, next day put it into a dish, and ornament it with small puff paste biscuits, and fine sugar sifted over all.—Or, you may glaze it with isinglass, and border the dish with macaroons.

Another way.—Mix a quarter of a pint of ratafia or Noyeau with the same quantity of mountain wine, sugar to taste, and the juice of a lemon, and of a Seville orange. Whisk this with a pint of good cream, adding more sugar if necessary, and fill the glasses. Ratafia cream may also be made of the beat yelks of four or five eggs, with a quart of cream, and two glasses of brandy scalded together, but not boiled over the fire.

Italian Cream.

Whisk up a pint or rather more of the richest cream, the yellow rind of a lemon rubbed off with sugar, the juice of the lemon, and more fine sifted sugar to sweeten the cream to taste. Put to this, when well whisked, an ounce of isinglass dissolved by boiling in hot water, and strained through a lawn

sieve. Beat these together well, and season with Noyeau, or curacoa, if liked. Fill the shape, and when firm turn out, and garnish according to fancy.

A Curd Star.

Set a quart of new milk upon the fire with two or three blades of mace; and when ready to boil, put to it the yelks and whites of nine eggs well beaten, and as much salt as will lie upon a small knife's point. Let it boil till the whey is clear; then drain it in a thin cloth, or hair sieve; season it with sugar, and a little cinnamon, rose-water, orange-flower water, or white wine, to your taste; and put into a star form, or any other. Let it stand some hours before you turn it into a dish; then put round it thick cream or custard.

Fresh Raspberry Cream.

Mash a pint and a half of fresh raspberries, with half a pound of sifted sugar, the juice of a lemon, and a pint and a half of cream; rub it through a sieve.

N. B. Fresh strawberry cream is made the same way.

Another way.—Mash ripe fruit, and having drained all the juice from it, boil it with fine sifted sugar, and mix when cold with good cream. The preserved fruits will do equally well. This may be made in a shape, by boiling an ounce of isinglass in a quart of milk and cream, straining it, and when cool mixing raspberry or strawberry syrup with it, whisking it well, sweetening it, and shaping it in a mould.

Raspberry Cream with Jam.

Half a pound of raspberry jam, three spoonfuls of syrup, the juice of two lemons, one pint and a half of cream, mix all together; rub through a fine hair sieve; add a spoonful of cochineal prepared.

N. B. Strawberry cream with jam, the same way.

Fresh Apricot Cream.

Mash eighteen ripe apricots with half a pound of sugar, the juice of two lemons, and a pint and a half of cream; rub through a sieve, and put in a few of the kernels blanched.

N. B. Peach, plum, and mulberry, are made the same way.

Apricot Cream with Jam.

Take half a pound of apricot jam, the juice of two lemons, a pint and a half of cream, half a pint of syrup, half a pint of water; rub through a sieve, and add a few of the kernels blanched.

N. B. Peach, and plum, may be made the same way.

Pine Apple Cream, fresh.

Grate one pound of fresh pine apple; add half a pint of syrup, a pint and a half of cream, the juice of two lemons; rub through a sieve; cut two slices of pine in small dice.

Pine Apple Cream with Jam.

Pound six ounces of preserved pine apple; one spoonful of the pine syrup, a quarter of a pint of clarified sugar, the juice of two lemons, a pint and a half of cream; rub through a sieve, and add four slices of preserved pine, cut in small dice.

China Orange Cream.

Rub the rinds of six oranges on sugar, and scrape it off, add the juice of two lemons; a quarter of a pound of sugar, a pint and a half of cream; rub all together through a sieve.

N. B. Lemon cream is done the same way.

Another way.—Wipe with a wet towel, and grate off the thick coarse parts of a Seville orange rind; then pare and boil the skin till soft, changing the water. Beat this in a marble mortar, and put to it a spoonful of ratafia, the juice of the orange strained, four ounces of fine sugar, and the yelks of four eggs. Beat these ingredients thoroughly well together for a quarter of an hour, and then by degrees mix them with a pint of cream that has boiled; keep beating till the whole is cold; then put it into custard cups, and set these in a kettle of boiling water. Wipe the cups, let the cream thicken by standing, and garnish with thin parings of preserved orange chips.

A variety of creams are made by changing the ingredients,

as chocolate for coffee;—Pistachios for almonds, &c. Creams of a plain sort may be served on Naples' biscuits, ratafia drops, or preserved orange sliced.

Orange Cream without Cream.

Rub the rind of six china oranges on sugar, and scrape it off; add the juice of three lemons, a quarter of a pound of sugar, fourteen yelks of eggs, one wine glass of water: whisk it together over the fire till it begins to thicken, but not to boil. Whisk till cold.

N. B. Lemon cream is done the same way.

Coffee Cream.

Put four ounces of roasted whole coffee in a quart of cream, with four ounces of sugar, and four yelks of eggs; whisk it over the fire till it boils and is cold; strain it through a sieve.

Another way.—Have a pint of clear jelly of calves feet, free from blacks and fat. Clear a large cupful of strong coffee with isinglass till bright and deeply brown. Mix it with the jelly, add a pint of good cream, and fine sugar to taste; and after mixing well, boil up for a few minutes till you have a weak jelly. This is an easily made, and favourite cream.

Tea Cream.

Put two ounces of green tea in a quart of cream, with four ounces of sugar, and three yelks of eggs, boil it up and whisk till cold; strain through a sieve.

Custard Cream.

One quart of cream, six yelks of eggs, four ounces of sugar, two lemon peels, half a nutmeg grated, and one small stick of cinnamon; boil it, and whisk till cold; strain through a sieve.

Pistachio Cream.

Pound four ounces of peeled pistachio nuts; add a pint and a half of cream, the yelks of four eggs, and three ounces

of sugar; boil it together, whisking it till cold, and colou with a spoonful of spinach-juice.

Orange Flower Cream.

Chop one ounce of candied orange flowers, fine; add four ounces of sugar, one quart of cream, four yelks of eggs, two spoonfuls of orange-flower water; boil, and whisk till cold.

Ratafia Cream.

Mix a quarter pint of ratafia or Noyeau with the same quantity of mountain wine, sugar to taste, and the juice of a lemon, and of a Seville orange. Whisk this with a pint of good cream, adding more sugar if necessary, and fill the glasses. Ratafia cream may also be made of the beat yelks of four or five eggs, with a quart of cream, and two glasses of brandy scalded together, but not boiled over the fire.

Another way.—Take four ounces of ratafia biscuits, one pint and a half of cream, two ounces of sugar, three yelks of eggs; boil all together; whisk till cold.

Biscuit Cream.

Take six sponge biscuits, a pint and a half of cream, three yelks of eggs, and three ounces of sugar; boil all together; whisk till cold.

Burnt Cream.

Put two ounces of sifted sugar in a stew pan; stir it over the fire to a fine brown; then add one pint and a half of cream, mixed with four yelks of eggs, and one ounce of sugar; boil it together, whisk it till cold.

Brown Bread Cream.

Whisk up a quart of thick cream; add two spoonfuls of brown bread, dried and powdered, with two ounces of sugar; stir it together.

N. B. Brown bread cut in slices, dried in the oven, pounded and sifted.

Ginger Cream.

Take four ounces of preserved ginger cut in small slices, two spoonfuls of the ginger syrup, four yelks of eggs, and one pint and a half of cream; boil, and whisk it together till cold.

Tamarind Cream.

Take half a pound of tamarinds, three spoonfuls of syrup warm it together, and add one pint and a half of cream; rub it through a sieve.

Noyeau Cream.

Take one pint and a half of cream, three yelks of eggs, three ounces of sugar; boil together; whisk till cold, then add one glass of noyeau liquor.

N. B. Marasquin is done the same way.

Vanilla Cream.

Pound two sticks of vanilla, with three ounces of sugar; add to it one pint and a half of cream; boil, and whisk it till cold; rub it through a lawn sieve.

Almond Cream.

Pound four ounces of blanched Jordan almonds with six bitter almonds, fine; add three ounces of sugar, a pint and a half of cream, three yelks of eggs; boil, and whisk till cold.

Chocolate Cream.

Shred one cake of chocolate, melt it with three ounces of sugar; add a quart of cream, with three yelks of eggs; boil, and whisk till cold.

Plain Cream.

Whisk a quart of cream thick; add two spoonfuls of syrup, and freeze.

Hot Cream.

Make ratafia or biscuit cream, as directed; freeze it, and put in a shape, to get very hard; when turned out, put it on

a thick board; cover it over with a mixture made of eight whites of eggs beat up stiff, and mixed with twelve spoonfuls of sifted sugar; put it in a hot oven three minutes till the outward coat gets brown; put it on a dish and serve it immediately.

Mille Fruit Cream.

Take a spoonful each of preserved strawberries, raspberries, apricots, currants, green-gages, ginger, gooseberries, plums, and orange-peel, cut small; add two ounces of isinglass boiled in half a pint of water half an hour. Whisk three ounces of sugar in it till nearly cold; then add one quart of cream whisked up to it in a froth, and put in moulds.

Spanish Cream.

Take three spoonfuls of flour of rice sifted, the yelks of three eggs, three spoonfuls of water, and two of orange-flower water. Put thereto a pint of cream, set it over the fire, and keep stirring it till thick, after which pour it into cups.

Steeple Cream.

Put five ounces of hartshorn and two of isinglass into a stone bottle, fill it up with water, add a little gum arabic and gum tragacanth, then tie the bottle close, and set it in a pot of water, with hay at the bottom. When it has stood six hours take it out, and let it remain an hour before it is opened. Then strain off the liquor, and it will be a perfect jelly. Take a pound of blanched almonds, beat them, mix the same with a pint of cream, and let it stand a little, then strain it off, and mix it with a pound of jelly. Set it over the fire till it is scalding-hot, and sweeten it with fine sugar. Take it off, put in a little amber, and pour it into small pots. When cold, turn out the contents of the pots, and intermix them with cold cream in heaps.

Barley Cream.

Boil a little pearl barley in milk and water till tender, and then strain off the liquor. Put the barley into a quart of cream, and let it just boil. Take the whites of five eggs, and the yelk of one, and beat them up with a spoonful of

fine flour, and double the quantity of orange-flower water. On taking off the cream from the fire, mix in the egg by degrees, and then set the pan on again. Sweeten the cream to your taste, and when thick, pour it into basins.

A Trifle.

Whisk in a large bowl, the day before you make the trifle, a quart of good cream, six ounces of fine sifted sugar, a glass of white wine, the juice and fine grate of a lemon, and a few bits of cinnamon. Take off the froth as it rises with a sugar skimmer or silver fish trowel, and place it to drain over a bowl on a sieve reversed. Whisk till you have enough of the whip, allowing for what it will fall down. Next day place in a deep trifle dish six sponge cakes broken; or rice trifle cake cut down, and a dozen ratafia drop biscuits, and some sweet almonds blanched and split. Pour over them enough of white wine, or sweet wine, to moisten them completely; and add a seasoning of grated lemon peel, and a thin layer of raspberry or strawberry jam. Have ready a very rich and rather thick custard, and pour it over the trifle to the thickness of two inches. Heap the whip above this lightly and elegantly; and garnish with a few sprigs of light flowers of fine colours, or a few bits of very clear currant jelly stuck into the snow white whip, or a sprinkling of harlequin comfits.

Gooseberry or Apple Trifle.

Scald such a quantity of either of these fruits, as, when pulped through a sieve, will make a thick layer at the bottom of your dish; if of apples, mix the rind of half a lemon grated fine; and to both as much sugar as will be pleasant.

Mix half a pint of milk, half a pint of cream, and the yelk of one egg; give it a scald over the fire, and stir it all the time: don't let it boil; add a little sugar only, and let it grow cold. Lay it over the apples with a spoon; and then put on it a whip made the day before, as for other trifle.

Chantilly Cake, or Cake Trifle.

Bake a rice cake in a mould. When cold, cut it round about two inches from the edge with a sharp knife, taking

care not to perforate the bottom. Put in a thick custard, and some tea-spoonfuls of raspberry jam, and then put on a high whip.

Gooseberry Fool.

Put the fruit into a stone jar, and some good Lisbon sugar; set the jar on a stove, or in a sauce-pan of water over the fire; if the former, a large spoonful of water should be added to the fruit. When it is done enough to pulp, press it through a colander; have ready a sufficient quantity of new milk, and a tea-cup of raw cream, boiled together, or an egg instead of the latter, and left to be cold; then sweeten it pretty well with fine lisbon sugar, and mix the pulp by degrees with it.

Apple Fool.

Stew apples as directed for gooseberries, and then peel and pulp them. Prepare the milk, &c. and mix as before.

Orange Fool.

Mix the juice of three Seville oranges, three eggs well beaten, a pint of cream, a little nutmeg and cinnamon, and sweeten to your taste. Set the whole over a slow fire, and stir it till it becomes as thick as good melted butter, but it must not be boiled, then pour it into a dish for eating cold.

Imperial Cream.

Boil a quart of cream with the thin rind of a lemon, then stir it till nearly cold; have ready, in a dish or bowl that you are to serve in, the juice of three lemons strained with as much sugar as will sweeten the cream; which pour into the dish from a large tea-pot, holding it high, and moving it about to mix with the juice. It should be made at least six hours before it be served, and will be still better if a day.

Chocolate Cream.

Scrape into one quart of thick cream one ounce of the best chocolate, and a quarter of a pound of sugar; boil and mill it; when quite smooth, take it off, and leave it to be

cold; then add the whites of nine eggs. Whisk and take up the froth on sieves, as others are done; and serve the froth in glasses, to rise above some of the cream.

Codlin Cream.

Pare and core twenty good codlins; beat them in a mortar, with a pint of cream; strain it into a dish; and put sugar bread crumbs, and a glass of wine to it. Stir it well.

Blanc Mange.

Pick and boil two ounces of isinglass for a quarter of an hour in a quart of milk or sweet cream, with the thin rind of a small lemon; sugar to taste, and a blade of mace. Blanch, split, and pound six bitter almonds, and two dozen sweet ones with a little rose water, or plain water, to prevent their oiling, and stir the paste gradually into the hot milk. Strain through a fine lawn sieve or napkin into a basin, and let it settle for a good while that the sediment may fall. Pour it again clear off from the sediment, and fill the moulds. It is sometimes difficult to take out, and dipping the mould in hot water destroys the fine marble-like surface. Raise it from the edges with a fruit knife, and then use the fingers to get it out. Garnish with flowers, or slices of orange peel neatly marked.

Flummery.

Put three large handfuls of very small white oatmeal to steep a day and night in cold water; then pour it off clear, and add as much more water, and let it stand the same time. Strain it through a fine hair sieve, and boil it till it be as thick as hasty pudding; stirring it well all the time. When first strained, put to it one large spoonful of white sugar, and two of orange-flower water. Pour it into shallow dishes; and serve to eat with wine, cider, milk, or cream and sugar. It is very good.

Dutch Flummery.

Boil two ounces of isinglass in three half pints of water very gently half an hour; add a pint of white wine, the juice

of three, and the thin rind of one lemon, and rub a few lumps of sugar on another lemon to obtain the essence, and with them add as much more sugar as shall make it sweet enough; and having beaten the yelks of seven eggs, give them and the above, when mixed, one scald; stir all the time, and pour it into a basin; stir it till half cold; then let it settle, and put it into a melon shape.

Rice Flummery.

Boil with a pint of new milk, a bit of lemon-peel, and cinnamon; mix with a little cold milk as much rice flour as will make the whole of a good consistence; sweeten, and add a spoonful of peach-water, or a bitter almond beaten; boil it, observing it don't burn; pour it into a shape or pint basin, taking out the spice. When cold, turn the flummery into a dish, and serve with cream, milk, or custard, round; or put a tea-cupful of cream into half a pint of new milk, a glass of white wine, half a lemon squeezed, and sugar.

Somersetshire Firmity.

To a quart of ready boiled wheat, put by degrees two quarts of new milk, breaking the jelly, and then four ounces of currants picked clean, and washed; stir them, and boil till they are done. Beat the yelks of three eggs, and a little nutmeg, with two or three spoonfuls of milk; add this to the wheat; stir them together while over the fire; then sweeten, and serve cold in a deep dish. Some persons like it best warm.

Oatmeal Flummery.

Put finely ground oatmeal to steep in water for three days. Pour off the thin of the first water, and add as much more. Stir up, strain, and boil this with a little salt till of the thickness wanted, adding water at first if it be in danger of getting too stiff. A piece of butter is an improvement, and a little white sugar. Serve in a basin with milk, wine, cider, or cream.

Observation.—This, if allowed to become sour, is neither more nor less than Scotch sowens.

Floating Island.

Mix three half pints of thin cream with a quarter of a pint of raisin wine, a little lemon-juice, orange-flower water, and sugar: put into a dish for the middle of the table, and put on the cream a froth, which may be made of raspberry or currant jelly.

Another way.—Scald a codlin before it be ripe, or any sharp apple; pulp it through a sieve. Beat the whites of two eggs with sugar, and a spoonful of orange-flower water; mix in by degrees the pulp, and beat all together until you have a large quantity of froth; serve it on a raspberry cream; or you may colour the froth with beet-root, raspberry, currant jelly, and set it on a white cream, having given it the flavour of lemon, sugar, and wine, as above; or put the froth on a custard.

Syllabubs.

For a common syllabub, put a pint of cider and a bottle of strong beer into a bowl, grate thereto a nutmeg, and sweeten it to your palate. Then milk from the cow as much as will make a strong froth. Let it stand an hour, and then put some clean currants that have been simmered over the fire.

For a richer sort, put a bottle of port, a pint of madeira, sherry, or old mountain, with half a pint of brandy, into a bowl, add some grated nutmeg and lump sugar, then milk in two quarts, and put in more nutmeg. Sometimes syllabubs are made with red wine alone. Another way is, to milk into a bowl over a quart of cider, double the quantity of milk, adding thereto a large glass of brandy, with sugar and nutmeg. If a cow is not near, some warm milk poured out of a tea-pot from a considerable height will be a good substitute.

In the western countries, they make their syllabubs thus:—Put a pint of red port and as much white wine into a bowl, with sugar, and then milk it nearly full, after which, it is covered with scalded cream, some grated nutmeg, pounded mace, and cinnamon.

Whipped Syllabubs.

Take a pint of good cream, not thick; put it in a deep earthen pot with a small piece of lemon peel and a blade or two of mace; let it stand an hour or two, then put in two ounces of double refined sugar, and two table-spoonfuls of sherry or other white wine. Then work it well with a chocolate mill, and as the froth rises take it off with a spoon; put it into a colander to drop, then have your glasses ready with a little wine sugared at the bottom of each. In some put white wine, in some claret, in some sack; then take up the froth with a spoon and fill the glasses as high as it will stand.

Another way.—Take a quart of cream, a pint of white wine, the juice of a lemon, and one Seville or two China oranges, with a large glass or two of brandy, a gill of orange-flower water, and pounded sugar. Whip it up well, and as the froth rises take it off, and lay it on the back of a sieve to drain. If it does not rise well, add the whites of two eggs. When done enough, put a little of the liquor into glasses, grate thereon some nutmeg, and fill them up with froth. It may be coloured with cochineal, or by using red instead of white wine.

For an everlasting whipped syllabub, take a quart of cream, half a pint of old hock, as much sack, three lemons, and one pound of double refined sugar. Beat the last, and sift it over the cream, then pare the yellow rind from the lemons, and the rind of a Seville orange, or preserved essence; add this to the rest, and squeeze in the juice of the lemons into the wine, with a little orange-flower water. Having mixed the whole well, whip it for half an hour with a whisk, and then fill up the glasses. It will keep for a fortnight.

Spanish Syllabub.

To two quarts of new milk, put a quarter of a pint of blanched almonds well beaten, a glass of lemon juice, half a one of rose water, as much of the juice of strawberries or raspberries, a pint of white wine, and one pound of powdered

lump sugar Mix the whole well, and whip it up till it froths.

Lemon Syllabubs.

Take a quarter of a pound of lump sugar, and rub it on two lemons, till all the essence is extracted. Then put the sugar into a pint of cream, and as much white wine. Squeeze to this the juice of both the lemons, and let it stand two hours. Then mill it with a chocolate mill to raise the froth, which must be taken off with a spoon as fast as it rises. Lay it on a hair sieve to drain, and then fill the glasses with the remainder, putting the froth over all. Let them stand during the night, and they will be fit for use.

London Syllabub.

Put a pint and a half of Port or white wine into a bowl, nutmeg grated, and a good deal of sugar, then milk into it near two quarts of milk, frothed up. If the wine be not rather sharp, it will require more for this quantity of milk.

In Devonshire, clouted cream is put on the top, and pounded cinnamon and sugar.

Staffordshire Syllabub.

Put a pint of cider, and a glass of brandy, sugar, and nut meg, into a bowl, and milk into it; or pour warm milk from a large tea-pot some height into it.

A very fine Somersetshire Syllabub.

In a large China bowl put a pint of Port, and a pint of sherry, or other white wine; sugar to taste. Milk the bowl full. In twenty minutes time cover it pretty high with clouted cream; grate over it nutmeg, put pounded cinnamon and nonpareil comfits.

Devonshire Junket

Put warm milk into a bowl; turn it with rennet; then put some scalded cream, sugar, and cinnamon, on the top, without breaking the curd.

Everlasting, or Solid, Syllabub.

Mix a quart of thick raw cream, one pound of refined sugar, a pint and a half of fine raisin wine, in a deep pan; put to it the grated peel and the juice of three lemons. Beat or whisk it one way half an hour; then put it on a sieve with a bit of thin muslin laid smooth in the shallow end till next day. Put it in glasses. It will keep good in a cool place ten days.

Lemon Honeycomb.

Sweeten the juice of a lemon to your taste, and put it in the dish that you serve it in. Mix the white of an egg that is beaten with a pint of rich cream, and a little sugar; whisk it, and as the froth rises put it on the lemon-juice. Do it the day before it is to be used.

A Hedgehog.

Beat two pounds of blanched almonds in a mortar, with some white wine, and a little orange-flower water. Work the whole into a paste, and beat in the yelks of twelve and the whites of seven eggs. Put to it a pint of cream, with some sugar, and set it over a clear fire. Keep it constantly stirring till thick enough to take a shape. Then stick it full of blanched almonds, so as to have the appearance of bristles. Beat up into a pint of cream the yelks of four eggs, and sweeten it to your palate. Stir the whole over a slow fire, and when hot, pour it into the dish, and let it stand till cold.

Milk Punch.

Infuse the rind of fifteen lemons in one pint of brandy forty-eight hours. The juice of three lemons, three quarts of water, two pounds of lump sugar, three quarts more of brandy. Then take three pints of milk and one nutmeg grated. Make the milk scalding hot, and pour it to the above ingredients; let it stand twelve hours, then strain it through a flannel bag, till it is fine. In doing this, be careful not to move the curd. When fine, bottle it.

3. ICES.

General Directions for Iceing.

Get a few pounds of ice, break it almost to powder, throw a large handful and a half of salt among it. You must prepare it in a part of the house where as little of the warm air comes as you can possibly contrive. The ice and salt being in a bucket, put your cream into an ice-pot, and cover it; immerse it in the ice, and draw that round the pot, so as to touch every possible part. In a few minutes put a spatula or spoon in, and stir it well, removing the parts that ice round the edges to the centre. If the ice cream, or water, be in a form, shut the bottom close, and move the whole in the ice, as you cannot use a spoon to that without danger of waste. There should be holes in the bucket, to let off the ice as it thaws.

N. B. When any fluid tends towards cold, the moving it quickly accelerates the cold; and likewise, when any fluid is tending to heat, stirring it will facilitate its boiling.

Colourings to stain Jellies, Ices, or Cakes.

For a beautiful *red*, boil fifteen grains of cochineal in the finest powder, with a dram and a half of cream of tartar, in half a pint of water, very slowly, half an hour. Add in boiling a bit of alum the size of a pea. Or use beet-root sliced, and some liquor poured over it.

For *white*, use almonds finely powdered, with a little drop of water; or use cream.

For *yellow*, yelks of eggs, or a bit of saffron steeped in the liquor and squeezed.

For *green*, pound spinach leaves or beet-leaves, express the juice, and boil in a tea-cup within a saucepan of water to take off the rawness.

Ice Waters.

Rub some fine sugar on lemon or orange to give the colour and flavour, then squeeze the juice of either on its respective

peel; add water and sugar to make a fine sherbet, and strain it before it be put into the ice-pot. If orange, the greater proportion should be of the China juice, and only a little of Seville, and a small bit of the peel grated by the sugar.

Currant or Raspberry Water Ice.

The juice of these, or any other sort of fruit, being gained by squeezing, sweetened and mixed with water, will be ready for iceing.

Ice Creams.

Mix the juice of the fruits with as much sugar as will be wanted, before you add cream, which should be of a middling richness.

Brown Bread Ice.

Grate as fine as possible stale brown bread, soak a small proportion in cream two or three hours, sweeten and ice it.

To avoid needless repetition, the reader is referred to the directions for various kinds of creams which are to be exactly followed only with the addition of iceing.

4. FRUITS PREPARED FOR PRESENT USE.

Raspberry Pastilla, a Russian Dish.

Put some raspberries into an earthen pan, and set it in moderately heated oven all night. Next day mash the fruit, press it through a sieve, add thereto about one-fourth of its weight of honey, and set it in the oven for another night.

Apple Pastilla.

Bake some codlins or other sharp apples, pulp them through a sieve into a pan, and beat them with a wooden spoon four hours, then add as much honey as will sweeten it, and continue beating for the same length of time. Pour a thin layer of

the mixture on a cloth spread over a tray, and bake it in a slow oven, with pieces of wood placed underneath. When done, turn it, place thereon a fresh layer, and proceed with it in the same manner till the whole is baked.

Another way is, to peel and core the apples after baking them, then mixing sugar with them, and beating up the whole till it froths, after which, put it into trays, and bake it two hours. Then put on another layer of apple and sugar, and so on till all is done. Sometimes yelks of eggs are beaten up to a froth, and mixed with the fruit.

Frosted Codlins and Cream.

Boil slowly some codlins in spring water, with a bit of roche alum; when a little more than half done, peel off the skin, rub them over with oiled butter, and sift on them plenty of fine sugar. Lay them on a tin, and set it in a slow oven till the sugar has a frosty appearance, when they will be ready to be served with cream.

To scald Codlins.

Wrap each codlin in a vine leaf, and then put the whole into a saucepan close together, after which, cover them with cold water, and set them over a gentle fire to simmer slowly When nearly done, take off the skin, and place the codlins in a dish, with milk, cream, or custard, and fine sugar.

Stewed Golden Pippins.

Core them, pare them thin, and throw them into water For every pound of fruit, make a syrup with half a pound of refined sugar and a pint of water. Skim it well, and put in the pippins to stew till clear, then grate some lemon peel over them, and serve them in the syrup.

Stewed Pears.

Pare and quarter some pears according to the size, take off the skin, and throw them into water; then pack them close in a tin stew-pan, sprinkling over them a quantity of sugar, with the addition of lemon peel, one or two cloves, and all-spice

broken, cover them with water, and put in some red wine. Cover them close, and stew them three or four hours. When tender, take them out, and pour off the liquor.

Baked Pears.

Wipe the fruit without paring them, lay them on tin plates, and put them into a slow oven. When soft enough, flatten them with a silver spoon. After they are thoroughly baked, put them into a dish. It is best, however, to return them to the oven again two or three times before sending them to table.

Black Caps.

Divide some baking or boiling apples in halves, pare them, and clear out the cores. Next pound together some cloves, with lump sugar and grated lemon peel, and fill up the space which the cores occupied with this mixture. Lay each half with the flat side downwards in a baking dish, add some water, in which cinnamon and sugar have been boiled, set them in a moderate oven, but let them not bake too much. When done, serve them up cold, with the liquor poured over them, and carraway seeds separately. Sometimes they are dressed in a stewpan closely covered, over a slow fire, and the tops afterwards blackened with a salamander.

A dish of Snow, or Snow Cream.

Stew and pulp a dozen of apples; beat, and when cold stir this into the whites of a dozen eggs whisked to a strong froth; add half a pound of sugar sifted, and the grate of a lemon. Whisk the whole together till it becomes stiff, and heap it handsomely on a glass dish.

Dried Apples.

Put them in a cool oven six or seven times, on clean straw, and flatten them by degrees, and gently, when soft enough to bear it. If the oven be too hot they will waste; and at first it should be very cool.

The biffin, the minshul crab, or any tart apples, are the sorts for drying, and the large baking pear. Most fancy-

bread-bakers take in fruit to do, at three half-pence or two-pence per dozen, which answers better than doing them at home.

FRUITS PRESERVED FOR WINTER USE.

General remarks.

Great care must be taken to gather the fruit in a dry day, otherwise it will never keep. Fruit should also be carefully stripped, whether for jelly or wine; it is a nasty and pernicious way to squeeze the stalks and all. The sugars used for preserves ought to be of good quality, and a sufficient quantity. Preserves are at best expensive things, and it is bad economy to hazard spoiling and wasting the whole for the saving a pound or two of sugar, or a penny or two-pence a pound in the price. If expense is really an object, it woul be better to make but a small quantity and do it well. The vessels used for preserving fruits should be kept for such purposes alone, as the least particle of grease entirely spoils them; many other things, not greasy, would so act upon the metal as to cause it to discolour the fruit. Well tinned copper preserving pans, or brass skillets, if kept perfectly bright, are the most durable and secure against burning; or a double block tin vessel answers extremely well, or one of iron very thickly tinned; but if the tin be at all worn off, they will b sure to discolour the fruits. For stirring them a proper preserving ladle is generally used, or a long spoon, either silv or wooden, but on no account iron. The most convenien vessels for keeping preserves are small earthenware or ston jars, which should be scalded a few hours before using an carefully dried: in filling the jars, great care should be taken not to smear or spill on the edges of the jars, as that often occasions mould to gather; to prevent it, it is better to fill the jars from a spouted jug or butter-boat. The jars may be filled within less than half an inch of the top, as the jelly

shrinks in cooling. When perfectly cold, a little brandy may be poured over each, just enough to cover the surface; if a little sugar be sifted above this, it will be an additional security, but is not absolutely necessary. The jars should then be securely tied down with double paper, written upon, and put in a safe place. Some people lay close to the jelly paper steeped in brandy or salad oil, but the brandy poured at top will be found to answer better.

It is desirable to have jars of different sizes, generally preferring small to large, especially for black and red current jelly, of which a very small quantity is often wanted for the purpose of administering a powder, pill, or other medicine; and when a jar has been once opened, the preserve is apt to injure. For this reason it is very convenient to fill a few of the very smallest sized gallipots which hold little more than a spoonful, yet quite as much as is required for such a purpose. To preserve stone fruit, melted mutton suet is often used, which certainly is a very efficacious method of excluding the air, but both unpleasant and extravagant. The purpose may generally be answered as well by tying down the jars very securely with bladder and leather, provided proper attention be paid to having both the jars and bladders *perfectly clean* and *free from damp*.

As to the place most suitable for keeping preserves, a high shelf in a store-room is to be preferred before shutting them up in a closet, unless it be very large and airy, as in a close place all preserves are liable to ferment. It is equally necessary to observe that the place is free from damp, and that the jars do not touch the wall. All preserves should be looked at within a month after making: if any mouldiness have gathered on them, it must be ascertained whether it arises from damp in the situation; if so, they must be carefully cleaned, tied down with fresh papers, and put in a dry place. If otherwise, they must be boiled down again until the jelly is firm, and more sugar added if required; but this trouble generally arises from neglect in the first instance, and is much better avoided than remedied. A great deal depends on the manner of boiling, which should always be a brisk simmer, never a galloping boil, by either of which errors the colour

and flavour are greatly injured, and the keeping prevented. Jelly may be made without boiling at all by merely stirring the sugar, finely sifted and beaten into the juice of the fruit; but this never looks clear, it has also a harsh crude taste, and will not keep long.

In boiling jelly it is not necessary to begin skimming as soon as the scum rises, by which a large quantity would be wasted. Every good purpose is answered by carefully removing every particle of scum just before the article is done enough.

The different degrees of boiling sugar constitute the chief art of the confectioner, and in two or three minutes a syrup will pass from one degree of boiling to another, of which persons only in the habit of doing things in a plain way for family use are not aware, and by which the result may be very different from what they intended. The following is as intelligible a scale of preparing sugars as any we have met with, it extends from a simple clarified syrup to a caramel

To Clarify Sugar.

To every pound of broken sugar take a quarter pint of water, and the half of the white of an egg beat up. Stir this up till the sugar dissolve, and when it boils, and the scum rises strong and thick, pour in another quarter pint of water to each pound. Let it boil, edging the pan forward till all the scum is thrown up. Set it on the hearth, and when it has settled take off the scum, and lay it on a reversed hair sieve over a dish, that the syrup may run from it. Return the syrup into the pan, and boil and skim it once more.

Candied Sugar, first Degree.

Boil clarified sugar till it rises in the pan like clusters of pearls; or try between the finger and thumb if it have tenuity enough to draw out into a thread.

Blown Sugar, second Degree.

Boil candied sugar till on dipping the skimmer into the syrup, and blowing through the holes of it, the sugar forms into bubbles.

Feathered Height, third Degree.

Boil sugar of the second degree for some time longer, and dip the skimmer in the pan. Shake off the sugar, and give the skimmer a sudden toss, when if enough done the sugar will fly off like snow flakes.

Crackling Sugar, fourth Degree.

Boil feathered sugar till on dipping a stick into the pan, and putting it afterwards in cold water, the sugar will immediately become hard.

Caramel Sugar.

Boil crackling sugar till on dipping a stick into it, and then into cold water, it hardens and snaps like glass.

Observations.—This last makes a very elegant cover for sweatmeats, when prepared thus:—Set the pan with the caramel sugar instantly into a vessel of cold water. Have the moulds oiled with almond oil, and with a fork or spoon spread fine threads of sugar over them in form of net-work or chain-work.

For preserving some kinds of fruits, the sugars are thus prepared, and we shall give some recipes on that plan, but for plain family use should recommend in preference the simple mixture of fruit, or juice and sugar.

When sweetmeats are directed to be dried in the sun or in a stove, it will be best in private families, where there is not a regular stove for the purpose, to put them in the sun on flag stones, which reflect the heat, and place a garden glass over them to keep insects off; or if put in an oven, to take care not to let it be too warm, and watch that they do properly and slowly.

Currant Jelly either Red or Black.

Carefully strip the fruit, and scald it in an earthen jar, in an oven, or on the hot hearth, or in a vessel dropped within a saucepan of boiling water;* bruise the fruit, and when the

* For this purpose a very convenient vessel may be made of tin to drop within a boiler belonging to a Yorkshire grate; provided the boiler opens at top.

juice runs freely, strain it off, and measure it into a stone or china vessel, then add in large lumps, the weight of 1lb. of loaf sugar to each pint of juice. When nearly dissolved, put the whole in a preserving pan, and simmer over a clear fire, brisk but not flaming. When it has boiled some time, carefully remove all scum, and when it has boiled above half an hour, try it by putting a little on a plate; as soon as it will jelly stiffly on the plate it is done, and may be poured into small pots or glasses; for securing it, proceed as directed under general remarks.

Another way.—Take one pound of double refined sugar, put it into a skillet with water enough just to moisten it; boil it up and clarify with the white of an egg, skim it clean, then put in the juice of one quart of currants and boil it till you think it will jelly; then strain through a muslin bag into glasses.

Another way.—Let the fruit be good of its kind, fully ripe, and gathered on and after a dry day. Strip off the stalks; weigh it, and clarify and boil to the second degree an equal weight of refined sugar. Put the fruit to this in the preserving-pan. Skim and boil for fifteen minutes. Skim again, and run the jelly through a hair sieve, pot it, and when cold paper it up.

Observations.—A small proportion of raspberries will greatly improve the flavour of the jelly. It may be made paler by the mixture of a fourth or third part of white currants; or white raspberries may be used.

White Currant Jelly.

Make as above, or squeeze the fruit and strain the juice. Use only a silver skimmer and the finest sugar, and boil only five minutes, as the delicate colour of this sweetmeat is very easily injured. Run it twice through a jelly bag if necessary.

Black Currant Jelly.

Pick the fruit and scald it in a jar set in boiling water. Add a little water to it, and squeeze the hot fruit through a

sieve. To every pint of the juice allow a pound of sugar and a little water, and boil and skim for twenty minutes.

Another way.—Clarify the sugar, and put the fruit to it. Let it boil for twenty minutes; run off some of the jelly through a sieve, and keep the rest as jam for common tarts, &c.

Goosberry and Cranberry Jellies.

Clarify an equal weight of sugar with that of the fruit. Boil the fruit for twenty minutes, and run the jelly through a sieve, allowing a little to remain to make a coarse jam, which may be seasoned with spices and used for dumplings and pies.

To make a Jelly of Goosberries.

Let them be the right chrystal sort,* dead ripe, pulp them through a coarse hair sieve, keeping back all the seeds and hulls; then put the pulp into a preserving pan or skillet with almost the weight of double refined sugar; boil it together over a clear fire keeping it stirred till it is pretty thick and will jelly; then put it into glasses without farther straining.

Jelly of Raspberries.

Take the juice of one quart of currants and one pint of raspberries, put it in a skillet with one pound of double refined sugar, boil till it will jelly, keeping it well skimmed, then pour into glasses.

To Pickle Barberries.

Gather them when full ripe and put them into a strong brine of water and salt; pour melted mutton fat over them and tie them down. Some people, after steeping them a few days, remove the brine and put strong vinegar, in which sugar has been boiled, one pound to one pint: put it on cold, then pour the fat and tie down.

* Or as they are now commonly called *ironmongers*, a small, hairy gooseberry very dark coloured when ripe.

Jelly of Pippins.

Pare and quarter one dozen of large pippins and put them into a skillet with what water will just cover them, boil them till they are very tender, then strain off the liquor, which ought not to exceed a pint; add to it one pound of double-refined sugar and the juice of two lemons, and boil it till you think it will jelly, simmering the whole time; then strain it through a muslin bag into glasses.

To preserve ripe Gooseberries, either green or red.

Cut them down one side and take out the seeds, then make a syrup as you think will cover them, and pour to them three or four times once every day, then put them in glasses, and boil the syrup to a convenient thickness and pour to them.

To preserve Currants or Barberries in Bunches.

Let them be gathered when dry, and pick out all the seeds with a pin, then put them in warm syrup and finish as the gooseberries.

To preserve Raspberries whole.

Take the juice of half a pint of raspberries, put it in a preserving pan with half a pound of double-refined sugar, set over a clear fire and let it just boil up, then set it by till the rash heat is off; then add a pint and a half of the largest raspberries, carefully picked, and not over ripe. Strew over a quarter of a pound of double-refined sugar, sifted, and set them by till next day: then warm them up and set them away again. The day following boil them up, and put them in glasses; then boil the syrup to a proper thickness.

Raspberry Jam.

Weigh equal quantities of fruit and sugar; put the former into a preserving pan, boil and break it, stir constantly, and let it boil very quickly. When most of the juice is wasted, add the sugar, and simmer half an hour.

This way the jam is greatly superior in colour and flavour to that which is made by putting the sugar in at first.

Another way.—Take four parts picked raspberries and one of red currant juice, with equal weight of sugar. Put on half the sugar with a little water. Skim this and add the fruit. Boil for fifteen minutes, add the other half of the sugar, and boil for another five minutes, and when cold pot the jam. This and all other jams may be made with less sugar, if they are longer boiled; but both colour and quality will suffer in the process.

Strawberry Jam.

Gather fine scarlet strawberries quite ripe. Bruise them, and put about a sixth part of red currant juice to them. Take nearly an equal weight of sugar sifted, and strew it over them in the preserving pan; boil for fifteen minutes; pot, and cover with brandy papers when cold.

Gooseberry and Black Currant Jam.

Take equal weight of pounded lump sugar and picked fruit. Strew the sugar over the fruit in the preserving pan, and put a little water into it. Boil and skim. Lift a little of the juice and fruit when the fruit has boiled for about twelve minutes, and set it to cool on a plate. If the juice runs off the jam must be boiled longer. If it jellies, it is enough.

Gooseberry Jam for Tarts.

Put twelve pounds of the red hairy gooseberries, when ripe and gathered in dry weather, into a preserving pan, with a pint of currant juice, drawn as for jelly; let them boil pretty quick, and beat them with the spoon; when they begin to break, put to them six pounds of pure white Lisbon sugar, and simmer slowly to a jam. It requires long boiling, or will not keep; but is an excellent and reasonable thing for tarts or puffs. Look at it in two or three days, and if the syrup and fruit separate, the whole must be boiled longer. Be careful it does not burn to the bottom.

White Gooseberry Jam.

Gather the finest white gooseberries, or green if you choose, when just ripe; top and tail them. To each pound put three quarters of a pound of fine sugar, and half a pint of water. Boil and clarify the sugar in the water as directed in page 501; then add the fruit; simmer gently till clear, then break it, and in a few minutes put the jam into small pots.

To preserve Green Apricots.

Take them when they are about the size of a large nutmeg, and put them into a skillet of cold water, with a handful of vine leaves under them, and another above them; put in a small knob of alum and cover them close down; set them over a very gentle fire, just to keep hot till they are done white. You may know by this rule,—when they are first hot they will look yellow, and when they are done they will turn green again; then take their weight in double-refined sugar, and finish them the same as you do your gooseberries.

To preserve ripe Apricots.

Peel them very thin, split and stone, and as you do each put it into a basin or dish, sprinkle over a little double-refined sugar; when all are done, strew them with their weight in sugar, let them stand by for 10 or 12 hours; then set them over a very gentle fire, and boil them softly till they are tender and clear; then put them in glasses; pour the syrup to them, and tie them down.

To make Jam or Marmalade of Apricots.

Take the apricots when ripe, pare them as thin as possible, cut them in thin slices, and put into a preserving pan or skillet, with half the weight in double refined sugar, and simmer it together, keeping it stirred till it will cleave from the bottom; then put it in glasses.

Marmalade of Quinces or Pippins.

First peel and boil them tender; then scrape off all the

pulp from the core, and pass it into a skillet, with its weight in fine sugar, and boil till it will cleave from the bottom; then, put in a little cochineal, beaten fine, and let it boil some time longer, till you see it of a good red: then put it up for use

To preserve Lemons or Oranges.

If the latter they must be of the right Seville kind. Of either, choose the thickest rind you can get; pare them as thin as possible, then put them in water and let them remain in it two days; then boil them, in a great deal of water, very tender; then take out the meat, and put it in a deep pan or basin; pour to them as much syrup as will cover them, or rather more, and heat them up scalding hot three or four times, once every day; then put them in glasses, and boil up the syrup to pour over them.

Another way.—Take some of the largest Seville oranges or lemons, scrape them with a piece of broken glass, put them in soft water for ten days, changing the water daily, boil them till tender, then put them in cold water; let them stand till the next day. Make a syrup in the following manner:—allow for each pound of oranges two pounds of loaf sugar, and half a pint of water to each pound; make a small hole in the top of the oranges and put them in, first clarifying the syrup; boil them half an hour, let them stand four days, take them out, and boil the syrup till thick; put in the oranges and boil an hour, let them remain four days; if it continue thick they may be put into pots and tied down; if thin, must be boiled again.

To preserve Cherries.

For this purpose choose the finest Morello cherries. You may either stone them or leave them whole, cutting the stalk half way, but, at all events, as much as possible avoid bruising the fruit; then take one pint of the juice of currants and one pound and a half of double-refined sugar; boil the juice and sugar together a little time, and skim it clean; then put in as many cherries as the syrup will cover, and heat them

up scalding hot three or four times; then put them in glasses; boil the syrup sufficiently, and pour it to them.

To preserve Damsons for Tarts.

Put them into an earthen jar and set them in a slack oven till they begin to crack, then take out the pot, and to every quart allow half a pound of sugar; lay the sugar all over them, and before it is dissolved pour over the top a cake of melted mutton fat, and tie them down.

To preserve Damsons or Plumbs for Sweetmeats.

Take the largest damsons you can get, (or green-gages, Orleans, or apricot plums,) and with a penknife, cut down the outer skin on one side; then take their weight in double-refined sugar; put it into a preserving pan, with water sufficient to wet it; boil it up, and clarify with the white of an egg and skim it clean off; then set by the syrup till lukewarm, when the fruit is to be added, and make the whole scalding hot. This process is to be repeated three or four times, at a day's interval; then let them boil up; put the fruit into glasses; continue to boil the syrup till it is a of a proper thickness, and pour over. Let them be tied down very securely with bladders, or stopped with corks and waxed.

Italian Cheese.

Squeeze into a jar four lemons, add the rind of two grated, half a pound of fine sugar, four spoonfulls of white wine and two of brandy, and a quart and half a pint of cream; whip all together with a whisk till very thick; then put in a cloth, first wet with spring water; lay it in a small sieve to drain twenty-four hours; turn it out, and garnish with citron or orange peel, or any other garnish that you may fancy.

Quince Marmalade.

Pare and quarter quinces, weigh an equal quantity of sugar. To four pounds of the latter put a quart of water; boil and skim, and have ready, against four pounds of quinces are tolerably tender by the following mode:—lay them in a

stone jar, with a tea cup of water at the bottom, and pack them with a little sugar strewed between; cover the jar close and set it on a stove or cool oven, and let them soften till the colour becomes red; then pour the fruit-syrup and a quart of quince-juice into the preserving pan, and boil all together till the marmalade be completed, breaking the lumps of fruit with the preserving ladle.

This fruit is so hard that if it is not done as above it requires a great deal of time.

Apricot and Plum Jam.

Stone and skin the fruit. Scald them in a little water in an earthenware or stone vessel. Rub them through a coarse sieve, or mash them in a bowl. Take equal weights of pulp and pounded loaf sugar, and boil the jam for fifteen minutes in a preserving pan, stirring and skimming it. The bruised kernels of the fruit, or a few bitter almonds blanched and bruised, may be put in to flavour the jam. Peach, Nectarine, and Quince jam, for puddings and tarts, may be made in the same manner.

Observations.—Jams should be quickly boiled to retain a good colour. Care must be taken that the thicker sorts do not stick to the pan.

Scotch Orange Chip Marmalade.

Take an equal weight of fine loaf sugar and Seville oranges. Wipe and grate the oranges, but not too much. [The grate boiled up with sugar will make an excellent conserve for rice, custard, or batter puddings.] Cut the oranges the long way, and squeeze out the juice through a small sieve. Scrape off the pulp from the inner skins, and pick out the seeds. Boil the skins till perfectly tender, changing the water to take off part of the bitter. When cool scrape the coarse white thready part from the skins, and cut them into chips. Clarify the sugar, and put the chips, pulp, and juice to it. Add, when boiled for ten minutes, the juice and grate of two lemons to every dozen of oranges. Skim and boil for twenty minutes.

There are various other ways of making this marmalade. The half of the boiled skins may be pounded before they are mixed; and if the chips look too numerous, part of them may be withheld. The orange grate, if a strong flavour is wanted, may either be used in substance, or infused, and the tincture strained and added to the marmalade when boiling. Where marmalade is made in large quantities for exportation, the various articles are prepared and put at once into a thin syrup, and boiled for from four to six hours. Orange marmalade may be thinned with apple jelly.

Smooth Orange Marmalade.

This is made as above, only the skins, instead of being cut into chips, must be pounded in a mortar, and gradually mixed with the syrup,—withholding a part, if the marmalade be in danger of becoming too thick.

Transparent Orange Marmalade.

Use the juice and pulp of the fruit only. Wash the latter in a very little water, and strain it to the juice. Take a pound or rather more of refined sugar to the pint of juice, and boil it to the 2d degree. Put the juice to it, and boil and skim well for twelve minutes.

Lemon marmalade may be made in the same manner.

Black Butter, a cheap preserve.

Pick currants, gooseberries, strawberries, or whatever fruit you have; and to every two pounds of fruit put one of sugar, and boil till a good deal reduced.

Cheap Method of Preserving Fruit for Puddings.

Pare apples, pears, plums; or pick whatever sort of fruit you have, and place it in a stone jar, with as much Lisbon or brown sugar as will sweeten it. Bake in a cool oven till done. It will eat with rice or with bread, make pasties, &c.

To Preserve Fruit without Sugar for Pies, Puddings, &c.

Gather Morello cherries, green gages, currants in bunches, green gooseberries, &c. not over ripe; and pick them as soon,

and as gently as possible. All bruised ones must be laid aside. Drop them softly into wide mouthed short necked glass bottles, and shake the bottles that the fruit may lie compactly. Stop the bottles with good corks, and set them in a slow oven till the fruit begins to shrivel. Take them out, and in a little while make the corks firm, dip them in bottle rosin, and keep till wanted.

To Preserve Cherries.

Pick fine ripe Morello cherries on a dry day. Cut the stalks about half way off, and take care not to bruise the fruit; then put them into a jar or bottle. When it is full scatter a little lump sugar over the top, and pour in a little brandy and tie them down close. These will eat like fresh cherries, and keep their colour and taste for a year.

Black Currant Lozenges.

Gather the currants when full ripe and dry; pick them and put in a jar stopped close; set the jar in a saucepan of water to simmer gently until the juice separates; then press them quite dry, and add to three quarts of juice one ounce of cream of tartar, half a pound of fine sugar, and one ounce of gum arabic. Boil it to the consistence of damson cheese, then pour it out in dishes the thickness of the lozenge, and put them in the sun or before the fire to dry. When they begin to harden, turn them and when they become dry, cut them in squares, and put them in writing paper; shake a little magnesia on the papers, to keep them from sticking, and keep them in a dry place. The gum must be beaten fine, and gradually mixed with a small quantity of the boiling juice, otherwise it is very difficult to dissolve.

To Preserve Greengages.

Choose the largest, when they begin to soften; split them without paring, and strew a part of the sugar of which you should have previously weighed an equal quantity. Blanch the kernels with a small sharp knife. Next day, pour the syrup from the fruit, and boil it with the other sugar, six or eight minutes, very gently; skim and add the plums and kernels. Simmer

till clear, taking off any scum that rises: put the fruit singly into small pots, and pour the syrup and kernels to it. If you would candy it, do not add the syrup, but observe the directions that will be given for candying fruit; some may be done each way.

Damson Cheese.

Bake or boil the fruit in a stone jar in a saucepan of water, or on a hot hearth. Pour off some of the juice, and to every two pounds of fruit weigh half a pound of sugar. Set the fruit over a fire in the pan, let it boil quickly till it begin to look dry; take out the stones, and add the sugar, stir it well in, and simmer two hours slowly, then boil it quickly half an hour, till the sides of the pan candy; pour the jam then into potting-pans or dishes about an inch thick, so that it may cut firm. If the skins be disliked, then the juice is not to be taken out; but after the first process, the fruit is to be pulped through a very coarse sieve with the juice, and managed as above. The stones are to be cracked, or some of them, and the kernels boiled in the jam. All the juice may be left in, and boiled to evaporate, but don't add the sugar until it has done so. The above looks well in shapes.

Muscle-plum Cheese.

Weigh six pounds of the fruit, bake it in a stone jar, remove the stones, and take out the kernels to put in. Pour half the juice on two pounds and a half of good Lisbon; when melted and simmered a few minutes, skim it, and add the fruit. Keep it doing very gently till the juice is much evaporated, taking care to stir it constantly, lest it burn. Pour it into small moulds, patty-pans, or saucers. The remaining juice may serve to colour cream, or be added to a pie.

Biscuits of Fruit.

To the pulp of any scalded fruit put an equal weight of sugar sifted, beat it two hours, then put it into little white

paper forms, dry in a cool oven, turn the next day, and in two or three days box them.

Lemon Drops.

Grate three large lemons, with a large piece of double-refined sugar; then scrape the sugar into a plate, add half a tea-spoonful of flour, mix well, and beat it into a light paste with the white of an egg. Drop it upon white paper, and put them into a moderate oven on a tin plate.

Barberry Drops.

The black tops must be cut of; then roast the fruit before the fire, till soft enough to pulp with a silver spoon through a sieve into a china basin; then set the basin in a saucepan of water, the top of which will just fit it, or on a hot hearth, and stir it till it grows thick. When cold, put to every pint a pound and a half of sugar, the finest double-refined, pounded and sifted through a lawn sieve, which must be covered with a fine linen, to prevent its wasting while sifting. Beat the sugar and juice together three hours and a half in a large quantity, but two and a half for less; then drop it on sheets of white thick paper, the size of the drops sold in the shops.

Some fruit is not so sour, and then less sugar is necessary.

To know if there be enough, mix till well incorporated, and then drop; if it run, there is not enough sugar, and if there is too much it will be rough. A dry room will suffice to dry them. No metal must touch the juice but the point of a silver knife, just to take the drop off the end of the wooden spoon, and then as little as possible.

TO PRESERVE FRUIT FOR TARTS OR DESSERTS.

Cherries, plums of all sorts, and American apples, gather when ripe, and lay them in small jars that will hold a pound; strew over each jar six ounces of good loaf-sugar pounded; cover with two bladders each, separately tied down; then set the jars in a large stew-pan of water up to the neck, and let it boil three hours gently. Keep these and all other sorts of fruit free from damp.

Magnum Bonum Plumbs for Sweetmeats or Tarts.

Prick them with a needle to prevent bursting, simmer them very gently in a thin syrup, put them in a china bowl, and when cold pour it over. Let them lie three days; then make a syrup of three pounds of sugar to five of fruit, with no more water than hangs to large lumps of the sugar dipped quickly, and instantly brought out. Boil the plums in this fresh syrup, after draining the first from them. Do them very gently till they are clear, and the syrup adheres to them. Put them one by one into small pots, and pour the liquor over. If you like to dry part, keep a little of the syrup longer in the pan, for that purpose, and boil it quickly; then give the fruit one warm more, drain, and put them to dry on plates in a cool oven. These plums are apt to ferment, if not boiled in two syrups; the former will sweeten pies, but will have too much acid to keep. You may reserve part of it, and add a little sugar, for those that are to dry; for they will not require to be so sweet as if kept wet, and will eat very nicely if only boiled as much as those. Don't break them. One parcel may be done after another, and save much sugar.

Jargonal Pears.

Take large, finely shaped pears, and pare them very smoothly though finely. Simmer them in a thin syrup, and let them lie in this syrup in a covered tureen or basin for a

day or two. See that they are covered with the syrup. Drain off the syrup, and put more sugar to it. Clarify it, and simmer the pears till they look transparent. Take them up, and pour the syrup over them. About a fourth more sugar than the weight of the fruit is the requisite quantity.

The syrup may be flavoured with the juice of lemons. The pears may either be served dry, by drying them in the sun, or in a slow oven when wanted; or in the syrup, which is both better, and more economical, as the fruit that is not used can be potted up afresh. If the seeds of this and of all preserved fruits are picked out, which may be done by an opening at both ends that will allow an ivory bodkin to be introduced, they will keep much better. Pears are preserved *red*, by putting a grain or two of powdered cochineal into the syrup, and pouring red gooseberry or currant jelly over them.

Prepared Apples for present use.

Clarify fine sugar, and boil nicely pared and cored pippins in it, with a little lemon juice. Serve in a glass or china dish, with the syrup about them, and garnish with bunches of preserved barberries, or sprigs of myrtle.

Red Apples

Served in jelly are made nearly as above. Pare and core the most beautiful pippins you can get, but leave the stalks. Throw them into a pan of water to keep the colour good; boil them in a very little water, and turn them. Mix cochineal with the water. When done, dish them heads downmost, and put sugar to the red water, with the rind of a lemon, and boil it till it jellies. Strain it, and when cold scoop it up neatly with a tea-spoon, and lay it among the apples in heaps, like roughed calves' feet jelly. Garnish with sprigs of myrtle, rings of lemon rind, &c.

To preserve Apricots.

Always choose the finest fruit for preserving. Stone and pare the apricots, keeping them as firm and entire as possible.

Take above their own weight of pounded sugar, and strew it over them for a night, laying the slit upmost to keep in the juices of the fruit. Break the stones, and blanch what are good of the kernels. Simmer the whole gently till the fruit looks transparent. Skim carefully, and lift out the fruit into pots, pour the syrup and kernels over them, and cover when cold:—or, they may be preserved in apple jelly; or greened, by putting a bit of alum, about the size of a large nutmeg, into the water in which they are alternately scalded and cooled, till they take the desired colour. Peaches and greengages may be preserved as above.

Sugar for preserved fruit must be boiled to the second or third degree. The fruit should be looked at for the first month, and if needful, the syrup may be boiled up, allowed to cool, and again be put over them.

Magnum Bonum Plumbs.

Do them as directed for apricots, and be sure that the syrup is well clarified and well skimmed, and that the first simmering is slow and short, or else instead of looking clear and plump, the fruit will shrink and shrivel in spite of whatever may be afterwards done to plump it.

A bit of the stalk left is thought an improvement to the appearance of those preserved fruits.

To preserve Red Gooseberries.

Clip off the top of each berry, and take weight for weight of fine sugar. Clarify the sugar, and put the fruit to it, having made a slit with a needle in each berry to let the sugar penetrate the fruit. Skim well, and when the skins look very transparent take up the fruit with a sugar skimmer into glasses or pots. Boil the syrup till it will jelly, (if the fruit were boiled so long it would become leathery.) Strain it through a fine sieve, and pour it on the berries. This is a cheap and beautiful preserve. Green gascoignes may be done in the same manner, first greening them as directed for pickles, with alum and vine, or cabbage leaves, though this is

best is, we confess, a suspicious process. The seeds must be picked out of those green gooseberries, or they will not look nearly so well.

To preserve Cherries.

Take a fourth more of sugar than of Morella cherries. Cut the stalks; take out the stones with a silver toothpick or bodkin as gently as possible; or if this be too troublesome prick the fruit with a needle. Clarify the sugar, and put to it a half pint of red or white currant jelly; and when this has boiled for five minutes put in the cherries, and let them simmer till they look bright.

Dried Cherries.

Take out the stones, and give them a slow boil in a thin syrup. Let them remain in this for a day, and scald them again and again, making the syrup gradually richer. When they look bright and plump pot them up in the syrup; and when wanted drain and dry them on a stove or wire sieve, or in a very cool oven. Cherries, peaches, apricots, &c. may be preserved in brandy with great ease. Prick them with a needle, and drop them into wide mouthed bottles, with some fine sugar. Fill up with brandy, and cork and place the bottles in a hot water bath or cool oven for some hours.

To preserve Cucumbers.

Take fine young gherkins of two or three different sizes, put them into a jar, cover them with vine leaves, fill the jar with spring water, cover it close, let it stand near the fire ten days or a fortnight; then take them out, and throw them into cold spring water; they will look quite yellow and smell bad, but that need not be regarded. Take them out of the water and put them into the preserving pan, cover them well with vine leaves, fill the pan with spring water, set it over a charcoal fire covered close; when they begin to turn green, take off the vine leaves and throw the cucumbers into a large sieve, then into a coarse cloth four or five times double; when

cold, put them into a jar; have ready a syrup made of fine sugar, in which boil a great deal of lemon-peel shaved very fine, and whole ginger; pour it over hot, and cover them down close. Boil the syrup three times.

Another way.—Lay the cucumbers in a weak pickle of salt and water for two days, and then for the same length of time in fresh water, changing it twice. Green them as directed for pickles, and strew a bit of alum over them to assist the process. When alternately scalded and cooled till they look of a fine green, boil them for a few minutes in water with fresh leaves above and below them, and when cool cut a bit out of the flat side, and scrape out the seeds and pulp. Dry the fruit gently in a cloth, and put into the inside a seasoning of bruised cloves, sliced ginger, thin lemon rind, mace, and a few white pepper corns. Tie in the bit cut out with a piece of narrow tape. To every pound of fruit clarify a pound of sugar, and when cold pour it over them. Press them down with a plate on which a weight is placed, that they may be covered; and when they have soaked two days, boil up the syrup, adding one half more of clarified sugar to it. Repeat the soaking and boiling up of the syrup three more times during a fortnight, and last of all, add to it the juice and fine grate of two lemons for every six cucumbers, and boiling them in it for ten minutes pot them up. They may be preserved by a more simple process, by cutting them in quarters, but look best when done whole and served in a glass dish. A little pine-apple rum put to the syrup gives the flavour of West India sweatmeats. Melons are preserved in the above manner, and also whole Seville oranges, first carving the skins of the oranges with a sharp knife in form of leaves, flowers, &c. or of a pine apple; when steeped, the inside must be scooped out, by cutting a large hole at the top for this purpose. The great art in preserving fruit is to avoid having the syrup too rich at first, which would infallibly shrivel them, particularly if they be boiled in it, or have it poured hot over them.

Several pretty dishes are made with preserved oranges. They may be filled with rich custard, with calves' feet jelly,

or other jellies, or with a mixture of best almonds, sugar, cream, and seasonings.

To preserve Strawberries.

Sprinkle sifted fine sugar, equal to half their own weight, over the finest fruit of the scarlet kind, not over ripe. When they have laid in this for a night, take as much sugar again; or in all equal weight to the fruit, and with currant juice, make it into a thin syrup, and simmer the fruit in this till it will jelly. Serve in cream, or in a glass dish.

To candy any sort of Fruit.

When finished in the syrup, put a layer into a new sieve, and dip it suddenly into hot water, to take off the syrup that hangs about it: put it on a napkin before the fire to drain, and then do some more in the sieve. Have ready sifted double-refined sugar, which sift over the fruit on all sides till quite white. Set it on the shallow end of sieves in a lightly warm oven, and turn it two or three times. It must not be cold till dry. Watch it carefully, and it will be beautiful.

To prepare Barberries for Tartlets.

Pick barberries that have no stones, from the stalks, and to every pound weight add three quarters of a pound of lump-sugar: put the fruit into a stone jar, and either set it on a hot hearth, or in a saucepan of water, and let them simmer very slowly till soft; put them and the sugar into a preserving pan, and boil them gently fifteen minutes. Use no metal but silver.

Barberries in bunches.

Have ready bits of flat white wood, three inches long, and a quarter of an inch wide. Tie the stalks of the fruits on the stick from within an inch of one end to beyond the other, so as to make them look handsome. Simmer them in the syrup two successive days, covering them each time with

it when cold. When they look clear they are simmered enough. The third day, do them like other candy fruit; See recipe for it above.

To candy Cherries.

Get them before they are full ripe, stone them, and having boiled your fine sugar to a proper height, pour it on them, gently moving them, and so let them stand till almost cold; then take them out, and dry them by the fire.

To candy Orange or Lemon Peels.

Having steeped your orange peels, as often as you should judge convenient, in water, to take away the bitterness; then let them be gently dried and candied with syrup made of sugar.

To candy Apricots.

You must slit them on the side of the stone, and put fine sugar on them, then lay them one by one in a dish and bake them in a pretty hot oven, then take them out of the dish, and dry them on glass plates in an oven for three or four days.

To preserve Strawberries whole.

Gather your strawberries very dry, lay them separate on a dish; to every two pounds of fruit put three pounds of loaf sugar, pound and sift it, strew part of the sugar over them, then take a few scarlet strawberries, put them into a jar and set them in a pot of boiling water, then strain it through a piece of muslin, into a preserving pan, put what remains of your sugar into the pan to the juice also, the sugar that is upon the dish but not the fruit; boil and skim it well, and when it is cold put in your fruit; just let them simmer and put them away till the next day, then give them a gentle boil till they look clean, take the fruit out gently, put them into your pots, add to it your syrup and skim it well, and when cold pour it over them.

To dry Orange Peel.

Boil them first in two waters till they are tender and the bitterness almost off; add the weight of the peels in white sugar, as little water as will wet the sugar; boil them to a candy, take them out of the syrup and dry them in a cool oven.

To bottle Gooseberries.

Have them gathered when fully grown and just before they turn; be very careful in topping and tailing not to break the fruit. Fill wide mouthed bottles up to the neck, shaking them down that they may lie close;—put to each a wine glass full of water, tie them over with bladders, stand them in a large pot or copper with cold water to reach the necks of the bottles; put fire under and let them boil; when the bladders rise and puff, prick them; when the water boils round the bottles, remove the fire and let it become cold, the bottles still standing in: when quite cold remove the bladder, lay fine powdered sugar over the top, put a spoonful of brandy on each, cork tight and seal the cork with bottle rosin.

Another way.—Before they become too large, let them be gathered, and take care not to cut them in taking off the stalks and buds. Fill wide mouthed bottles: put the corks loosely in, and set the bottles up to the neck in water in a boiler. When the fruit looks scalded, take them out; and when perfectly cold, cork close, and rosin the top. Dig a trench in a part of the garden least used, sufficiently deep for all the bottles to stand, and let the earth be thrown over, to cover them a foot and a half. When a frost comes on, a little fresh litter from the stable will prevent the ground from hardening so that the fruit cannot be dug up. Or, scald as above; when cold, fill the bottles with cold water, cork them, and keep them in a damp or dry place; they will not be spoiled.

Another way.—In the size and preparation as above; when done, have boiling water ready, either in a boiler or large kettle; and put into it as much roach-alum as will when dissolved, harden the water, which you will know by a

little roughness: if there be too much it will spoil the fruit. Put as many gooseberries into a large sieve as will lie at the bottom without covering one another. Hold the sieve in the water till the fruit begins to look scalded on the outside; then turn them gently out of the sieve on a cloth on the dresser, cover them with another cloth, and put some more to be scalded, and so on till all be finished. Observe not to put one quantity on another, or they will become too soft. The next day pick out any bad or broken ones, bottle the rest, and fill up the bottles with the alum-water in which they were scalded; which must be kept in the bottles; for if left in the kettle, or in a glazed pan, it will spoil. Stop them close.

The water must boil all the time the process is carrying on. Gooseberries done this way make as fine tarts as fresh off the trees.

Another way.—In dry weather pick the gooseberries that are full grown, but not ripe; top and tail them, and put into open-mouthed bottles; gently cork them with new velvet corks; put them in the oven when the bread is drawn, and let them stand till shrunk a quarter part; take them out of the oven, and immediately beat the corks in tight, cut off the tops, and rosin down close; set them in a dry place; and if well secured from air they will keep the year round.

To keep Currants.

The bottles being perfectly clean and dry, let the currants be cut from the large stalks with the smallest bit of stalk to each, that the fruit not being wounded, no moisture may be among them. It is necessary to gather them when the weather is quite dry: and it is best to cut them under the trees, and let them drop gently into the bottles.

Stop up the bottles with cork and rosin, and put them into the trench in the garden with the neck downwards: sticks should be placed opposite to where each sort of fruit begins.

Cherries and damsons keep in the same way.

Currants may be scalded, as directed for gooseberries, the first method.

To preserve Fruit green all the Year.

Gather your fruit when three parts ripe on a very dry day, when the sun shines on them; then take earthen pots and put them in, cover the pots with corks, or bung them that no air can get into them; dig a place in the earth a yard deep, set the pots therein and cover them with the earth very close, and keep them for use. When you take any out, cover them up again as at first.

To keep Gooseberries, Damsons, Bullace, Plumbs, and Cherries in Bottles.

Take gooseberries green; the other sorts before they be too ripe, put them in wide-mouthed bottles, set them in a gentle oven till the skins change colour. When cold cork them down tight, and melt some rosin on the top.

To keep Kidney Beans to boil Green all the Winter.

Take the middle sized beans, throw them in boiling water with a good handful of salt, let them boil about two minutes, then immediately take them out and dry them on a cloth. In the mean time, put into that water a great deal more salt to make a strong brine of it; boil it up and pour into a deep earthen pot; and when it is cold, put in your beans and pour over a cake of mutton fat.

Tomata, or Love Apple for Sauce.

Take the tomata when quite ripe and bake them till they are perfectly soft as a roasted apple, then take the pulp and rub it through a sieve, put as much vinegar as will make it a proper liquid, and salt it to your taste; put to it one ounce of garlick, two ounces of shalot to each quart, shaving the garlic very thin; boil it all together for a quarter of an hour and skim it well, then strain it through a sieve and take out the garlick, and shalots; let it stand till cold, then bottle it. If when the bottles are opened it is found to be fermented, put more salt to it and boil it again; if it is perfectly good, it should when poured out be the thickness of rich cream.

TO PRESERVE FRUIT FRESH ALL THE YEAR.

Beat well up together equal quantities of honey and common water, pour it into an earthen vessel, put in the fruits all freshly gathered, and cover them up quite close. When any of the fruit is taken out, wash it in cold water, and it is fit for immediate use. This method will apply to apricots, peaches, nectarines, greengages, plumbs in general, jargonal pears and figs.

THE FRENCH METHODS OF PRESERVING VEGETABLES FOR WINTER USE.

To preserve Kidney Beans.

Prepare the beans, which ought to be young and tender, by taking off the two ends, throwing aside all that are hard or blemished; put them into fresh water; have water with a handful of salt boiling on a quick fire; put them in, give them two boils, and then put them into cold water; drain well, and arrange them in proper jars; fill them up with a strong pickle of salt and water; cover them with good oil, and stop them with corks; tie paper and parchment over, and put them in a cool dry place; serve them as new beans; freshen, blanch, and cook them in a brass pan.

To preserve Cucumbers.

Take them well grown, but not quite ripe; cut off the ends, pare them and cut them in four; take out the seeds. Strew the jars with salt, and pack in the cucumbers, strewing salt upon every layer till they are full, covering the whole

with it; cover them with brine, without however putting either butter or oil, or any other fat substance; put them in fresh water the evening before using them; dress them as if fresh.

To preserve Beans, or Green Peas.

Choose the smallest, tender, and freshly shelled; put them into very nicely cleaned bottles; do not press them together, but rather leave a little space; stop them with good new corks; fix them down with wire before you put them into the water; put them into a boiler of fresh cold water; put to it a moderate fire, and let them remain till the water boils; leave them then an hour to simmer; take the boiler off the fire, and let them cool in the water; take them out, and rosin them as directed for wine; turn the bottles down in a bottle-rack, or stick their necks down in the ground, and cover them with earth. When used, blanch and cook them as new beans, adding a little savory, which ought to be prepared in the following manner in its season.

Preserved Savory.

Clean and mince it; mix it in a sufficient quantity of clarified sugar, and reduce to the consistence of a preserve; cover the pots with paper wet with spirits, and cover the whole carefully. When the beans are ready to serve, mix in a little of this preserve.

To preserve Asparagus.

Take the finest to be had in the height of the season, scrape and clean them, wash and tie them in bunches, cut them of an equal length; put a pot upon the fire filled three parts with water, with a little salt, vinegar, pepper, and a few cloves; when it boils, blanch them; take them out, arrange them in stone jars, and fill them up with a strong pickle of salt and water; in some days pour off that pickle; boil and skim it, and pour it again into the jars; in two or three days cover them two inches with oil, and then with paper and parchment; put them in a dry cool place; three months after,

make a new pickle; clarify it and let it cool; drain and put them anew in the fresh pickle, and also fresh oil; cover the pots as before, and use them as new when there is occasion.

To preserve Artichokes.

Prepare them as if intended to cook them whole; give them a quick boil; take them off, and take out the choke with a spoon; let them drain, and arrange them in pots; have a very strong salt pickle, pour it over, and let them be well covered; then put melted butter over: cover them as in the preceding articles.

Another way.—Take artichokes and cut them in four or six pieces, according to their size; take out the choke; put them into boiling water, and let them boil five minutes, put them into a salt pickle, and preserve them as the others.

To preserve Artichoke Bottoms.

Boil the artichokes till the choke comes easily out, but take care that they do not become too soft, as that would prevent them from preserving; when they are prepared, rub them with a lemon, put them in jars, and follow the same process as for artichokes.

To preserve Tomates.

Take the quantity to be preserved, let them be ripe, and of a fine colour; cut them in two; express the juice, and take out the seeds; then put them into a sweetmeat-pan that is untinned; put in a sufficient quantity of good white wine, highly seasoned without any other liquid, and a sufficient quantity of salt: reduce them to the thickness of cream, stirring it constantly with a spatula; rub it through a search; return it into an untinned or brass pan, and reduce it to the consistence of apple marmalade; put it in pots, and in two days cover it with clarified butter and oil paper: parchment it, and keep as other preserves.

PICKLES.

General Remarks.

Salt and vinegar, which enter into the composition of all pickles, dissolve the lead that is used in tinning copper sauce-pans, and in glazing earthen jars, which should therefore be avoided. Nottingham ware stone jars are the best, indeed the only proper things for large pickles. Glass bottles with wide mouths answer very well for small pickles, such as nasturtiums, capers, &c.; and for heating vinegar, a stone jar on the hot hearth is best, or a bell metal skillet.

Jars of a quart or three pints are preferable to those of a larger size, as air is always injurious to pickles, and if a jar is frequently opened and kept long in use, the vinegar is apt to turn, and become turbid. Some persons who choose to put each sort of pickle into one large jar, adopt the practice of having small ones also, which are filled from the large ones as required for present use.

Each jar should be covered first with a bladder, then with leather or parchment, all perfectly dry, and tied down separately. To avoid unnecessary opening, the name of each pickle written on the outside leather or parchment; and some mark by which to distinguish the jar of each kind in present use.

In taking out pickles, metal spoons are to be avoided, as they would both be injured by the vinegar, and injurious to it. Each jar should have tied to it a wooden spoon with holes, in addition to which the best thing for taking out the vinegar is a very small earthen bowl (like that of a sauce ladle) with a short handle.

Only a small quantity of each should be taken out at once, no more than is likely to be eaten,—if any be left, it is better not to return it to the jar, but to cover it up and use it at the next meal.

Pickles should be kept in a cool dry place.

The vegetables intended for pickling should be sound, firm, not over ripe, and gathered on a dry day; carefully avoid letting them fall, or in any other way becoming bruised; let them be gathered with the stalks, otherwise the juice and flavour will exude and the article very soon perish. They should be picked, and wiped very clean with a soft dry cloth; but all washing is to be avoided, except in those kinds of vegetables that are to be steeped or scalded in water previous to pickling; and by the way, it may be observed that such are most apt to spoil. The vinegar must be the very best and strongest that can be procured; and a sufficient quantity should be allowed to keep the whole contents of the jar perfectly covered.

One great part of the art of pickling consists in the articles being done just enough, whether by simmering, pouring over boiling vinegar, or in whatever way the process is to be managed; let them be done sufficiently to be tender and wholesome, yet not so as to lose their crispness.

Another great concern is to have them of a good colour and here it must be confessed that health has been often sacrificed to the eye. The very brilliant green so much admired in the pickles of those who prepare them for sale, is known to be produced by verdigris, either in the form of boiling them in brass or untinned copper vessels, or by putting half-pence into boiling vinegar. These practices are often denied and often detected. It need scarcely be stated that they are pernicious in the extreme. A tolerable green may be obtained by keeping the pickles a long time exposed to the steam of vinegar, and more than this ought not to be desired; a little pearl ash will help the colour, but its alkaline quality destroys the fine acid of the vinegar; or a very small quantity of powdered alum may be added, but excess must be carefully avoided on account of the unpleasant taste; a red colour may be obtained by adding a few grains of cochineal. However long vinegar is required to simmer, it should never be allowed to boil, as no fomented liquor can boil without great loss of strength. Cold vinegar

apt to become ropy and thick if added to pickles, which require any boiling or addition of spices; but for nasturtium buds, which require neither, the very best way of pickling is merely to drop the buds, as soon as gathered, into a jar with cold vinegar, keeping it covered with a saucer or something of the kind, and from day to day adding nasturtiums and vinegar till the jar is full. Perhaps some other pickles might be managed in the same way, especially radish pods, which, like nasturtiums, should be gathered very young; this can scarcely be secured if it be attempted to fill a jar at once.

As to spices, they are generally used as tending to counteract the crudity and acidity of pickles. They should be adapted in kind and degree to the quality and flavour of the vegetable with which they are associated; onions, capsicums, radish pods, and similar articles, being themselves of a hot nature, require no addition of spices; but some people choose to add ginger, pepper, or mustard seeds, or all of them. Cucumbers, cauliflowers, red cabbage, and Indian pickle require a good portion of spice; for the two former, ginger and long or black pepper are the most suitable, to which some people add mustard seeds, and a large onion stuck with cloves. For red cabbage, allspice or Jamaica pepper, is admitted; and for Indian pickles and walnuts a variety, the exact proportions of which will be hereafter given. By pounding the spices in a mortar, and steeping them in best vinegar on the hod, a smaller quantity will suffice.

To preserve Spiced Vinegar for Pickles.

Bruise in a mortar three or four ounces of long pepper, black pepper, white pepper, allspice, ginger, cloves, mace, garlic, mustard, horseradish, shalots, and capsicums: put them into a stone jar with a quart of the strongest vinegar; stop the jar closely with a bung, cover that with a bladder soaked with pickle; set it on a trivet by the side of a fire for three days, well shaking it up at least three times in the day. By

pounding the spice, half the quantity is enough; and the jar being well closed, and the infusion being made with a mild heat, there is no loss by evaporation.

If several kinds of pickle are to be prepared, to all of which the above spices are suitable, a larger quantity may be done at once and used as occasion requires.

To make (India) or Indian Pickle.

TAKE a gallon of the best vinegar and half a pound of the best Durham mustard, which is to be made up with a suitable quantity of cold vinegar; and put into the rest boiling, one ounce of cloves, half ounce of mace, half ounce of black pepper, and half ounce of white pepper, half ounce of ginger, half ounce of long pepper, two dramchs of cayenne pepper pods should be added: this must be suffered to become quite cold before the substances to be pickled are put into it.

Get the best little hard knots of cabbage you can; cauliflowers, young carrots very small, French and kidney beans, young hard apples, radish pods, and shalots; these can be obtained at the same time and put into the pickle; other things to be added as in season, such as small onions, cucumbers, vegetable marrow.

These should be prepared for the pickle in the following manner:—A brine is to be made strong enough to bear an egg, in which all things to be pickled are to be previously boiled, then taken out, spread upon a clean cloth, exposed to the sun and air till dry from the brine; no wet must be suffered to come upon them; then put into the cold pickle and tie down close. If kept for two years before used so much the better, though it will be a good pickle, use it as soon as you will.

The onions, garlic, and shalots, are not to go into the brine, but to be skinned clean, put into a colander, and a sufficiency of salt put upon them to extract the juice; the cucumbers need not be put into the brine, but a little of

it be poured upon them; of other things a different time is to be observed in the boiling cabbages longest, radish pods a short time, &c.

Now if any person will be at the trouble of carefully making this pickle, they will be well rewarded for their pains, as such can and do testify as have used the same.

Another way.—This a general hodge-podge pickle of all the common green and white pickles to which the currie flavour and tawney currie tinge is given. Prepare the pickle liquor thus:—To every two quarts of the best vinegar put an ounce and a half of white ginger scraped and sliced, the same of long pepper, two ounces of peeled shalots, one of peeled garlic, an ounce and a half of salt, an ounce of tumeric, a little cayenne, and some flour of mustard. Let this infuse in a close jar, set in a warm place for a week; and in the meanwhile have ready a white cabbage sliced, cauliflowers cut in neat branches, white turnip radishes, young French beans, sliced cucumbers, button onions, and codling apples, a large carrot cut in round slices, nicked round the edges. Sprinkle all these things with plenty of salt, mixing it well with them in a large earthen vessel, or pouring scalding brine over them. Let them lie for four days, turning them over, and then take them up, wash them in vinegar, and dry them carefully with a cloth, and afterwards lay them on sieves before the fire, turning them over till thoroughly dried. Next day place them either in a large stone jar, or in smaller jars, and pour the cooled pickle over them. The jars must be well stopped.

This pickle keeps a long time, and for the first two years will improve by the keeping. The vegetables do not come in all together, but they may be prepared as for pickling, and added to the general pickle as they come into season. This pickle looks more attractive if the French beans, small whole cucumbers, or melons, are greened before they are put to it, as directed in other recipes. When the melons or cucumbers are greened, cut a slit in the side, and scrape out the seeds. Shoots of green elder are also put to this pickle, in imitation of the Bamboo of the genuine Mango pickle. In-

stead of being laid in salt, the vegetables may be parboiled in very strong brine, by which means the pickle will be sooner ready, but the colour and crispness will be injured, though for ease of preparation, and safety in eating, parboiling is by some persons esteemed the preferable method.

Another way.—Lay a pound of white ginger in water one night; then scrape, slice, and lay it in salt in a pan till the other ingredients shall be ready.

Peel, slice, and salt a pound of garlic three days, then put it in the sun to dry. Salt and dry long pepper in the same way.

Prepare various sorts of vegetables thus:—

Quarter small white cabbages, salt three days, squeeze, and set them in the sun to dry.

Cauliflowers cut in their branches; take off the green from radishes; cut celery in three-inch lengths; ditto young French beans whole, likewise the shoots of elder, which will look like bamboo. Apples and cucumbers, choose of the least seedy sort; cut them in slices, or quarters, if not too large. All must be salted, drained, and dried in the sun, except the latter; over which you must pour boiling vinegar, and in twelve hours drain them, but no salt must be used.

Put the spice, garlic, a quarter of a pound of mustard seed, and as much vinegar as you think enough for the quantity you are to pickle, into a large stone jar, and one ounce of turmeric, to be ready against the vegetables shall be dried. When they are ready, observe the following directions:—Put some of them into a two-pound stone jar, and pour over them one quart of boiling vinegar. Next day take out those vegetables: and when drained, put them into a large stone jar, and boiling the vinegar, pour it over some more of the vegetables; let them lie a night, and do as above. Thus proceed till you have cleansed each set from the dust which must inevitably fall on them by being so long in doing; then, to every gallon of vinegar put two ounces of flour of mustard, mixing by degrees, with a little of it boiling hot. The whole of the vinegar should have been previously scalded, but

set to be cool before it was put to the spice. Stop the jar tight.

This pickle will not be ready for a year; but you may make a small jar for eating in a fortnight, only by giving the cauliflower one scald in water, after salting and drying as above, but without the preparative vinegar: then pour the vinegar, that has the spice and garlic, boiling hot over. If at any time it be found that the vegetables have not swelled properly, boiling the pickle, and pouring it over them hot, will plump them.

Another way.—Take one hard white cabbage, two cauliflowers, one stick of horseradish cut in slices, two dozen of small onions, a dozen heads of garlic, put them in boiling salt brine twelve hours; mix a sufficient quantity of vinegar to cover them, with three spoonfuls of turmeric, two spoonfuls of mustard in powder, one of cayenne pepper, two of allspice and whole pepper, and three blades of ginger cut; add the ingredients all together; cucumbers in slices, gherkins, French beans, capsicums, that have been pickled, are to be added in equal quantities.

It is always necessary to pickle the green articles by themselves, as they do not get a good colour in the cabbage pickle.

Artichokes.

Take young artichokes as soon as they are formed, and boil them for two or three minutes in strong salt and water. Lay them upon a hair sieve to drain, and when cold, put them into narrow-topped jars: take as much white-wine vinegar as will cover the artichokes. Boil them with a blade or two of mace, a few slices of ginger, and a nutmeg cut thin. Pour it on them while it is hot, and tie them down close.

Artichoke Bottoms.

Boil the artichokes till the leaves can be pulled off; take off the chokes and cut them from the stalk; but take great care not to let the knife touch the top. Throw them into

salt and water for an hour, take them out, and lay them on a cloth to drain. As soon as they are dry put them into large wide-mouthed glasses, with a little mace and sliced nutmeg between, and fill them either with distilled vinegar, or sugar-vinegar and spring water. Cover them with mutton fat fried, and tie them down with a leather and a bladder.

Asparagus.

Gather and cut off the white ends of asparagus, wash the green ends in spring water; then put them into fresh water, and let them lie therein two or three hours. Put into a broad saucepan, filled with spring water, a handful of salt, set it on the fire, and when it boils, put in the asparagus loose, but not many at a time, and scald them. Take them out with a broad skimmer, and lay them on a cloth to cool. Make a pickle of white wine vinegar, and one ounce of bay salt, boil it, and put the asparagus into a stone jar. To one gallon of the pickle, put two nutmegs, a quarter of an ounce of mace, and the same quantity of whole white pepper. Pour the pickle hot over the asparagus, and cover the whole with a linen cloth, three or four times doubled. After standing a week, boil the pickle again, and do the same at the end of another week, and pour it on hot each time as before. When cold, cover the jar close.

Barberries.

Gather fine full clusters before they are quite ripe. Pick away the dead leaves and injured berries, and keep the clusters in salt and water in jars well covered. When the pickle begins to ferment change it. Red currants may be kept as above.

To pickle Cloves, Carnations, or Gillyflowers.

They being full blown, pull off the green bud, and put the flowers into some white-wine vinegar in which some loaf sugar has been dissolved enough to give it a sweet flavour; tie them down.

Beet Root.

Wash the beet-roots, but take care not to break the skin or the fibres which hang about it, else the colour will fly. Boil softly for an hour or more if they are large, and as soon as they are cold enough to be handled, peel them, and cutting them into slices put them into a jar, and have ready to pour over them cold vinegar, in which black and Jamaica pepper, ginger, and a little cayenne have been previously boiled. A few small onions may be added to this pickle. It is much used as a garnish for cold meat in alternate slices with samphire.

Bitter Oranges.

Take the quantity of ripe bitter oranges that is to be pickled; take off the ends of the stalk and put them into a jar; pour good vinegar over them; add to them a small handful of coriander and a little cinnamon, beaten together, and tied in a cloth, eight days; after pour off the vinegar and give it a few boils; put it to cool in a basin, and then pour it over the oranges: it is necessary to bung the jar well.

To pickle Cucumbers (or Gherkins.)

Take the middle sized cucumbers and put them into a dry earthen pot with two or three tops of dill, then boil up your pickle, and pour to them at three or four different times once every day, and keep them close covered. Make your pickle of the best white-wine vinegar, with mace, ginger, whole pepper, and a handful of salt. To two hundred cucumbers allow half an ounce each of pepper and ginger. If they are not so green as you would have them, put them into a bell metal pot, and paste down the lid all round that no steam may come out, and set them over a very gentle fire just to keep hot till they are sufficiently green, then pour them out and cover them down close.

Another way —Lay fifty firm, young, and very small-sized cucumbers on flat dishes, having first rubbed them with salt. Keep them covered, and look at them and turn them occasionally for eight or ten days, and then, having carefully drained them, put them in a jar in which vine leaves or cabbage blades are laid, and pouring two quarts of scalding vinegar over them, cover them with more leaves, and keep them covered by the fire. Next day pour off the vinegar, boil it up, and put it hot over the cucumbers, again covering them with fresh leaves above and below. A little pounded alum will improve the colour; but if it be not good enough scald them once more, by placing the jar in a pan of boiling water, or on a hot hearth. When the colour is decently good, boil up the vinegar once more with a half ounce of white pepper, the same of ginger, two drachms of cloves, and a bruised nutmeg. Boil the spices for a few minutes with the vinegar, and when cold bottle them according to the general directions.

Capsicums.

Lay green capsicums, for three days, in a strong brine of salt and water, strong enough to bear an egg; strain and dry in a cloth; put in jars, with mace and allspice; fill up with cold vinegar, and tie over.

Note.—Red capsicums may be put in the jars, perfectly dry, and filled up with cold vinegar and spice as the green.

*Cauliflowers * or Broccoli.*

Take firm, well coloured vegetables, before they are quite ripe, and cut away the bark of the stems, and all the green leaves. Scald them for four minutes in a pan of boiling brine, and then drain and dry them thoroughly; which will require at least twenty-four hours. When dry, pull them into properly sized branches, cutting the stalks smoothly, and pack them up in the jars with the same pickle liquor as directed for onions or beet-roots.

* The former is always to be preferred; if broccoli is used let it be the cape or autumn broccoli, which has only the growth of a summer.

Cucumbers and Onions.

Pare and slice cucumbers, picking out the seeds; and peel and slice large onions in thick slices. Sprinkle salt over them and drain for a night, then put them into a stone jar, and pour scalding vinegar over them. Close the jar, and set it by the fire. Scald them by placing the jar over a hot hearth, and repeat this till they become a tolerable colour; then boil up the vinegar with spiceries, as in last receipt.

Cucumber or Melon Mangoes.

N. B. The melon is greatly preferred. There is a particular sort used for the purpose. Cut a square piece out of the side, scoop out the insides, let them lay in strong salt and water brine, four or five days; fill them with mustard seed, heads of garlic, cayenne pepper, and allspice; tie the piece on again, and green them as gherkins, and proceed the same.

Elder Buds.

Gather them when about the size of hops, put them into strong salt and water for nine days, stirring them frequently. Put them into a pan, cover them with vine leaves, and pour over them the former liquor. Set them on a slow fire till green, and make a pickle for them of vinegar, mace, shalots, and ginger sliced. Boil these for a few minutes, and pour the whole upon the buds. Tie them close, and keep them in a dry place.

Elder Shoots.

Let them lie in salt and water all night; then put them into stone jars in layers, strewing between them some mustard seed, scraped horse radish, shalots, white beet root, and cauliflower pulled into pieces. Pour boiling vinegar over them, and scald them three times. Keep them in a dry place covered.

The same in imitation of Indian Bamboo.

Early in May take the middle part of the stalks of young shoots, peel off the rind, and lay them all night in a brine made of salt and beer. Dry them in a cloth, and make a pickle of equal quantities of gooseberry and wine vinegar. To each quart of pickle put an ounce of long pepper, as much sliced ginger, a few corns of Jamaica pepper, and a little mace. Boil this, and pour it hot upon the shoots. Cover the jar close, and set it by the fire for twenty-four hours, shaking it frequently.

Kidney Beans.

Let them be the dwarf beans if possible, boil up white wine vinegar, a sufficient quantity to cover them, and some salt. Pour it to them boiling hot and cover them down close; the next day green them in the same manner as cucumbers. Radish pods and nasturtium buds may be done in the same manner, with the addition of spice if desired.

Indian or Turkey Wheat.

Take the quantity of Turkey corn that is to be preserved, when it is well formed; that is, when it is about the size of a small cucumber; strip off the leaves that are wrapped round it, take off the beard, wipe it well, and put it into a bottle, with a little salt, and some cloves, and fill it with fine white vinegar; leave it for some days; then drain it, and give the vinegar a dozen of boils; let it cool, and pour it over the corn; in a few days after repeat the same operation; it must be well corked.

Lemon.

Grate off the outside rind of the lemons; rub them well with salt; afterwards put them in salt and water made very strong for nine or ten days, taking them out and rubbing them separately with salt every day during that time; then take them out, and dry them in a coarse cloth. Make a pickle of vinegar, ginger, mace, pepper, &c. boiled together, and put in the lemons; let them just simmer over the fire,

and add a small quantity of turmeric. Put them in jars, and when cool tie them down.

To Pickle Mushrooms, white.

Let them be but of one night's growth, throw them in water; wash them clean with a bit of flannel, and cut off the roots. Then throw the mushrooms into boiling water with a little milk and salt. Let them boil about a quarter of an hour, then take them out and dry them on a cloth. Then put them in a mixture of vinegar and water in equal parts for three days. Then dry them as before, and put them into a mixture of equal parts of white wine and vinegar, or vinegar alone, cold, with whole pepper, some ginger, mace, salt, bay leaves, and a piece of lemon peel. Then pour over the whole a cake of fat and tie down.

An excellent Way.

Choose small and white button mushrooms, and rub them with flannel or sponge dipped in a little salt. Put them into a stone jar, with some mace, ginger, pepper, and salt, and let them stew in their own juices over a slow fire, shaking them well but not breaking them. Let them remain over the fire till they are almost dry, but take care they do not burn. When the liquor is all imbibed by the mushrooms, or gone off in vapour, put in as much hot vinegar as will cover them, and let them just come to boil. When cold, bottle them in jars, and after a week fill up with vinegar, and pour a little oil into the bottles, which will greatly aid in excluding the air. Cork the bottles, wrapping bladder, or leather, round the corks, and dip what is to be long kept in bottle-rosin.

Onions.

Choose small sound silver onions, as equal in size as may be. Top and tail them, but do not pare the tops very close as the air softens and spoils the onions. Scald them with brine. Repeat this on the second day, and when cold peel the onions as quickly as possible, throwing them into vinegar as they are done, to prevent their blackening. Boil

vinegar enough to cover them, with sliced ginger, and black and white pepper; when cooled a little pour it over the onions. Cork them well, as directed for other pickles. Some cooks peel and scald the onions, a few at a time, take them up as soon as they look transparent, and dry them in the folds of a cloth, covering them carefully to exclude the air.

To Pickle small Onions.

Peel your onions and throw them into water; then put them into a well tinned saucepan, with salt and water, and let them stand till they are cold and well drained, then make a pickle of white-wine vinegar, the palest you can get, with mace, sliced ginger, with pepper-corns, and salt to your taste, give it one boil up, and let it stand till it is quite cold, then add to it about two spoonfuls of the best pale flour of mustard, and after you have put your onions into jars, pour pickle upon them.

Red Cabbage.

A firm, deep purple, middle-sized cabbage is the best for pickling. Strip off the outer leaves, cut out the stalk, and dividing the cabbage, cut it down into thin slices of the breadth of narrow straws. Sprinkle salt over it, and let it lie for a day; then drain it very dry, and pour over it a pickle of boiling vinegar, seasoned with black and Jamaica peppers, and ginger. Cover the jar to keep in the hot steams, and when cold close it up. A few mild onions sliced is thought an improvement to this pickle. The onion takes the beautiful tinge of the cabbage, and gives a pleasant flavour.

Another way.—Cut off the stalks and outside leaves, and shred it into thin slices; make a pickle of salt, vinegar, cloves, mace, ginger, and grated nutmeg; then boil it, and when it is cold, pour it over the cabbage, and it will be fit for use in twelve hours. You do white cabbage in the same pickle, only it must be poured on scalding, two or three times.

Another way.—Slice it into a colander, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour boiling vinegar enough to cover, and put a few slices of red beet root. Observe to choose the purple red cabbage.

Those who like the flavour of spice will boil it with the vinegar. Cauliflower cut in branches, and thrown in after being salted, will look of a beautiful red.

Samphire.

Soak some of the freshest green samphire in salt and water for two days; then take it out, boil it, covered in plenty of vinegar, over a slow fire till it is crisp. Then put it into a jar, and keep it tied down, covered with bladder and leather.

Another way.—Mix a gallon of vinegar and two quarts of water with two large handfuls of salt, and having picked and washed the samphire, put it into the brine, paste up the vessel which contains it, and set it on a moderate fire, without boiling, for half an hour. When cold, open the vessel, and put the pickle into a stone jar, with the same liquor, more vinegar, water, and salt, for use. The ordinary way is, to put the samphire in a strong brine of salt and water, or sea water, which will keep it good all the year. When wanted for the table, put a little of it into vinegar.

To Pickle Walnuts

Gather them when about the size of a pigeon's egg, and before they have any shell; put them in water and salt, shifting fresh every day or two, till you find the bitterness pretty well out, then rub them clean and dry, and put them into the best white-wine vinegar with some ginger, whole pepper, mace, and salt. Pour some oil over the tops and tie down.

Another way.—Scald slightly, to facilitate rubbing off the first skin, a hundred of fine large French walnuts, about the beginning of July before they have a hard shell, which is easily ascertained by the common method of trying them with a pin. Put them in a strong cold brine, shift them into new the third and sixth days, and take them out and dry them on the ninth or tenth. Then take an ounce each of long pepper, black pepper, ginger, and allspice; a quarter of an ounce of cloves, a few blades of mace, and a table-spoonful of mustard seed: and having bruised the whole together, put

into a glass or unglazed stone jar, a layer of walnuts, strew them well over with the mixture, and proceed in the same manner with the rest, till all are covered. Then, boiling three quarts of white-wine vinegar, with some sliced horseradish and ginger, pour it hot over the walnuts, and cover them up close. Repeat the boiling of the vinegar, and pouring it hot over, three or four days, always keeping the pickle closely covered and adding, at the last boiling, a few cloves of garlic, or some shalots; let them stand at least four or five months, when they will be excellent.

Another way.—Put them into a jar, cover them with the best vinegar cold, let them stand four months; then pour off the pickle, and boil as much fresh vinegar as will cover the walnuts, adding to every three quarts of vinegar one quarter pound of best Durham mustard, a stick of horseradish sliced, one half-ounce of black pepper, one half-ounce of cloves, one ounce of ginger, one half-ounce of allspice, and a good handful of salt: pour the whole boiling hot upon the walnuts, and cover them close; they will be fit for use in three or four months. You may add two ounces of garlic, or shalot, but not boiled in the vinegar. Of the pickle in which the walnuts stood for the first four months, you may make excellent catsup.

VINEGARS, CATSUP, STORE SAUCES, &c.

The pyroligneous acid or chrystal vinegar is strongly recommended for all culinary purposes. Those who wish to enter into details on that subject, may consult Beaufoy's Treatise on Chrystal Vinegar. Those who choose to prepare vinegar at home may do it with advantage in several ways. Observe in general, that vinegar, from whatever substances produced, advances more rapidly if put in a vinegar cask. One of the best vinegars is produced from the lees of wine; for this purpose, when bottling your wine, whether currant, gooseberry, raisin, cowslip, or whatever else, provided it be not too deep by coloured, as elder, &c. put the lees into a cask or stone jar reserved for that purpose; when you have obtained a suffi-

cient quantity, boil the whole quickly for half an hour skimming it well, then return it to the cask (which must be perfectly clean and dry); add to every gallon of vinegar one pint of best white-wine vinegar and a little chervil. Stop the cask, and in one month it will be fit for use.

Raisin Vinegar

After making raisin wine lay the refuse in a heap to ferment. Add water in the proportion of a gallon to the pound of raisins and half pound of sugar. Put yeast to the liquor when strained.

Gooseberry Vinegar.

To every quart of bruised ripe white or green gooseberries put three quarts of spring water. Stir them well with the water and let them steep for forty-eight hours, repeating the stirring. Strain through a flannel bag, and put two pounds of white pounded sugar to every gallon of liquor. Put it into a barrel with a toast soaked in yeast, leaving the bung-hole as directed above. Keep the barrel in a warm place. White currants or raspberries make an excellent vinegar by following the same recipe. Pick the currants from the stalks.

Cider Vinegar.

To each gallon of cider put a pound of white sugar, and jumbling them well together, let them ferment for four months, and a strong and well coloured vinegar will be the result.

Treacle Vinegar.

Put the treacle in an earthen pan, large enough for that purpose; pour on the treacle four quarts of boiling water; then take a stick and stir the treacle about till it is dissolved, and let it stand till it is about milk warm; then add a tablespoonful of yeast; cover the pan up with a clean cloth, and in a few hours it will ferment, and continue to ferment for ten days. Observe, it may be put in a cask as soon as the fermentation is over; pour into the cask half a pint of old

tnegar, and this will turn the whole sour. Let it stand in ne cask all the three months, as it requires air; but keep a vece of slate or tile over the bunghole. In about a month after you have put it in the cask there will appear a thick substance at the top of it: this you must push away with a stick, and it will go to the bottom. In a few days after this it will be as white as milk on the top. This is a sign that it is doing well. After it has stood the time, as above mentioned, you may draw it oft into another cask, or bottles, which you please; take care the cask or bottles be perfectly clean. This will be most excellent vinegar. To give it a fine flavour add two ounces of raisins to every gallon you make; let the raisins always remain in the cask or bottles and they will keep for years. Observe, after the raisins are in, bung the cask well up, or if in bottles, let them be well corked; for though the vinegar, while under this process, requires air, yet afterwards it equally requires to be kept from the air. If you keep it for twelve months after, it will be all the better for age. As warm weather is the most favourable to make vinegar, April is the best month to make it in, as you have the summer before you; and by putting the cask in the sun it will sour the sooner.

Sugar Vinegar.

To every gallon of water put two pounds of coarse raw sugar. Boil and skim this. Put it to cool in a tub, and when sufficiently cold add to it a slice of bread soaked in fresh yeast. Barrel it in a week, and set it in the sun in summer, or by the fire in winter, for six months without stopping the bung-hole; but cover it with a plate to keep out insects.

Verjuice.

Gather some ripe crab apples, and lay them in a heap to sweat; then throw away the stalks and decayed fruit, and having mashed the apples express the juice. A cyder or wine-press will be useful for this purpose. Strain it, and in a month it will be ready. It is the best simple substitute for lemon-juice that can be found, and answers still better in place of sorrel.

Camp Vinegar.

Take a large head of garlic peeled and cut in slices, half an ounce of cayenne pepper, two spoonfuls of India soy, two spoonfuls of walnut pickle, four or five anchovies shred small; put these into a pint of vinegar with fifteen grains of cochineal, shake it every day for at least a fortnight (if shaken daily for six weeks it is much better;) pour it off clear into bottles for use, it will keep for years.

Another way.—Six chopped anchovies, four spoonfuls of walnut catsup, two of soy, and a clove of garlic chopped very fine. Steep these for a fortnight in a pint of white vinegar, and strain and bottle for use.

Chili Vinegar, called Pepper Vinegar.

Infuse a hundred red chilies, fresh gathered, in a quart of the best white-wine vinegar for ten days or more, shaking the bottle occasionally. A half ounce of genuine cayenne will answer the same purpose. This makes an excellent and cheap addition to plain melted butter, or sauce for fish, &c.

Eschalot or Garlic Vinegar.

Clean, peel, and bruise four ounces of shalots, or half the quantity of garlic, at the season when they are ripe without having become acrid. Steep them in a quart of the best vinegar.

Horseradish Vinegar.

Pour a quart of the best and strongest vinegar boiling hot on three ounces of scraped horseradish, an ounce of minced shalot, two drachms of black pepper, and a drachm of cayenne. Strain it in four days, and serve it in a cruet along with cold beef. It will make an excellent economical addition to the gravy of chops, steaks, &c.

Tarragon Vinegar.

Gather the leaves of tarragon on a dry sunny day; pick them from the stalks, and filling up a narrow necked store jar, pour the best vinegar over them till the jar is full. Let them

infuse for ten days, then strain and bottle the tincture. Basil vinegar is made precisely as the above.

Cucumber, Celery, or Cress Vinegar.

Pare and slice ten large cucumbers, and steep them in three pints of the best vinegar for a few days. Strain and bottle it.

Curry.

Curry vinegar may be made by steeping curry powder, in the proportion of two ounces to the quart, in the best vinegar, and straining and filtering for use.

Spice Vinegar.

To a barrel of wine, put in an ounce of cinnamon, two ounces of long pepper, one ounce of ginger, two ounces of black pepper in grains, and three or four nutmegs grated to powder; when all these spices are prepared, put them into a hair bag, boil them two or three times in about twelve pints of good vinegar, then boil the same quantity of good wine; put it into the barrel half filled, which may be filled up with wine a little turned, if there is any; stop it, and leave the wine to make.

Thieves' Vinegar, reckoned an excellent Preservative against Infection.

Take an ounce of the tops of wormwood; rosemary, sage, mint, and rue, of each half an ounce; flowers of lavender, two ounces; aromatic gum, cinnamon, cloves, nutmegs, and fresh garlic, two drachms of each; half an ounce of camphor, and eight pounds of red vinegar; beat all the ingredients well, put them into a proper earthen jar, and pour the vinegar upon them; the garlic ought to be sliced. After stopping the jar, put it in the sun or in a hot place, such as a sand bath, for three or four weeks; wring out the ingredients, and filter it through grey paper; the camphor must be dissolved in a little spirits of wine. This vinegar ought to be kept closely corked.

Raspberry Vinegar,

A very useful, cooling drink, in fevers, sore throats, or disorders of the chest; for which purpose a sufficient quantity is to be mixed in a tumbler of cold water to make an agreeable and refreshing drink.

Put a pound of fine fruit into a China bowl, and pour upon it a quart of the best white-wine vinegar; next day strain the liquor on a pound of fresh raspberries; and the following day do the same, but do not squeeze the fruit, only drain the liquor as dry as you can from it. The last time pass it through a canvass previously wet with vinegar to prevent waste. Put it into a stone jar, with a pound of sugar to every pint of juice, broken into large lumps; stir it when melted, then put the jar into a saucepan of water, or on a hot hearth, let it simmer, and skim it. When cold, bottle it. The fruit, with an equal quantity of sugar, makes excellent raspberry cakes without boiling.

A very choice Catsup.

Take half a pound of anchovies, wash them in half a pint of white-wine vinegar, chop them, bones and all; put them into half a pint of white wine, and quarter of a pint of claret, and let it boil about a quarter of an hour. Then strain the vinegar to it, and put in half a pint more white wine, five or six cloves of shalot, a quarter of an ounce of ginger, half as much of common pepper, and of Jamaica pepper, all bruised; a nutmeg sliced, a piece of lemon peel, and a few blades of mace; put the whole into a skillet, and let it boil half an hour; then pour it off, and when cold put it into bottles. Be careful to have the bottles very dry, cork them close, and tie down.

Mushroom Catsup.

For this purpose, the large flap mushrooms, which contain a great deal of juice, and do not answer for pickling or stewing, are best adapted. Without washing them, pick off whatever looks dirty or corrupted, and breaking in pieces lay them in an earthen jar, strewing salt about them. Throw a folded cloth over the jar, and set it by the fire, or in a very cool

oven. Let it remain thus for twenty-four hours, and then strain off the liquor into a clean stew-pan. To every quart of liquor put a half ounce of black pepper-corns, a quarter ounce of allspice, a half ounce of fresh sliced ginger, two or three blades of mace, and a few cloves. Boil the liquor on a quick fire for five minutes; or if it be wished very strong boil the catsup till it is nearly half reduced, adding the spices after it has boiled a full half hour. Let it settle on the lees, and pouring it carefully off bottle what is clear by itself, and the sediment after straining, in separate bottles, as it will answer very well for hare soup, game soup, &c. Dip the cork of the bottle in cement. Cayenne and nutmeg may be added to the other spiceries if a very delicate relish is wanted; or all the seasonings may be withheld save the black pepper and salt, of which catsups to make them keep well require a good deal. Be sure that the bottles are perfectly full, and keep them lying on the side.

Walnut Catsup.

Take one hundred walnuts and half a pound of shalots peeled, pound both well together; put them in an earthen pan, and add half a pound of salt, one and half pint of vinegar; set it by nine days, then squeeze and add to it the juice of one pound of anchovies, a drachm of mace, a nutmeg sliced, one ounce ginger, boil all together half an hour; put it by till the next day, then strain through a flannel bag, put it in bottles with six or eight cloves in each; cork tight and rosin down, and it will keep good for years.

Another way.—Take a quantity of walnut shells, keep them until they turn black, the same as you would mushrooms; after they have lain three or four days, put them on a sieve to drain. Then boil the liquor with a few cloves, some allspice, and a little ginger; if it is not quite salt enough, add a little more, and bottle it off for use.

Another way.—To every clear pint of the juice of green walnuts add a pound of anchovies, half an ounce of mace, half an ounce of Jamaica pepper, and half an ounce of cloves; boil them together till the anchovies are dissolved, then strain the liquor, and add vinegar half a pint, and eight shalots; boil

again till the shalots are tender. When the catsup is grown cold, bottle it for use.

Cucumber Catsup.

Take large old cucumbers and pare them, cut them in slices, and break them to a mash, which must be sprinkled with salt and covered with a cloth. Keep in all the seeds. Next day, set the vessel aslant to drain off the juice, and do this till no more can be obtained. Strain it, and boil it up with a seasoning of white pepper, sliced ginger, black pepper, sliced shalot, and a little horseradish. When cold pick out the shalot and horseradish, and bottle the catsup, which is an excellent preparation for flavouring sauces for boiled fowls, dishes of veal, rabbits, or the more insipid meats.

Oyster, Cockle, and Muscle Catsup.

Wash in their own liquor, and pound in a mortar fat newly opened native oysters. To every pint of the pounded oysters, and their strained liquor, add a pint of white wine, and boil this up and skim it; then to every quart of this catsup add two or three anchovies pounded, a tea-spoonful of white pepper, a salt-spoonful of pounded mace, some cayenne, with salt to taste. Let it boil up to blend the spices, and then rub the catsup through a sieve into a clean vessel. When cold bottle it, and stop the bottles with corks dipped in bottle rosin.

Sugar Catsup, or Browning.

Pound very finely six ounces of the best refined sugar, (Hamburgh loaves,) and put it into a small and very clean frying-pan, with an ounce and a half of fresh butter. As they dissolve mix them with a spatula or wooden spoon, and withdraw the pan from the fire when the fluid begins to boil violently, and keep it thus till it has acquired the rich dark brown colour wanted. It may either be seasoned with pepper, salt, cloves, catsup, &c. or not, and is perhaps as generally useful plain. When cold, skim the browning and bottle it for use.

Essence of Cayenne.

Steep half an ounce of good cayenne in a half pint of strong spirits for a fortnight, and strain and bottle it for use.

Essence of Ginger, a fine Stomachic.

Three quarters of a pound best Jamaica ginger, cut (not bruised) in small pieces for a quart bottle, cover the ginger with spirits of wine, keep it in a rather warm place, shaking it every day for three weeks, after which time it may be poured off. After that cover the ginger with brandy, which may stand the same time, or as long as you please.

In like manner may be prepared essences, or tinctures of allspice, cloves, nutmegs, cinnamon, &c.

CHAPTER VII.

BREAD, ROLLS, BUNS, BISCUITS, &c.

Bread is a principal part of the food of persons in all conditions of life, it is therefore of the first importance that it should be good. This depends on several circumstances. 1. The goodness of the corn, which must be well grown, free from blight and mildew, favourably gathered in in its proper season, and used while its goodness remains unimpaired. If corn be suffered to remain too long on the ground by reason of wet weather, or if it be exposed to rain after it is cut, the grain begins to germinate, and the flour and bread procured from such grain is clammy and unwholesome. Grain, well housed and securely kept, will remain sound and good for a long time. This is a merciful provision by which the surplus of one year is available to meet the deficiencies of another; but it was never intended that grain should be hoarded year after year for the purposes of pride, covetousness, and oppression; nor can such speculations be practised without

injury to the grain and its consumers; and not unfrequently to the covetous withholders of it also. 2. The flour should also be used within a proper time after grinding. It may with advantage be kept four or five weeks, but should not exceed six. Exposure to the air causes it to evaporate and lose some of its nutritious properties; and if it becomes at all damp, fermentation and acidity take place. Flour should therefore be kept in a dry place and covered up to secure it both from air and dust. 3. The admission of any foreign mixtures is to be highly depreciated. When bread is sold at a standard weight and price, it is a great temptation to bakers to adulterate their bread with inferior, and perhaps pernicious articles; or at least to use such things in the process of making bread as will cause it to rise quickly and retain its moisture and weight, as well as add to its whiteness: among the least pernicious of these are alum and pearl ash, and even these are very disagreeable. It is much to be desired that a free competition were allowed in the preparation of this most important article of food; thus the honest baker would be encouraged and the public benefitted.

For the sake of obtaining pure unadulterated bread, as well as from motives of economy, many families have adopted the motive of making their own bread. The former is much the most cogent motive; for really if bakers might be relied on for preparing a genuine and wholesome article, it would not be worth while for families, especially small families, to take the trouble of making their own bread for the mere sake of saving. To those who use baker's bread, it may be useful to observe, that bread in which alum is used is very white, and eats pleasantly enough while new, but very soon becomes dry and harsh, and acquires a sourish taste. Alum and other more deleterious ingredients may also be detected by slowly boiling the crumb of bread in water for a considerable time; then pour off the water, let it stand till near cold; then pour gently off, and in the sediment will be discovered the improper ingredients. The alum will be dissolved in the water, in which it may be distinctly tasted, and even extracted by a chemical process; jalap will form a thick film at top, and bones, ashes, or other heavy ingredients (on which

the yeast or leaven would have no power) will sink to the bottom. Whiting, chalk, or pearl ash, may be detected by the application of vinegar, or any other sharp acid, which will cause the alkaline particles to effervesce. 4. The yeast or leaven is a matter of great consequence. It is perhaps scarcely necessary to observe, that yeast is the scum which rises on beer in a state of fermentation, and that leaven is sour dough; for which purpose those who use it reserve from every baking a pound or two of dough, which they keep in a wooden vessel, (tub, or bowl,) covered over with flour. When the next baking is to be performed, the dough must be well mixed with water in a peck of flour, laid in a woodden kneading trough, covered over with a linen cloth and flannel, and left to stand all night in a warm place. Next morning the dough will have risen, and prove sufficient to mix with two or three bushels of flour.

Bread made with yeast is more palatable, and generally preferred; but that prepared with leaven is more wholesome and easier of digestion.

5. Let moderation be observed in the quantity of salt used: some salt is desirable, especially in bread intended for present use; but too much is injurious. From half a pound to a pound is a proportion for a bushel of flour. This should never be exceeded; and for such as is intended to be kept a long time, (as biscuits for sea,) no salt should be used.

6. Milk is sometimes used for wetting bread. Bread thus mixed eats light and pleasant at first, but soon becomes dry and harsh, and in hot weather turns sour; but rye, which is more sweet and clammy, is better for being mixed with milk: for common family bread, nothing answers so well as mixing it with warm water.

7. The dough must not be hurried, but suffered to rise several hours, and then well kneaded with the hands.

8. As to baking, nothing but experience can teach people to regulate the heating of an oven. The oven should not be too close, as all the steam being confined is injurious to the bread. In the North of England the bread is chiefly made thin, in the form of cakes, and baked on an uncovered flat stone over a wood fire. This bread is remarkably sweet, light, and easy of digestion.

9. For the sake both of economy and health, bread ought not to be eaten hot; hot bread is very unwholesome, is apt to lie heavy on the stomach, and often occasions spasms: it is particularly injurious to persons affected with asthma or other complaints of the lungs; it is moreover very extravagant, making a difference in the consumption of one loaf in five. It is possible, however, to err in keeping bread too long, by which it becomes less nutritious. It is never better than when one day old.

10. With respect to using any other kind of meal for bread than that of wheat, oatmeal is very wholesome, being warm, nutritious, and easy of digestion; it is usually made in thin cakes, and baked on the stones as above described. It is much used in the North of England. Barley is not so nourishing as wheat, rye, or oats; a very delicious and wholesome bread may be made of half flour and half potatoes. Equal parts of rye, barley, and wheat flour, wet with milk, make a very good and cheap bread.

Making Bread.

If you mean to bake a bushel of flour, put it into a trough, or large clean and smooth tub; make a deep hole in the middle of the heap of flour, and put into it one pint of good fresh yeast, mix it up with a pint of milk-warm soft water; then with a spoon work into the liquid enough of the flour to make a thin batter, which, after being well stirred for a minute or two, may be sprinkled with just enough flour to hide it; then cover the trough over with a cloth till the batter has risen enough to crack the flour with which you covered it; then work the flour into the batter, sprinkle over it half a pound of salt, and pour in, as it is wanted, lukewarm milk, or soft water. When the whole is sufficiently moist, knead it, which is done by working it thoroughly with your fists, rolling out, and folding it up till it is completely mixed and formed into a stiff and tough dough; then make it into a lump in the middle of the trough, and with a little dry flour thinly scattered over it, cover it again, to be kept warm to ferment. If properly done, it will not have to remain in this state more than fifteen or twenty minutes, in which time the

oven will be heated, by means of a lively and rather strong fire, made of dry, but not rotten, faggot sticks, or the woody parts of furze or strong brushwood, without any green about it: if larger wood is used, it must be split in sticks not more than two inches and a half thick. When both dough and oven are ready, take out the fire, sweep the oven clean, and make the dough up into loaves, which should be put into the oven as soon as possible. As you knead up the loaves, shake a little flour now and then over your board, to prevent the dough from sticking to it. When you have put the loaves into the oven, shut up the door very closely, and, if all is properly managed, quartern loaves will be baked enough in about two hours.

Another way.—Sift a peck of the finest wheat flour into a heap; and, making a small cavity in the centre, strain into it about a pint of good yeast, mixed with the same quantity of moderately warm water, and make it up of a light paste, with part of the flour. Cover up this dough, set it before the fire for an hour, to prove or rise, and then mix the whole with at least two quarts of water, in which a moderate quantity of salt has been dissolved; knead it till all the dough is of a good stiffness, and set it to prove for another hour. It must now again be well kneaded, and once more proved for an hour, when it will be ready to form into loaves, which may be either made in regular moulds, or formed by batching two pieces together, either of round or oblong forms. A quartern loaf will require about an hour and a half's baking, in a brisk oven.

Another way.—Let flour be kept four or five weeks before it is begun to bake with. Put half a bushel of good flour into a trough, or kneading tub; mix with it between four and five quarts of warm water, and a pint and a half of good yeast, put it into the flour, and stir it well with your hands till it becomes tough. Let it rise about an hour and twenty minutes, or less if it rises fast; then, before it falls, add four quarts more of warm water, and half a pound of salt work it well, and cover it with a cloth. Put the fire then into the oven; and by the time it is warm enough the dough will be ready. Make the loaves about five pounds each,

sweep out the oven very clean and quick, and put in the bread; shut it up close, and two hours and a half will bake it. In summer the water should be milk warm, in winter a little more, and in frosty weather as hot as you can well bear your hand in it, but not scalding, or the whole will be spoiled. If baked in tins, the crust will be very nice.

The oven should be round, not long; the roof from twenty to twenty-four inches high, the mouth small, and the door of iron to shut close. This construction will save firing and time, and bake better than long and high-roofed ovens.

Cheap Bread.

Remove from the flour only the coarsest flake bran: boil five pounds of this bran in rather more than four gallons of water, so that, when quite smooth, you will have three gallons and three quarts of bran water. With this knead fifty-six pounds of flour, and add salt and yeast as for other bread: and fifty-six pounds of flour used in this way will produce as much bread as sixty-seven pounds four ounces of flour used with plain water. When ten days' old, if put into the oven for twenty minutes, this bread will appear quite new again.

Rice and Wheat Bread.

Simmer a pound of rice in two quarts of water till it becomes perfectly soft; when it is of a proper warmth, mix it extremely well with four pounds of flour, and yeast, and salt, as for other bread; of yeast about four large spoonfuls; knead it particularly well; then set it to rise before the fire. Some of the flour should be reserved to make up the loaves.

The whole expense, including baking, will not exceed three shillings, for which eight pounds and a half of exceedingly good bread will be produced. If the rice should require more water it must be added, as some rice swells more than others.

American Flour

Requires almost twice as much water to make it into bread as English flour, and therefore it is more profit-

sole; for a stone of American flour, which weighs fourteen pounds, will make twenty-one pounds and a half of bread; but the best sort of English flour produces only eighteen pounds and a half.

Potatoe Bread

Weigh half a pound of mealy potatoes after they are boiled or steamed, and rub them while warm into a pound and a half of fine flour, dried for a little while before the fire. When thoroughly mixed, put in a spoonful and a half of yeast, a little salt, and warm milk and water enough to work it into a dough. Let this stand before the fire to rise for an hour and a half; then make it into a loaf, and bake it in a moderately brisk oven.—Some people put equal parts of potatoes and flour, and add to the warm milk and water one ounce of butter and a lump or two of sugar.

If baked in a tin the crust will be more delicate, but the bread dries sooner.

Leavened Bread.

Having preserved dough from your last baking, as above directed, the night before your intend to bake, put this into a peck of flour, and work the whole well together with warm water. Let it lie in a dry wooden trough, covered with a linen cloth, and a flannel over it, in a warm place. The dough kept warm, will rise again the next morning, and prove sufficient to mix with two or three bushels of flour, when worked up with warm water, and a pound of salt to each bushel. Being well worked, and thoroughly incorporated, cover it, as before, till it rises; then knead, and make it into loaves. The more leaven is used the lighter the bread will be.

FANCY BREAD, ROLLS, &c.

Fine French Bread.

Take half a peck of the finest flour, and, having well sifted it into the kneading trough, form a centrical cavity, into which strain about half a pint each of warm milk and the choicest yeast, mixing some of the surrounding flour so as to form a light sponge. Then, having covered it well up with a linen and a flannel cloth, place it before the fire to rise for about three quarters of an hour; and, having warmed a pint and a half of milk with half a pint of water, a quarter of a pound of fresh butter, a spoonful of powdered loaf-sugar, and a little salt, knead it to a proper consistence, and place it again over the fire as before. After once more kneading it, and placing it to rise, form the dough into loaves, bricks, or rolls, of any shape or size, lay them on tin plates; set them before the fire to rise for about twenty minutes; and, having baked them in a quick oven, let them be rasped while hot. Some persons, with the butter, &c. put in an egg, leaving out half the white.

French Rolls.

Take a pint and a half of milk, make it quite warm, half a pint of small beer yeast, add sufficient flour to make it as thick as batter; put it into a pan; cover it over, and keep it warm; when it has risen as high as it will, add a quarter of a pint of warm water, and half an ounce of salt; mix them well together; rub into a little flour two ounces of butter, then make your dough not quite so stiff as for bread, let it stand for three quarters of an hour, and it will be ready to make into rolls, &c. Let them stand till they have risen, and bake them in a quick oven.

Puff Loaves.

To one pint of milk add four moderate spoonfuls of flour, four eggs, leaving out half the whites, quarter of a pound of

butter, melted, a little sugar and salt: this quantity makes six puddings; bake them in a quick oven.

German Rolls.

Take half a peck of the finest flour, and as much new milk as will wet the above into a dough; mix it with half a pint of yeast, half an ounce of fine sugar, and set a sponge; when risen, add one ounce of butter, melted, with two eggs; work it together, and make it in rolls; let them rise in a warm place; bake in buttered tins, in a brisk oven, twenty minutes.

Oxford Cakes.

One pound of flour, one egg, a spoonful of yeast, half a pint of cream or good milk; make them up, and let them stand to rise. Bake them thirty minutes in a quick oven.

Breakfast Buns.

Take one pound and a half of flour; set sponge with two spoonfuls of yeast, half a pint of warm milk, with half the flour; when risen, add to it a quarter of a pound of sugar, with two ounces of butter, melted, with the other part of the flour, and a quarter of a pint more milk, to make it all a light dough; make them up in round cakes, and lay them on tins to rise, in a warm place; when risen, bake them a quarter of an hour, and wash over with milk and sugar, mixed.

Derby Short-cakes.

Rub down a pound of butter into two pounds of flour, and mix with this half a pound of beat sugar, an egg, and as much milk as will make a paste. Roll this out thin, and cut out the cakes in any form. Bake on tin plates for about ten minutes. They may be iced, or have sifted sugar strewed over them.

Yorkshire Cakes.

Mix two pounds of flour with a quarter of a pound of butter melted in a pint of milk, two beaten eggs, and three spoonfuls of yeast. Mix the whole well together, and set it

to rise; then knead, and make it into cakes, which are to be baked in a slow oven, after letting them stand some time. They are lighter when made without butter, but eat shorter with it. They should be buttered as soon as they come out of the oven, or cut in two when cold, toasted brown, and buttered.

Sally Lun's Cakes.

Take one pint of warm milk, or rather cream, with a tea-cupful of yeast, put these into a pan, with flour enough to form a thick batter, add thereto the yelks of three eggs, and two ounces of lump sugar dissolved in some warm milk, and a quarter of a pound of butter rubbed into the flour. When risen, make the dough into cakes, put them on tins, and bake them in a quick oven. Care should be taken never to put the yeast into water or milk too hot or too cold, as either extreme will destroy the fermentation. In summer it should be lukewarm, but in winter a little warmer, and in very cold weather, warmer still. When it has first risen, if you are not prepared, it will not hurt to stand an hour.

Famous Bath Rolls, or Cakes.

In a pint of milk warm two ounces of butter, and add three spoonfuls of table-beer yeast, with a very small quantity of saffron boiled in a cupful of milk, and a little salt: mix it well with four pounds of fine dried and sifted flour; set the paste to rise for about half an hour; knead it sufficiently; and, making it up into twelve or fourteen rolls or cakes about three inches thick, bake them in a quick oven. They are commonly made without the saffron, but look much better with it.

Potatoe Rolls.

Dry a pound and a half of flour. Bruise a pound of well boiled mealy potatoes, and work them with half an ounce of butter, and half a pint of milk, till they will pass through a colander. Put a quarter of a pint of warm water to a quarter of a pint of yeast, add these and some salt to the potatoes, and mix the whole up with the flour. If it works up too stiff a

little more milk must be added. When it is well kneaded, set it before the fire to rise for half an hour, then work it up into common sized rolls, and bake them half an hour in a pretty quick oven

Muffins.

Build a place as if for a copper, lay a piece of cast iron all over the top, resembling the bottom of an iron pot, and when wanted for use, heat it with a coal fire made in the furnace underneath. Then put a quarter of a peck of very white flour into the trough, mix a pint and a half of warm milk and water, with a quarter of a pint of mild ale yeast, and a little salt; stir these together for a quarter of an hour; strain the liquid into the flour; mix the dough as light as possible, and set it to rise for an hour. Make it up with the hands, pull it into pieces, each of the size of a walnut, roll them up like balls, and lay a flannel over them as fast as they are done, and keep the dough covered the whole time. When the dough is quite rolled into balls, the first that are done will be ready for baking, and may be spread out into the form of muffins. Lay them on the heated plate, and as the bottoms change colour, turn them on the other side. Care must be taken to avoid burning them, and if the middle of the plate is too hot, a brick or two should be put into the centre of the fire to moderate the heat. A better sort is made by mixing a pound of flour with an egg, an ounce of butter melted in a pint of milk, and two table-spoonfuls of yeast beaten well up together. Set it for two or three hours to rise, and bake the muffins in the usual way.

Crumpets.

Make a thin batter of flour, milk, water, and a very little yeast. Pour this on an iron plate, like pancakes in a frying pan. The crumpets are soon done on one side, and must therefore be quickly turned.

Oat Cakes.

Sift a quarter of a peck of fine oatmeal; then take about a pint of warm water, half a glass of mild ale yeast, and half an

ounce of salt; stir these together for about ten minutes, strain the whole into the oatmeal, mix the dough high and light, as for muffins, and let it remain an hour to rise. After this, roll it up with the hand, and pull it into pieces about the size of an egg, roll these out with a rolling pin on plenty of flour, cover them with flannel, and they will soon be of a proper thickness. Bake them on an iron plate. Toast them crisp on both sides, but without burning them; then pull them open, lay in some butter, and put the two parts together again.

Rusks.

Beat up seven eggs, and mix with the same half a pint of new milk, in which a quarter of a pound of butter has been melted. Add to it a quarter of a pint of yeast, and three ounces of sugar; then put this mixture gradually into as much flour as will make a light batter; let it rise before the fire half an hour, and then add more flour to stiffen it. Knead it well, and divide it into small loaves or cakes, and flatten them. When baked and cold, slice them, and put them into the oven to brown a little. When first baked, they eat well buttered, or with carraways they are good cold.—For French rusks, mix with a wooden spoon, three-quarters of a pound of powdered loaf sugar, and half a pint of the yelks of eggs. Put in a handful of carraway seeds, with a pound of flour, work the whole well together, roll out the paste above a foot in length, and about the thickness of your wrist. Lay it on a plate, with three or four sheets of paper beneath, and flatten it with the hand so as to be nearly an inch and a half high in the middle, but sloping downwards nearly even with the paste on each side. Set it in a gentle oven, and bake it moderately. Wet the paper, to bring it off warm, and then having cut the rusk into shapes, put them again into the oven. When dry and brown they will be fit for use. The carraways may be omitted.

Dutch Rusks.

Three pounds of flour, half a pound of butter, a quarter of a pound of sugar, mix half a pint of new milk with a

quarter of a pint of yeast; rub the flour, sugar, and butter together; set sponge with the milk; when risen, work up the dough, make it in small balls, bake on tins in a moderate oven a quarter of an hour; next day cut them in two, and dry them in the oven.

Cringles.

Rub a quarter of a pound of butter in one pound of flour, and two ounces of sugar; set sponge with half the flour, two spoonfuls of yeast, and a quarter of a pint of milk; when risen, add the other to it, with two eggs, and a quarter of a pint more milk, to make it into a light dough; roll it out the thickness of your finger, make it in the shape of a figure of eight, let it rise on the tins before baking; when baked, wash them over with milk and sugar, mixed.

Excellent Diet Bread.

Sift a pound of the finest flour, and dry it well by the fire. Beat up eight eggs, for a short time; and then, adding, by degrees, a pound of loaf-sugar, beaten and sifted, continue beating them together for an hour and a half. Then, having before taken the flour from the fire, strew it in cold; with half an ounce of carraway and coriander seeds mixed together and slightly bruised. The beating, in the mean time, must not cease, nor be at all discontinued, till the whole is put into the paper mould or hoop, and set in a quick, but not too hot oven. One hour will be quite sufficient to bake it.

Hunting Bread.

Mix a pound and a half of fine flour, and a pound of sugar, then add carraway and coriander seeds, as many as may be thought proper, with six yelks of eggs and four of the whites beat up in a little rose water, and strained into the flour. After which, put in a little yeast, to make the dough light; roll it out thin; and cut it into pieces like lozenges, to be baked on buttered papers or tin sheets.

Balloon Cakes.

Mix two spoonfuls of yeast with four of cream; add it to six of flour, make it into a dough, set it to rise in a warm place, roll it very thin, and cut with a round cutter; bake on tins four minutes.

BUNS.

London Wigs.

Two pounds of finest flour; rub therein half a pound of butter, half a pound of fine sugar, half an ounce of carraway seeds, half a pint of ale yeast, and two eggs. Beat well together the eggs, yeast, a little of the flour, and three or four spoonfuls of milk; strain it into the middle, and strew some of the flour over it; let it stand twelve hours or longer, then make it up in a pretty tender paste with lukewarm milk; mould the wigs, and set them before the fire one hour to rise; then wash them over with the yelk of one egg beaten with two spoonfuls of milk.

Bath Buns.

Half a pound of butter, half a pound of flour; rub the butter well in, add five eggs and three table-spoonfuls of very thick yeast. Set it before the fire to rise when it has risen sufficiently add a quarter of a pound of powdered sugar, one ounce of carraways; mix them within, then roll it out into little cakes and bake them on tins. Strew carraway comfits on the tops before baking them.

Another way.—Take one pound and a quarter of flour; set sponge, with half a pint of milk, and two spoonfuls of yeast; when risen, add half a pound of butter, melted, half a pound of sugar, and four eggs; mix it into a paste, lay it on tins rough, sprinkle Scotch carraways over, and bake a quarter of an hour.

Bath Cakes or Buns

Roll half a pound of butter into a pound of flour, and add four beat eggs, and a glassful of yeast. Set this before the fire to rise; then add four ounces of sifted sugar, and a few carraway-seeds. Roll the paste into thin sheets, and stamp them out. Bake them on tins. They should rise very light.

This is made into Bath buns by moulding the paste in the shape of buns, and strewing a few sugar-carraways over the tops.

Carraway Comfit Wigs, Buns, or Cakes.

Rub half a pound of new butter in two quarts of fine dried and sifted flour; then adding a quarter of a pound of carraway comfits, beat up two yelks of eggs, three table-spoonfuls of ale yeast, with a little salt, and put them also to the flour, adding a pint or more of new milk, and mix the whole together. The paste must be equally well worked, and beat till it leaves the hand; when it should be set before the fire, to rise, for about half an hour. In the mean time, having ready a quarter of a pound of finely powdered and sifted loaf sugar, roll pieces of the paste well among it, make them up in shape, place them on tins, dust a little sugar over them, and set them in the oven. They may be eaten hot or cold; and are esteemed very good, when toasted, for tea. They are sometimes made with plain carraway seeds, instead of comfits; and, sometimes, the paste thus formed is made into a single seed cake, for which it is equally well adapted.

Common Buns.

Take two pounds of flour and one of beat sugar, and mix them. Make a hole in the middle of the flour, and put in a glassful of thick yeast, and half a pint of warmed milk. Make a thin batter of the surrounding flour and the milk, and set the dish covered before the fire till the leaven begins to ferment. Then put to the mass half a pound of melted butter, and milk enough to make a soft paste of all the flour. Cover this with a dust of flour, and let it once more rise for half an hour. Then shape the dough into buns, and lay

them apart on buttered tin plates in rows; to rise for half an hour. Bake in a quick oven.

Cross Buns

Are made of the same sort of dough, with the addition of a little more sugar, and a seasoning of cinnamon, allspice and mace. When moulded, they have the figure of a cross impressed on them with a stamp.

Seed Buns

Are also made as above, with the addition of carraway-seeds. They may be baked in pans and glazed.

Plum Buns.

Mix with the dough of common cross-buns, currants, candied orange-peel, blanched almonds chopped, and a seasoning of cinnamon and mace. Mark them round the edge when moulded, and bake as common buns.

A Scotch Half-peck Bun.

Take half a peck of flour, keeping out a little to work it up with; make a hole in the middle of the flour, and break in sixteen ounces of butter; pour in a pint of warm water, and three gills of yeast, and work it up into a smooth dough. If it is not wet enough, put in a little more warm water, then cut off one third of the dough, and lay it aside for the cover. Take three pounds of stoned raisins, three pounds of cleaned currants, half a pound of blanched almonds cut longways; candied orange and citron peel, cut, of each eight ounces; half an ounce of cloves, an ounce of cinnamon, and two ounces of ginger, all beat and sifted. Mix the spices by themselves, then spread out the dough; lay the fruit upon it; strew the spices over the fruit, and mix all together. When it is well kneaded, roll out the cover, and lay the bun upon it; then cover it neatly, cut it round the sides, prickle it, and bind it with paper to keep it in shape; set it in a pretty quick oven, and, just before you take it out, glaze the top with a beat egg.

BISCUITS.

Naples Biscuit.

Beat eight eggs in a large bowl or pan with three spoonfuls of rose water, whip them to a light froth, strewing in at the same time one pound of fine powdered sugar; then take out the whisk, and put in one pound of the finest flour; mix it well together; the pans being papered, fill them, scrape over a little double refined sugar, and bake them as soon as possible.

Biscuit Drops.

Take three large eggs (leaving out one white,) two spoonfuls of rose water, half a pound of single refined sugar sifted, a few carraway seeds, whip these well together till it is a light froth; then take out the whisk and put in half a pound of the finest flour, mix the substance well together, then drop them small and ice them with a little double refined sugar. Bake them as soon as possible.

Biscuits.

Equal weight of flour, eggs, and beaten sugar to mix as follows: viz. the yelks of the eggs and the beaten sugar to be mixed well together; then add the whites beaten to a strong froth, then the flour, to be baked in paper cases on tins.

Hard Biscuits.

Warm two ounces of butter in as much skimmed milk as will make a pound of flour into a very stiff paste, beat it with a rolling pin, and work it very smooth. Roll it thin, and cut it into round biscuits; prick them full of holes with a fork. About six minutes will bake them.

Plain and very Crisp Biscuits.

Make a pound of flour, the yelk of an egg, and some milk, into a very stiff paste; beat it well, and knead till quite smooth; roll very thin, and cut into biscuits. Bake them in a slow oven till quite dry and crisp.

SPONGE AND OTHER SIMILAR CAKES

Sponge Cake.

The weight of five eggs in sugar, and three in flour, whisk the whites to a stiff froth, beat the yelks well and mix them; then stir in the sugar and add the flour last. If beat after the eggs are mixed the cake will not be light. Bake in rather a quick oven.

An excellent Recipe for a Sponge Cake.

Take twelve eggs, separate the yelks from the whites, beat them separately for three quarters of an hour, by which time the whites will have become a strong froth. Have ready one pound and a quarter of fine sugar, and three quarters of a pound of fine flour both sifted, mix all together, but do not beat the cake any more. Well butter the tins. Half fill and bake in a quick oven one hour.

Another way.—Three quarters of a pound of sugar sifted, six ounces of butter, and seven eggs. These proportions to be mixed in the same manner as directed in the foregoing rticle.

Diet Bread Cake.

Boil, in half a pint of water, one pound and a half of lump sugar; have ready one pint of eggs, three parts yelks, in a

pan; pour in the sugar, and whisk it quick till cold, or about a quarter of an hour: then stir in two pounds of sifted flour, case the insides of square tins with white paper, fill them three parts full, sift a little sugar over, and bake it in a warm oven and while hot remove them from the moulds.

Naples biscuits are made in the same way, only baked on long tin moulds, papered.

Savoy Cake, to turn out of mould.

Take ten eggs, one pound of sugar, three quarters of a pound of flour, the peel of one lemon, grated, two drops of essence of lemon; separate, and whisk up the whites to bear an egg; stir the yelks and sugar together well, and mix the whites with them; then stir the flour in gently, and put in the mould, well papered round the outside, in a moderate oven for one hour and a quarter.

N. B. The mould should be buttered with clarified butter, half cold, with a brush; put some fine sifted sugar all over it after being buttered. To try when the cake is done, stick a piece of dry whisk in the middle of it; if it comes out quite dry, it is done; if the least sticky, it wants more baking.

Palais Royal Biscuits.

Take one pound of eggs, one pound of sugar, half a pound of flour; separate the eggs; whisk up the whites strong enough to bear an egg; stir the yelks in the whites, whisked, then the sugar, the rind of one lemon, grated, two drops of the essence of bergamot, and lastly, the flour, very gently, put them in square tin cases, buttered; sift sugar over them, and bake in a quick oven.

Sponge Biscuits.

Take one pound of eggs, one pound of sugar, ten ounces of flour; break, and whisk the eggs and the sugar, with the rind of one lemon, grated, together, in a pan near the fire, till the mixture gets warm, but not hot; then whisk it till cold; stir the flour in gently, and fill it in small square tin moulds, or paper cases; sift sugar over, and bake ten minutes.

N. B. A couple of drops of essence of lemon may be added, if agreeable.

Savoy Biscuits.

Make the same mixture as for palais royal; lay them out on paper, in the shape of a figure of eight, with a funnel sift sugar over them, and bake in a quick oven; cut them off the papers and join them together.

Judges' Biscuits.

Nine eggs, one pound of sugar, one pound of flour; proceed the same as sponge biscuits; add one spoonful of caraway seeds; lay them out round on paper, with a funnel; sift sugar over, and bake in a quick oven.

Italian Biscuits.

Make the same paste as judges' biscuits; spread them out round and flat on paper, with a tin rim, the size of a saucer bake, and when cold wet the opposite side of the paper with a sponge; take them off, and dry quite crisp in the oven, and cut them round.

Cream Biscuits.

Make the same paste as for palais royal, whisk one pint of cream up to a thick froth; add it to the mixture; put them in paper moulds, sift sugar over them, and bake seven minutes in a quick oven. They should be served hot.

American Pot-ash Cakes or Biscuits.

Take a pound of flour, and mix with it a quarter of a pound of butter; then, having dissolved and well stirred a quarter of a pound of sugar in half a pint of milk, and made a solution of about half a tea-spoonful of salt of tartar, crystal of soda, or any other purified potash, in half a tea-cupful of cold water, pour them, also, among the flour, work up the paste to a good consistence, roll it out, and form it into cakes or biscuits. The lightness of these cakes depending much

on the expedition with which they are baked, they should be set in a brisk oven.

Chocolate Biscuits.

Break six eggs, and put the yelks of four into one pan, and the whites of the whole six into another; add to the yelks an ounce and a half of chocolate, bruised very fine, with six ounces of fine sugar. Beat the whole well together; and then put in the whites of six eggs whipped to a froth. When they are well mingled, stir in by little and little six ounces of flour, and put the biscuits on white paper, or in small paper moulds, buttered; throw over a little fine sugar, and bake them in an oven moderately heated.

Almond Biscuits.

Take a quarter of a pound of sweet almonds, blanch and pound them fine in a mortar, sprinkling them from time to time with a little fine sugar; then beat them a quarter of an hour with an ounce of flour, the yelks of three eggs, and four ounces of fine sugar, adding afterwards the whites of four eggs whipped to a froth. Have ready some paper moulds, made like boxes, about the length of two fingers square; butter them within, and put in the biscuits, throwing over them equal quantities of flour and powdered sugar: bake them in a cool oven; and, when done of a good colour, take them out of the papers. Bitter almond biscuits are made in the same manner; with this difference only, that to every two ounces of bitter almonds must be added an ounce of sweet almonds.

Hitherto these cakes only have been spoken of, into the composition of which butter and fruits are not at all or very sparingly admitted. The following remarks apply more particularly to cakes in which those articles form principal ingredients. They are, however, worthy of general observation, and admit of general application.

It is perhaps scarcely necessary again to observe, that in the composition of cakes, as well as of puddings and pastry, the flour should be dry and sifted, loaf sugar rolled and sifted, butter worked with the hand to a cream,* eggs well and separately beaten, that is, the yelks and whites apart. This process is greatly assisted if it can be carried on over or near the fire; for this purpose a tin bowl is very convenient. Eggs are intended not only to enrich the cake but to make it light, which intention is greatly promoted by their being thoroughly beaten.

Plumbs must be stoned, and currants carefully picked, washed, and dried; candied lemon, orange, or citron peel, shred very small or cut in slices, and all these ingredients shaken in powder sugar, or in a little flour before they are added to the composition. Fresh lemon peel may be either grated off with a hard lump of sugar, which is then to be rolled and added to the composition, or shaved off and pounded in a mortar to a paste, with a little cream.

Spice pounded very fine and sifted.

Almonds blanched by dipping them in hot water and removing the skins.

Yeast should be fresh, sweet, and thick; if at all suspected of bitterness, a bit of hot charcoal may be put in, or a bit of bread toasted very dry and used burning hot; after either of these have remained in a few minutes, remove them, put to the yeast an equal quantity of water, let it stand awhile to settle, then pour off the water and strain the yeast. Cakes prepared with yeast require to stand some time in gentle warmth, that they may rise before being put into the oven; otherwise, as soon as the ingredients are thoroughly incorporated, the cake should be put into the oven that the fruit may not sink.

* It is sometimes directed to melt the butter in milk or water, and where this direction occurs in approved recipes, we shall not interfere with it, but merely repeat as a matter of experience, that if a short eating cake be desired, the best way is to work the butter with the hand, and add the other ingredients to it.

To prevent cakes being scorched, folds of paper may be put over the top and round the sides. Cakes may be baked either in wooden hoops with paper bottoms, or tin moulds, or if very stiff merely on tins, as loaves are sometimes baked; the former method is generally prefered.

Cakes should be put into a quick oven, and of sufficient strength to keep up an equal heat until they are done.

To judge whether a cake is sufficiently done, a knife or whisk may be plunged into the heart and quickly drawn out; if any dough or stickness adhere to the knife, the cake must be instantly replaced in the oven; but if it draws out clean, it may be concluded that the cake is done.

*The poor Man's Cake.**

Quarter of a pound of butter, half a pound of sugar, one pound of currants, one ounce of candied peel cut small, to be rubbed into three pounds of common bread dough

Dripping Cakes, much used in the Country.

They are eaten hot for breakfast, and are equally good cold, sliced and buttered. Half a quartern of dough, three quarters of a pound of good dripping (lard, or butter if you please,) six ounces of moist sugar, knead them well together, roll it out about twice the ordinary thickness of pie crust, and bake twenty minutes on tins.

Those who do not bake at home send the dripping and sugar to their bread baker, who makes it up without any additional charge beyond the price of a loaf of that size; some people prefer it without sugar. In lone places, where there is no oven at hand, these cakes are often baked in a frying pan, in which case they require a longer time to do, and must be turned that both sides may be brown.

* Those who have not tried, will not easily believe how good this cake is; or tasting it, will hardly credit that there are no more enriching ingredients.

A Plain Cake, either Currant or Seed.

One pound and a half of butter, or half butter and half lard or dripping; in a pan large enough to knead the cake, work it with your hand till it becomes like cream; then have ready three or four eggs well beaten, which thoroughly mix with the butter; then add a quartern of good light dough, knead it well with your hand till the whole is well incorporated; when this is the case, spread the dough, scatter over one pound and a half of sugar, one pound and a half of currants, or an ounce of caraway seeds, three or four ounces of candied peel, a little grated ginger, all-spice and nutmeg, and knead the whole again. Have your tins or dishes buttered inside and warm; they should be little more than half filled: stand them covered with a cloth or flannel in the influence of the fire to rise. In about half an hour put them in the oven; as soon as they are done enough, take them out of the moulds and place them hollow and bottom upwards to cool, so that all steam may pass off and a current of air pass round them every way. If suffered to cool in the pans in which they were baked, the steam settles at bottom and makes the cakes swampy and heavy.—This remark applies to cakes in general.

Ayres's rich Plum Cake.

Four pounds of flour, three pounds of currants, one pound of raisins stoned and chopped small, two large nutmegs, cinnamon three drachms, mace and cloves enough to make up an ounce, all finely powdered, mix these well together. Then take one pint of ale yeast, ten eggs (leaving out five whites) and four spoonfuls of the best brandy, strain it into the middle of the flour; then pour in on one side a pint and a half of cream, with one pound of butter melted therein, put it in when lukewarm, mix the whole well together with candied citron, lemon, and orange peel of each two ounces; let it stand one hour by the fire to rise before you put it into the hoop.

To ice a Cake.

Beat the whites of three eggs with three quarters of a

pound of double refined sugar sifted; beat it for half an hour or longer, and the cake being baked, lay it on and harden it at the oven's mouth.

A rich Plum Cake.

Take three pounds and a half of butter, one pound and a quarter of sugar, two pounds and a half of flour, one pound of candied orange and lemon-peel, a quarter of a pound of citron, four pounds of currants, thirty eggs, two lemon-peels grated, a spoonful of mace, ditto of cinnamon, ditto of nutmeg, four ounces of sliced almonds, a quarter of a pint of brandy; melt and rub the butter to a cream; work in the sugar and eggs by degrees; put in the spice and brandy, and mix the flour and sweetmeats in gently; put it in a hoop, papered, and wrap paper round the outside, and bake it four hours.

Another Plum Cake, not so rich.

One pound and a quarter of sugar, one pound fourteen ounces of flour, three ounces of candied citron, six ounces of ditto orange, six ounces ditto lemon-peel, two pounds and a half of currants, one pound six ounces of butter, three ounces of almonds in slices, ten eggs, a glass of brandy, one nutmeg, grated, spoonful of cinnamon and mace together, in powder; make it the same as the above cake, and bake as directed.

Another way.—Take equal weight of currants and flour; about a pound of each will make a cake of good size; a pound and a half will make a large one. Beat twelve ounces of fresh butter to a cream. Beat also sixteen eggs to a cream with a whisk in a tin pan, and set them over the fire with a pound of sifted sugar, whisking all the time. When warm take them off, and continue to beat till they are cold, when the butter must be well mixed with them, and then the currants, which should be previously picked, dried in a cloth, and rubbed in flour. Put to this half a pound of candied citron, lemon and orange peel cut in long bits, half an ounce of bitter almonds beat to a paste with a little sugar, two

ounces of sweet almonds blanched and cut the long way, half an ounce of pounded cinnamon and mace, and a little curaçoa, or any highly flavoured liquor, or plain brandy. Paper a hoop, and pour in the cake.

Another way.—Half a pound of flour, half a pound of butter, half a pound of raisins, half a pound of currants, six ounces of sugar, four eggs, a little lemon peel, mace, cloves, and nutmeg; two spoonfuls of orange flour water, and a little brandy.

Another way.—Take half a peck of flour, half a pint of rose water, a pint of cream, a pint of ale yeast, boil it, then a pound and a half of butter, six eggs without the whites, four pounds of currants, a pound of sugar, one nutmeg, and a little salt; work it very well, and let it stand an hour by the fire, and then work it again, and make it up, and let it stand an hour and a half in the oven. Take care that the oven not too hot.

A very rich Twelfth Cake.

Put into seven pounds of fine flour two pounds and a half of fresh butter, and seven pounds of nicely picked and cleansed currants, with two large nutmegs, half an ounce of mace, and a quarter of an ounce of cloves, and a pound of loaf sugar, all finely beaten and grated; sixteen eggs, leaving out four whites, and a pint and a half of the best yeast. Warm as much cream as will wet this mass, and pour mountain wine to make it as thick as batter; beat grossly, a pound of almonds mixed with mountain wine and orange-flower water, and put in a pound and a half of candied orange, lemon, and citron peel. Mix the whole well together, and put the cake into a hoop, with paste under it, to save the bottom while it is baking.

The following is a fine iceing for a twelfth cake:—Take the whites of five eggs, whipped up to a froth, and put to them a pound of double refined sugar powdered and sifted, and three spoonfuls of orange-flower water. Beat it up all the time the cake is in the oven; and, the moment it comes out ice over the top with the spoon. Some also put into the

the iceing a grain of ambergris, but that perfume is too powerful for many tastes. A little lemon juice is often used instead of the orange-flower water.

The celebrated Banbury Bride Cake.

Take a peck of the finest flour; half an ounce each of beaten and sifted mace, nutmegs, and cinnamon; two pounds of fresh butter; ten yelks and six whites of eggs; and somewhat more than a pint of good ale yeast. Beat the eggs well; strain them, with the yeast and a little warm water, into the flour; and add the butter cold, broken into small bits. The water with which the paste is kneaded must be scalding hot; and, on being thus well worked together, it is to be set to rise near the fire, covered by a warm cloth, for about a quarter of an hour. This being done, ten pounds of picked and cleansed currants are to be prepared with a little musk and ambergris dissolved in rose-water. The currants must be made very dry, otherwise they will render the cake heavy; and finely powdered loaf sugar is to be strewed among them, fully sufficient for supplying all the natural sweetness of which they have been deprived by the water wherein they were washed. The paste being now all broken into small pieces, the currants are to be added in alternate layers, a layer of paste and a layer of currants, till the whole are well mingled, but without breaking the currants. A piece of paste, after it has risen in a warm cloth before the fire, must be taken out, before putting in the currants, to cover the top of the cake, as well as for the bottom. Both the paste for the top and bottom must be rolled rather thin, and wetted with rose-water; but it may be closed either at the bottom, on the side, or in the middle, as it shall seem best. Prick the top and sides with a small long pin; and, when the cake is ready to go into the oven, cut it with a knife, in the midst of the side, an inch deep all round; and, if it be of the size thus directed, it must stand two hours in a brisk oven.

Scotch Short Bread.

To the fourth of a peck of flour take six ounces of sifted sugar and of candied orange peel, citron and blanched almonds, two ounces each. Cut these in rather large pieces, and mix them with the flour. Rub down among the flour a pound of butter in very minute bits, and melt half a pound, and with this work up the flour, &c. The less kneading it gets the more short and crisp the cakes will be. Roll out the paste into a large well-shaped oval cake about an inch and a half thick, and divide this. Pinch the cakes neatly at the edges, and mark them on the top with the instrument used for the purpose, or with a fork. Strew caraway comfits over the top, and a few stripes of citron. Bake on paper rubbed with flower.

Observation.—Plainer short bread may be made by using less butter and no candied fruit. The whole of the butter may be melted, which makes the process easier.

Plain Pound Cake.

Beat a pound of cold butter to a cream, and put to it nine eggs well beat. Beat them together till well mixed and light; and put to them a little shred lemon-peel, or a few blanched almonds chopped, sugar, and a pound and a quarter of dried and sifted flour. Bake in a pan for an hour, in a rather quick oven; two small cakes may be made of the same ingredients.

The addition of half a pound of currants, a few raisins, and half a pound of candied lemon and orange-peel, with nutmeg and cinnamon to taste, will make this a good plum cake of moderate richness; or it may also be converted into a fine seed cake, by adding caraway and coriander seeds to the plain cake.

SEED CAKES.

Malbrorough Cake.

Beat and strain eight eggs, and add to them a pound of sugar powdered and sifted. Beat up the whole three quarters of an hour, then add twelve ounces of flour well dried, and two ounces of caraways; beat all again well, and bake it on tin plates in a hot oven.

Nun's Cake.

Mix four pounds of flour, and three of double-refined sugar beaten and sifted. Let the whole stand before the fire, and meanwhile, beat four pounds of butter with a cool hand in a deep dish, all one way, till it is like cream. Next beat the yelks of thirty-five eggs, and the whites of sixteen. Strain this, and beat the whole with the butter till thoroughly united. Mix in four or five spoonfuls of orange-flower or rose-water, then take the flour and sugar, with six ounces of caraways, and strew them in by degrees. Beat the whole two hours longer, add some essence of cinnamon, butter a hoop, and bake it three hours

A Rich Seed Cake

Rub fine three pounds of butter in three pounds of the finest flour; add thereto three pounds single-refined sugar sifted; four ounces caraway seeds, half an ounce of mace and cloves, beat fine; twenty new laid eggs, leaving out ten whites, well beat in with eight spoonfuls of the best brandy; work it with your hands for half an hour or longer; then the oven being ready, and the hoop well buttered, bake it about three hours.

A Fine Seed Cake.

Take a pound and a half of flour, and sixteen eggs well whisked. Mix with them a pound and a half of finely beaten sugar, and whisk them well together. Throw in half a pound of cut candied citron, lemon and orange-peel, and four ounces of almonds blanched and cut. Mix this with the pound and a half of dried flour, and twelve ounces of butter beaten to a cream. Season with cinnamon and cloves, and throw in a few caraway seeds. Smooth the top of this (and every sort of cake) when put into the hoop, and throw sugared caraways over it.

A Common Seed Cake.

Mix half a pound of best white sugar with two pounds of flour in a large bowl or pan. Make a hole in the centre, and pour into it half a pint of lukewarm milk, and two spoonfuls of yeast. Mix a little of the surrounding flour with this, and, throwing a cloth over the vessel, set it in a warm place for an hour or two. Add to this half a pound of melted butter, an ounce of caraway seeds, and a little all spice, ginger and nutmeg, and milk sufficient to make the whole of a proper stiffness. Butter a hoop, and pour in the mixture. Let it stand half an hour at the mouth of the oven, to rise, and then bake it.

To make a good Seed Cake.

Take two pounds of butter beaten to a cream, a quarter of a peck of flour, a pound and three quarters of fine sugar, three ounces of candied orange-peel and citron, one ounce of caraway seeds, ten eggs, but only five whites; a little rose-water, a few cloves, mace, and nutmeg; a little new yeast, and half a pint of cream; then bake it in a hoop, and butter your paper; when it is baked, ice it over with the whites of eggs and sugar, and set it in again to harden.

For making a light Seed Cake.

Take half a quartern of flour, a little nutmeg and ginger, three eggs well beaten, three spoonfuls of ale yeast, half a pound of butter, and six ounces of smooth caraway seeds, and work it in warm together with your hand.

For making a cheap Seed Cake.

Put a pound and a half of butter in a saucepan with a pint of new milk; set it on the fire; take a pound of sugar, half an ounce of allspice beaten fine, and mix them with half a peck of flour. When the butter is melted, pour it and the milk into the middle of the flour, and work it up like paste; pour in with the milk half a pint of good ale yeast, and set it before the fire to rise just before it goes to the oven. You may either put in some caraway seeds or currants, and bake it in a quick oven.

If you bake it in two cakes, they will take an hour and a half baking.

Rice Cake.

Mix half a pound of sifted rice flour, with half a pound of loaf sugar, sifted, and put this to six eggs well whisked and strained. Season with a little ratafia and orange-flower water, and a drop or two of essence of lemon, or some finely grated rind of lemon. Beat the whole together for twenty minutes, and bake in a quick oven.

Pepper Cake.

One pound and a half of flour, a pound and a half of treacle, half a pound of moist sugar, half a pound of butter, a tea-spoonful of pearl-ash, melted in a little milk, one ounce of caraway seeds, half an ounce of ground ginger, a quarter of an ounce of powdered cloves; mix all these well together, with five eggs beaten up, and bake in a mould or tin, in a moderate oven, two hours.

SMALLER CAKES OF VARIOUS SORTS.

Bath Cakes.

One pound of the finest flour, into which rub half a pound of butter, half a pound of fine sugar, half an ounce of caraway seeds, four spoonfuls each of brandy and sack, with as much rose-water as will temper it to a paste; then make it up in little thin cakes, wash them over with rose-water, scrape over some double-refined sugar, and bake on a tin or a buttered paper.

Dutch Cake.

Two pounds of flour, half a pound of butter, three ounces of loaf sugar, two eggs, two spoonfuls of yeast, the peel of a lemon, shred fine, and as much milk as will mix the whole: one hour in a quick oven will bake it.

Small white Cakes.

Dry half a pound of flower, rub into it a very little pounded sugar, one ounce of butter, one egg, a few caraways, and as much milk and water as to make a paste; roll it thin, and cut it with the top of a canister or glass. Bake fifteen minutes on tin plates.

Small short Cakes.

Rub, into a pound of dried flour, four ounces of butter, four ounces of white powdered sugar, one egg, and a spoonful or two of thin cream to make it into a paste. When mixed, put currants into one half, and caraways into the rest. Cut them as before, and bake on tins.

Derby or Short Cakes.

Rub in with the hand one pound of butter into two pounds of sifted flour; put one pound of currants, one pound

of good moist sugar, and one egg; mix all together with half a pint of milk,—roll it out thin, and cut them into round cakes with a cutter; lay them on a clean baking plate, and put them into a middling heated oven, for about five minutes.

Queen Cakes.

Put one pound of fine sugar, one pound of fine flour, one pound of butter, one pound of currants; two drachms of cloves and two drachms of mace; the yelks of ten new laid eggs, well beaten, with four spoonfuls of brandy; work it with the hand full half an hour. Then the pans being buttered, and the oven ready, fill them and scrape over some double-refined sugar. One ounce each of candied citron and lemon may be added if approved.

Another way.—One pound and a quarter of butter, one pound and a quarter of sugar, one pound and a half of flour, half a pound of currants, one lemon-peel, grated, a spoonful of cinnamon and mace; mix well with the hand and bake in small round tins ten minutes.

Queen drops are made of this mixture dropped on wafer paper, baked in a quick oven.

Chesterton Cake.

Put one pound of fine sugar, one pound of fine flour, sifted, nine eggs, bitter almonds or lemon-peel. To be baked about a quarter of an hour, in a moderate oven.

Crack-nuts.

Mix eight ounces of flour, and eight ounces of sugar; melt four ounces of butter in two spoonfuls of raisin wine; then, with four eggs beaten and strained, make into a paste; add caraways, roll out as thin as paper, cut with the top of a glass, wash with the white of an egg, and dust sugar over.

Isle of Wight Cracknels.

Sift a quart of the finest dry flour; and, beating up the yelks of four eggs, with a little grated nutmeg, some powdered loaf sugar, and half a gill of orange-flower or rose-water, pour it into the flour, and make up a stiff paste. Then mix, and roll in, by slow degrees, a pound of butter; and, when thoroughly united in a soft flexible paste, and rolled out to a proper thickness, which is about the third part of an inch, cut it into round cracknel shapes, throw them into boiling water, and let them continue to boil in it till they swim on the surface. They must then be taken out, and plunged in cold water to harden; after which, they are to be slowly dried, washed over with well beaten whites of eggs, and baked on tin plates, in an oven sufficiently brisk to make them crisp, but not by any means high coloured.

Banbury Cakes.

Take one pound of dough made for white bread; roll it out and put bits of butter upon it the same as for puff-paste; till one pound is worked in, roll it out very thin, then cut it into bits of an oval form, the size you wish to make the cakes; the inside is composed of currants, moist sugar wet with brandy, candied lemon-peel, cinnamon and nutmeg to taste; a little is to be put on each bit of paste, close them up and put the side that is closed next the tin; do not let them touch, bake them in a moderate oven, be careful not to overbake; as soon as taken out sift sugar over them.

Another way.—Put a pound of flour in a dish, and make a cavity in the middle, into which pour three table-spoonfuls of good yeast, and a quarter of a pint of warm milk. When it has begun to ferment, mix with the leaven eight ounces of cleaned currants, six ounces of candied orange and lemon-peel, two of citron, an ounce of cinnamon, grated nutmeg, and cloves, and half a pound of drained honey. Mix the whole well, and then roll out a good puff-paste. Cut the puff-paste

by running a paste-cutter round a tea-cup or tumbler, and lay some of the Banbury cake mixture neatly on each of the puff-paste cakes.

Cinnamon Cakes.

Whisk six eggs with a glass of rose-water; add a pound of sifted sugar and a quarter of an ounce of ground cinnamon, with flour enough to make a paste. Roll this out, and cut it into small cakes. Bake them on paper. They may be iced, or have sifted sugar strewed over them.

Sugar Tea-Cakes.

Make a paste with a pound of flour, twelve ounces of sifted sugar, the yelks of two eggs, a little nutmeg or cinnamon, and a glass of orange-flower water. Roll it out thin, cut with a stamp or glass, strew sugar over the cakes, and bake them.

Kent Drop-Cakes.

A pound of flour, half a pound of butter, the same of sifted sugar and currants. Make this into a paste with two eggs, two spoonfuls of orange-flower water, a glass of brandy and one of sweet wine. Mix up quickly, and drop the batter through a biscuit funnel on floured tins, and bake for five or six minutes.

Shrewsbury Cakes.

Take a pound of butter, and put it in a little flat pan, rub it till it is as fine as cream; then take a pound of sugar, a little cinnamon and mace pounded, and four eggs, yelks and whites together; beat them with your hand till it is very light; then take one pound and a half of sifted flour, work it together and roll it on your dresser, to what size you like, only very flat, let your oven be rather slow, and let them change their colour; then take them out.

Another way.—Take a pound of flour, three-quarters of a pound of butter, five ounces of powdered loaf sugar, a drachm of beaten cinnamon, and two eggs. Mix it all cold; breaking the butter in pieces with the hand, and working the whole into a light paste. Then roll it out thin enough for an ounce weight of the paste to make a cake as large as the top of a breakfast-cup or basin, with which it may be cut into shapes, The papers on which the cakes are laid must be buttered all over. At Shrewsbury, the cakes, when made, are marked at the top with a new large-toothed horn comb. They are then put into a quick but not too hot oven, as they are very apt to burn; and are baked almost as fast as they can be put in with a slice. As they rise in the oven, they must be pricked with a bodkin. It is necessary to be very quick, that they may neither burn nor look brown. If they are but just hard, it is quite sufficient. Particular caution must be used in drawing them out of the oven, as well as in taking them off the paper; they being extremely brittle, and soon broken to pieces. The above quantity of paste, made into large and very thin cakes, makes two dozen; but some cut them with wine glasses, and make them a little thicker. A blade or two of beaten mace may be put in with the cinnamon, and also a little rose or orange-flower water.

Tunbridge Cakes.

Rub six ounces of butter quite fine into a pound of flour, then mix six ounces of sugar, beat and strain two eggs, and make with the above into a paste. Roll it very thin, and cut with the top of a glass; prick them with a fork, and cover with caraways, or wash with the white of an egg, and dust a little white sugar over.

Bristol Cakes.

Mix half a pound of the finest sifted wheat flour with a quarter of a pound each of pounded and sifted loaf sugar and fresh butter, and four yelks with two whites of eggs. Hav-

ing well united the whole together in a bowl or pan, (which is usually done at Bristol, with the hand only,) add half a pound of nicely picked currants, and stir them well into in the mixture. Having, in the mean time, rubbed over a large plate of tin with butter, drop on it the mixture for forming each cake, from a table-spoon, and set it in a brisk oven, taking great care that they do not remain long enough to burn.

Portugal Cakes.

Take a pound each of the finest dried and sifted flour, powdered and sifted loaf sugar, and the best fresh butter. Mix them up with the hand to a very fine batter; and adding two table-spoonfuls each of rose-water and white wine, half a pound of washed and nicely picked currants, and a little beaten mace, whisk up the yelks of ten eggs with the whites of six, incorporate the whole well together, butter the tin hoops or moulds, fill them little more than half full, sift a little sugar over each cake, and bake them in a brisk oven. If the currants are omitted, as is often done, they will keep good half a year. A superior sort is sometimes made, by substituting a pound of blanched almonds beaten up with rose-water for the pound of flour.

Almond Cakes.

Take one pound of dried flour, one pound of loaf sugar, beaten fine, one pound of butter, three ounces sweet, and two ounces of bitter almonds, blanched and beaten; rub them well together with the yelks of three eggs and the white of one, butter the tin, and place them in rough lumps. Lemon cakes are made in the same manner, by substituting for the almonds the shred rinds of two large lemons.

Another way.—Beat four ounces of sweet and two ounces of bitter almonds, mix them with the white of an egg that has been whisked to a froth; sugar and candied-peel to your taste.

Almond Paste.

To one pound of almonds put one pound of fine sifted sugar, beat the almonds very fine, mix with orange-flower water to keep them from oiling, then mix the sugar and almonds together, and stir them over the fire till the paste quits the pan, then take and make it in what shape you please.

An Almond Cake.

Take a pound and a quarter of flour, make a hole in the middle, put in a piece of butter half the size of an hen's egg, four eggs well beaten, a quarter of a pound of sugar powdered fine, six ounces of almonds blanched and beaten with orange-flower water, and a little salt. Mix the whole well together, glaze it over with the yelk of an egg, and bake it on a tin well buttered.

French Maccaroons.

Take a pound of sweet almonds and pound them very fine in a mortar, with whites of eggs, and be careful they do not oil; then take three pounds of powdered sugar and mix with the almonds and whites of eggs to a fine thickness, so as to come off the spoon well; then put three sheets of paper on your plate, and with a table-spoon drop them off at a little distance from each other so as not to touch, put them in rather a brisk oven, but mind they do not burn; bake them of a very fine brown colour and crisp; then let them stand till they are cold, before you take them off, but if they are burnt at bottom, they will not come off at all, so that you must be very careful of them.

Ratafia Cakes.

Pound one pound of bitter and one pound of sweet almonds fine, with six whites of eggs; add four pounds of sugar and mix up with six more whites of eggs in a stiff paste; lay

them out in the size of a nut on paper; bake in a slow oven.

Another way.—Take eight ounces of apricot kernels or bitter almonds, blanch them and beat them very fine with a little brandy, mix them with the whites of three eggs, and put two pounds of single-refined sugar, finely sifted, work all together and it will be like a paste; lay it in little round pieces on floured tin plates, set them in an oven that is not too hot, and they will puff up, and be soon baked.

Nut Cakes

Beat one pound of Barcelona nuts with three whites of eggs; add one pound and a half of sugar, and mix up in a thick paste, with three whites of eggs; lay them out small as ratafias, on paper; bake in a cool oven.

White Almond Paste for Rout Cakes.

Beat one pound of dry almonds without oiling, with the whites of three eggs; add one pound of sugar, and one ounce of flour to it; make in a stiff paste.

Note.—This may be rolled or cut in any shape, or forced through a syringe, and made in any form; it may be garnished with dried cherries, candied citron, orange or lemon-peel, and green angelica: as there are many forms and different names, according to fancy, it is useless to enumerate them. Observe, that all almond biscuits, baked without wafer paper, should have sifted sugar or flour under them when baked on the paper.

Yellow Almond Paste for Rout Cakes.

Beat one pound of dry almonds, with six yelks of eggs, fine; mix one pound of sugar and one ounce of flour with it in a stiff paste.

Note.—This paste is used the same as white almond paste, and may be cut in any shape.

Raspberry Cakes.

With the fruit which is used for making vinegar, excellent raspberry cakes are readily made up by mixing the fruit left with somewhat more than its own weight of powdered loaf sugar, forming it into small round cakes, sifting a little powdered sugar on the top of each, and drying them sufficiently in an oven or stove.

GINGERBREAD IN VARIOUS FORMS.

Gingerbread.

Two pounds and a half of the finest flour, half a pound of brown sugar, two eggs, caraway seeds, corianders, and ginger, of each one ounce; beat the spice, and sift it to the flour; then melt half a pound of butter in one pound of treacle, and pour into the flour when lukewarm. Make it into a paste with two ounces of candied orange-peel cut in bits, and make it in cakes of what shape and size you please. When baked, dip in boiling water and beer to glaze.

Another way.—Three pounds of flour, one pound of sugar, one pound of butter, a pound and a half of treacle, half an ounce of ginger, quarter of an ounce of cloves, one nutmeg, and the peel of a good sized lemon; make it into cakes and bake it.

Another way.—Two pounds of flour well dried, one pound and a quarter of treacle, one pound of brown sugar, half an ounce of ginger finely powdered, one glass of brandy, one pound of butter, well rubbed in the flour; mix all these together very well, till it comes to a paste, then roll it out, and cut it into what shape you please, bake it on a tin; a little time will bake it.

Fine Gingerbread.

Two pounds of flour, half a pound of brown sugar, half a pound of orange-peel, cut into bits, an ounce of ground ginger, half an ounce of caraway seeds, cloves, mace, and some allspice. Mix with these a pound and a half of treacle, and half a pound of melted butter. Mix the ingredients well together, and let them stand for some hours before rolling out the cakes. The paste will require a little additional flour in rolling out. Cut the cakes, mark the top in diamonds with a knife, and bake them on tin plates.

Plain Gingerbread.

Mix, with a pound and a half of flour, four ounces of butter, four of brown sugar, half an ounce of ground ginger, and some allspice. Make this into a paste with two ounces of hot treacle, and shape and bake the cakes.

Gingerbread without Butter.

Mix two pounds of treacle; of orange, lemon, and citron, and candied ginger, each four ounces, all thinly sliced; one ounce of coriander seeds, one ounce of caraways, and one ounce of beaten ginger, in as much flour as will make a soft paste; lay it in cakes on tin plates, and bake it in a quick oven. Keep it dry in a covered earthen vessel, and it will be good for some months.

Dutch Gingerbread.

Take four pounds of flour, and mix with it two ounces and a half of beaten ginger. Then rub in a quarter of a pound of butter; and add two ounces of caraway seeds, two ounces of dried orange-peel, rubbed to powder, a few bruised

coriander seeds, a little candied citron, and two eggs. Make the whole into a stiff paste with two pounds and a quarter of treacle; beat it very well with a rolling pin, and make it up into thirty cakes. Prick them with a fork; butter papers, three double, one white and two brown, to place them on; wash them over with the white of an egg; and put them into a very moderately heated oven for three quarters of an hour.

Orange Gingerbread.

Sift two pounds and a quarter of fine flour, and add to it a pound and three quarters of treacle, six ounces of candied orange-peel, cut small, three quarters of a pound of moist sugar, one ounce of ground ginger, and one ounce of allspice: melt to an oil three quarters of a pound of butter; mix the whole well together, and lay it by for twelve hours; roll it out with as little flour as possible about half an inch thick, cut it into pieces three inches long and two wide; mark them in the form of chequers with the back of a knife, put them on a baking plate about a quarter of an inch apart; rub them over with a brush dipped into the yelk of an egg beaten up with a tea-cupful of milk; bake it in a cool oven about a quarter of an hour; when done, wash them slightly over again, divide the pieces with a knife, as in baking they will run together.

Common Light Gingerbread.

Seven pounds of flour, seven pounds of treacle, two ounces of ground ginger, two ounces and a half of pearl-ash, with three ounces of alum, melted in a quarter of a pint of milk; mix all together in a paste, put in a mould, and bake in a hot oven.

Ginger Cakes.

One pound of butter, two pounds of flour, half a pound of brown sugar, two ounces of ground ginger, a nutmeg grated; mix these ingredients stiff with cream, roll out, then cut with a glass, bake on tins in a slow oven.

Gingerbread Nuts.

One pound of flour, half a pound of butter, half of a nutmeg, one ounce of ground ginger, and as much treacle as will work it into a stiff paste, which will be about three quarters of a pound; roll out thin, and cut with a small glass; a short time will bake them.

Another way.—Take three pounds of flour, three pounds of treacle, one pound of sugar, two ounces of ginger, one ounce of all-spice, two ounces of candied peel, a pound and a half of butter, or rather more of each. Rub in the butter and flour thoroughly, then the sugar, then the spice, and lastly the treacle.

Another way.—To two pounds of sifted flour put two pounds of treacle, three quarters of a pound of moist sugar, half a pound of candied orange-peel, cut small, one ounce and a half of ground ginger, one ounce of ground allspice, caraways, and corianders mixed, and three quarters of a pound of butter oiled; mix all well together, and set it by some time, then roll it out in pieces about the size of a small walnut; lay them in rows on a baking plate, press them flat with the hand, and bake them in a slow oven about ten minutes.

Fine Gingerbread Nuts.

Three pounds of flour, one pound of sugar, one pound and a half of butter, three pounds and a half of treacle, two ounces of ginger, one ounce of allspice, one candied orange and lemon-peel, chopped fine, one lemon-peel, grated, one nutmeg; rub the flour and butter, add the other ingredients, and make in a paste; lay them out on tins the size of a nut.

Another way.—Four pounds of flour, two pounds of treacle, half a pound of butter, and two ounces of ginger, one ounce of caraway seeds, one pound of brown sugar, two ounces of orange-peel, chopped fine, a quarter of an ounce of allspice, a tea-cupful of brandy; mix them all together, and lay them out the size of a nut on tins.

Queen's Gingerbread

Two pounds of honey, one pound and three quarters of sugar, two pounds and three quarters of flour, half a pound of almonds, chopped fine, half a pound of candied orange, half a pound of lemon-peel, chopped fine, one ounce of cinnamon, a quarter of an ounce of mace, a quarter of an ounce of cardamoms, a quarter of an ounce of cloves, in powder, a quarter of an ounce of nutmeg, grated; melt the honey and one glass of water, with the sugar, together; add it to the other ingredients, and make it in a stiff paste, roll it out thin, and cut it in square pieces the size of a card; when baked, wash it over with clarified sugar.

Honeycomb, or Roll Gingerbread.

Rub together half a pound of flour, a quarter of a pound of butter, a quarter of a pound of fine moist sugar, a teaspoonful of ground ginger, ditto of allspice, ditto of cinnamon, in powder, the rind of one lemon, grated, and as much treacle as will make it in a paste to spread on tins very thin, bake it gently; when hot cut it in squares, and while warm roll it over a stick, like wafers, till cold; keep it in a dry place.

SWEETMEATS.

The preparation of these articles being little practised in private families, we shall not occupy much space in directions for them. Enough will be said to give a general idea of the methods to be pursued, and experience will be the surest guide in adopting any new varieties. But, from the trouble and uncertainty attending these preparations to persons unaccustomed to them, and the small quantities used by families in general, it will usually be found preferable to procure them of the regular confectioners. As the ground work of all practice in this department, the reader is referred to the boiling of sugar, page 501.

Drying Stove.

The most useful appendage in confectionery is a drying stove, as almost every article in preserving, candying, drops, and comfit making, requires the help of it; and as it is very easily made, the still-room ought never to be without one.

The common closet made with iron bars, to reach across as shelves, and tinned in the inside, will answer the purpose, provided it shuts to keep in the hot air; a large iron pot, with three legs and handle, may stand on a plate of iron at the bottom, and charcoal, red hot, put in it, and covered with wood ashes night and morning. The charcoal must be replenished, and will give the heat required more or less.

In colouring, great caution is requisite to avoid pernicious ingredients, such as chronate of lead copper, verdigris, rose

pink, &c., which are frequently used by pastrycooks.* The following will be found the most innocent colouring preparations.

For colouring Red.

Take one ounce of cochineal, pound it fine, put a pint of clear wood-ash lees to it, let it boil ten minutes; add by degrees one ounce of cream of tartar, let it boil one minute longer; and add, lastly, a quarter of an ounce of roche-alum, finely pounded; let it just boil up, and put through a lawn sieve; if wanted to keep, add a spoonful of spirits of wine, or reduce it by heat, in a dish, to powder again; when wanted add a little water.

The lees are made by boiling a pound of wood ashes in a quart of water, and letting it settle to clear.

For colouring Blue.

Put a little warm water into a plate, and rub some good indigo on it, till you have gained a proper tint, more or less, according as a deeper or paler colour is desired.

For colouring Yellow.

This may be either made of French berries steeped in water, gamboge, or the heart of the yellow lily, infused in warm water.

* Especially among those of the lower order, in preparing articles for cheap sale. As a caution to parents against permitting their children to purchase such trash as the common sugar-plum usually sold in the shops, we give the following analysis, made a few years since by an eminent chemist. "One pennyworth of the sugar-plums called Nelson balls, or Waterloo balls, was found to contain sixty grains of indissoluble matter, resembling red lead, which, on being fused with a blow-pipe, produced twenty-four grains of lead in a metallic state."

For colouring Green.

Trim the leaves of some spinach, boil them half a minute; then strain the water off, and it will furnish a brilliant colour.

Caromel Sugar, for sticking baskets or pastry up, and for making covers.

Rub the sides of a caromel-pan round with butter; put a quart of clarified sugar, boil it ten minutes; add a table-spoonful of white distilled vinegar, boil it down to caromel; when done, stand the pan within another, with cold water to keep it from colouring. The mould must be oiled well over; when the sugar is a little cool, and runs off the spoon as a thread, draw it over the mould what pattern you please; take care to have a good rim round the bottom of the mould to stand on; when done, warm the mould a little, and the cover will slip off; it may be done inside the mould, and ornamented with any dry sweetmeats, comfits, or gum paste flowers.

Note.—This sugar may be kept in a pan, when done with, and is ready on all occasions, as it will heat again repeatedly, and will serve to stick all kinds of pastry up.

Lemon Barley Sugar.

Boil one pint of syrup to a caromel; when done add twenty drops of essence of lemon, and pour it out in lengths on a marble slab, oiled; when nearly cold twist it.

Note.—Barley-sugar drops are made by dropping it on the slab, and wrapped up in papers with a little sifted sugar. If made in large quantities, it is poured on a slab, made to hold the quantity, and when cold cut in lengths with scissars, and twisted.

Ginger barley sugar is made the same as this, omitting the lemon, and adding a spoonful of the concentrated essence of ginger, when nearly boiled

Lavender Barley Sugar.

Boil a pint of syrup to caromel, when nearly done add a tea-spoonful of prepared cochineal, to colour, and twenty drops of oil of lavender; let it boil half a minute in it, pour it in lengths on a marble slab, oiled, and twist it.

Burnt Almonds.

Put a pint of syrup in a pan, boiled to a strong blow; put one pound of almonds in, boil them two or three minutes, and work them about in the pan till the sugar grains, which is, that it turns to sugar again; put them over the fire for a minute to melt, and burn the sugar a little; stir the almonds well about, till brown enough; let them get cold, and sift the loose sugar from them; put a pint of syrup in the pan again, and boil to a feather; then add three spoonfuls of prepared cochineal to the sugar, put the almonds in, and stir till all are covered and begin to dry; put them in a sieve, and separate them.

Cinnamon Burnt Almonds.

Proceed the same as for burnt almonds, and put three spoonfuls of powdered cinnamon, instead of the cochineal in the last boiling, they will then become brown; or the cinnamon may be left out, and only covered with the second sugar.

White sugared Almonds.

Blanch them, and then manage them in the same way as prawlings, only putting them into the syrup a moment before the sugar changes colour. Keep them well stirred all the time.

Orange or Lemon Prawlings.

Cut the peel of four China oranges or lemons in small

lengths, the size of pins; boil half a pint of sugar to a blow; put in the peels and boil to a blow again; strain the sugar off, rub them in fine sifted sugar, and dry them in the drying stove for a few hours.

Orange-Flower Prawlings.

Pick half a pint of fresh orange-flowers off the stalks and buds; boil a pint of syrup to a blow; boil the flowers to a blow again in it, strain them off, rub them in fine sifted sugar, and dry in a drying stove till crisp.

Rock Candy.

Have some shallow square tins, two inches deep, made to hold a quart of clarified sugar; boil the sugar to a blow; fill the pans with it, and put over it, while hot, picked corn flowers, stocks, or jonquilles, to cover; put in a very hot stove, of one hundred and twenty degrees heat; let it stand three days; when hard at top, break a small hole in the candy, set it to drain one day; break the candy out of the tins; when wanted, place one piece on the other of different colours, sticking it together with a little thick gum-arabic water, and dry them.

Or it can be made without the flowers, and will be perfectly white.

Paste Candy.

Cut apple paste in shapes, dry it very hard, put it in a candy-pan, with a cock to it, and wires to fit the inside; put a layer of paste on each wire till the pan is full, and press it down at top; boil the syrup to a small blow, and cover it over; put it in the stove, at one hundred and twenty degrees of heat; let it stand two days, draw off the sugar by the cock; add a little more to it, and boil it to the same degree; let it stand the same time; repeat this three times, drain it very dry, and take it out of the pan.

Note.—In this way may be candied any hard substance perfectly dry, as gum paste, dried sweetmeats, &c. Care must be taken to keep it constantly hot in the stove.

Candy for cast Figures.

Boil two quarts of clarified sugar to a strong blow, grain it (which is turning it white) by rubbing it against the sides of the pan; when white and the thickness of cream, pour it in leaden moulds, well oiled, in a liquid state; put them in the stove till perfectly dry.

Rock Sugar.

Take a quart of clarified sugar, boil down to a crack; make an iceing of one white of egg, in sifted sugar; when the sugar is boiled, stir in a spoonful of iceing very quick in it; when it rises turn it on a sieve, well sugared; cover it with the pan till cold.

If you want it coloured, put the colour in while the sugar is boiling, before the iceing is added; cochineal, saffron, or Prussian blue, ground fine in water; a spoonful is sufficient.

Nogar.

Take half a pound of pounded sugar; put it in a stew-pan over a gentle fire without water; stir it, and when a light brown, add as many cut slices of dry almonds as will make it in a thick paste; turn it out in a mould, or on a marble slab, well oiled, and flatten with a rolling-pin, and cut in square pieces.

If the almonds are browned a little in the oven, before putting in the sugar, the nogar will be the better.

Ginger Drops.

Beat in a marble mortar, an ounce of candied orange-peel, with some lump sugar, and when it is smooth like paste, add half a pound more of the same kind of sugar, and half an ounce of powdered ginger. Then dissolve the sugar in a little water, boil the whole to a candy, and drop it off from

the point of a knife on writing paper. When cold, put them into boxes.

Peppermint Drops.

These are made by finely sifting some powdered loaf sugar into just lemon-juice enough to make it properly thick, and then drying it over the fire for a few minutes, stirring in about fifteen drops of oil of peppermint to each ounce of sugar. Some, instead of lemon-juice, mix the sugar and oil of peppermint with the whites of eggs, beating the whole together, and dropping it on white paper, after which, drying them gradually before the fire.

Lemon Drops.

Grate three lemons with a piece of double-refined sugar, then scrape it off upon a plate, and add half a tea-spoonful of flour; mix the whole well, and beat it to a paste with the white of an egg. Drop it upon white paper, and having laid it on a tin plate, put it into a moderate oven.

Ratafia Drops.

Blanch and beat in a mortar four ounces of bitter and half as many sweet almonds, with a little pounded sugar, sifted, with some more sugar, and the whites of two eggs; make a paste, of which put some little balls in white paper, and bake them in a moderate oven.

Caraway Comfits.

Boil some syrup in a saucepan for about a quarter of an hour, then mix with it the finest white starch, just dissolved in cold water. Meanwhile, dissolve some gum-arabic in warm water in another saucepan. Then have ready a preserving pan with handles, let it swing over a charcoal fire, and when the bottom is warm, put in the caraways, to which add a ladleful of gum-water, and stir the whole with the hand till

they feel dry. Then add a ladleful of the starch syrup, and stir that in the same manner till dry. Continue this process according to the size, quantity, and goodness of the comfits. After seven or eight coatings and dryings, they should be set in the stove, and so on repeatedly till they are of a proper size and colour. Cardamom comfits, or sugar plums, are done in the same way. Scotch comfits should have a very thick coating, with a syrup, in which orange-flower or rose-water is introduced.

CHAPTER IX.

COOKERY FOR INFANTS AND THE SICK.

This department comprehends various preparations of grain—as gruel, barley-water, &c.—of milk—as rice-milk, butter-milk, &c.—of eggs—jellies, and broths of different kinds. Ample directions both for broths and the richer animal jellies have been given under their respective heads. It is therefore unnecessary here to repeat them.

WATER GRUELS, &c.

Gruel of Grits or Grotts

The best flavoured and most nourishing gruel is prepared from oats cleared from the hulls, and slightly bruised; these

in different parts of the country, are called grits or grotts. The saucepan used for this purpose should be of block-tin, and kept particularly nice and clean. Half a pint of grits will make two quarts of gruel, and after being strained off, the grits may be boiled again, and will make one quart more. Gruel will require frequent stirring to prevent its burning to the bottom of the saucepan; the first boiling will require about three quarters of an hour, the second rather longer. When strained off, let it be set by in a clean vessel, and in a cool place. In cold weather, gruel should be made fresh every other day, and in warm weather, daily. Some persons like a bit of butter and salt, others a little sugar and nutmeg; but for sick people or lying-in-women the more simple the better. When made very thick, and reduced with milk, this gruel forms a good milk porridge; or thinned and enriched with wine, spirits, sugar, and spices, is called caudle—but for these farther directions will be given.

A very good substitute for the whole or cracked grits is now much in use, called prepared grits, by Matthew Robinson. It is certainly more economical than the old preparations, and is got ready in much less time; but for flavour and nutriment the old grits stand unrivalled.

Oatmeal Gruel.

Stir till very smooth, one large spoonful of oatmeal with two of cold water, and pour it into a pint of water boiling on the fire; stir it well, and boil it quickly, but be careful that it does not boil over. When it has boiled ten minutes or a quarter of an hour strain it off.

Milk Porridge.

In the use of milk, especially for invalids or infants, two things demand attention.—First, that the milk be fresh and sweet; indeed a smaller quantity of new milk, diluted with water, is always to be preferred before a larger quantity of that which has been skimmed. Second, that it is by all

means desirable to avoid boiling the milk. The other ingredients should be well boiled, and of sufficient thickness to admit the milk being stirred in, to cool and to thin it. Either grits or oatmeal gruel will answer the purpose, to which has been allowed double the usual proportion of thickening, and in which a stick of cinnamon has been boiled; when strained off, add an equal quantity of new milk, a little sugar and nutmeg, and if approved, a morsel of fresh butter. Some people prefer salt rather than sugar and spice.

A plainer sort of Milk Porridge may be made in the following manner.

In a steamer saucepan, or brass skillet, have one pint of water perfectly boiling, two spoonfuls of oatmeal, gradually wetted with milk, till it has taken up a quart, and is perfectly smooth; then stir it briskly into the boiling water, and let it boil a few minutes till quite thickened, stirring it all the time; sweeten and flavour with allspice or nutmeg, as approved.

Caudle

Was formerly freely administered to lying-in-women, and from its heating tendency was highly injurious both to them and their infants. It is now principally used to treat the friends and visitors, while the inmates of the lying-in-room are confined to a diet more simple and rational. Even as an article of luxury it has much gone out of fashion, and has given place to chocolate and similar morning refreshments. As it is, however, still retained in some old fashioned circles, it may be necessary to furnish directions for making it.

White Caudle.

Having prepared thick gruel, either of grits or oatmeal, for every cup of caudle required allow three table-spoonfuls of the best brandy, or two of brandy and two of mountain wine, a

spoonful of fine moist sugar, and a little nutmeg. These should be put in a jug large enough to contain the whole, the gruel poured to them boiling hot, and well stirred up. Then pour it into the cups and serve with rusks, biscuits, or dry toast.

Another way.—Boil up half a pint of fine gruel, with a bit of butter the size of a large nutmeg, a large spoonful of brandy, the same of white wine, one of capillaire, a bit of lemon-peel, and nutmeg.

Cold Caudle.

Boil a quart of spring water; when cold, add the yelk of an egg, the juice of a small lemon, six spoonfuls of sweet wine, sugar to your taste, and syrup of lemons, one ounce.

Beer, or Brown Caudle.

If made of grits the gruel should be very thick, enough so to admit of nearly an equal quantity of good clear mild beer, which should be stirred in it, over the fire, with a small pinch of allspice, finely ground. If oatmeal be used, it may be mixed with beer, and stirred into an equal quantity of boiling water, with allspice as above. When sufficiently boiled, strain off, and in either case, to a quart of gruel add a large table-spoonful of moist sugar, a grate of nutmeg, and two glasses of gin, or rather more than one of brandy.

Rice Gruel.

Mix a large table-spoonful of ground rice, with cold water, to a stiff paste, then stir it into the remainder of a pint of boiling water, and boil it a quarter of an hour with a stick of cinnamon, and a little dried orange-peel; strain it off, sweeten with loaf sugar, and add half a glass or more of brandy. This is commonly used when the bowels are in a very relaxed state, and it is desired to check that tendency. Much caution,

however, should be observed, and it is seldom safe to venture on the use of any thing of a heating and astringent nature, without proper medical advice.

Another way.—Soak some Carolina rice in water an hour, strain it, and put two spoonfuls of the rice into a pint and a quarter of milk; simmer till it will pulp through a sieve, then put the pulp and milk into the saucepan, with a bruised clove and a bit of white sugar. Simmer ten minutes: if too thick, add a spoonful or two of milk: and serve with thin toast.

Flour Caudle.

Set over a very clear fire, half a pint of new milk, with a bit of cinnamon, and about six good sized lumps of sugar; rub very smooth two dessert-spoonfuls of the best flour, adding to it by degrees half a pint of water; the moment the milk boils, stir into it the flour and water, and let it simmer gently over a very clear slow fire for twenty minutes, carefully stirring it, or it will be apt to burn. This is a nourishing food, very good for weak bowels, and for infants; but if it is intended for an infant, the cinnamon should in general be omitted.

Barley Gruel.

Wash four ounces of pearl barley; boil it in two quarts of water, with a stick of cinnamon, till it is reduced to one quart; strain, and then return it into the saucepan, with a pint of port wine and some loaf sugar, and stir it over the fire two or three minutes. This is a good method of administering port wine when it is ordered for supporting the strength under alarming and exhausting disorders. It may be re-warmed as wanted. Here observe, when wine or other cordials are ordered, those who nurse the sick person should ask for exact directions as to the quantity to be given, and act accordingly. A little may be necessary when more

would be injurious. On the other hand, do not be afraid to give what a skilful medical man directs, though the quantity to you may seem excessive; perhaps it is the only chance of saving life. Doctors are not apt to recommend the free use of powerful cordials, unless they see an urgent necessity for so doing.

Indian Arrow-root.

This is a very valuable food both for infants and sick persons; but great care should be taken to obtain it genuine, as a vast deal that is sold in the shops as arrow-root is either potatoe or ivory dust, or perhaps some article less salutary than either. Persons accustomed to use genuine arrow-root cannot easily be deceived, but those less experienced will do well to apply for it to some respectable druggist on whom they can rely, and to give the best price. Arrow-root may be made either with milk or with wine and water; a large dessert-spoonful makes half a pint. It must be rubbed smooth with a very small quantity of milk, or water, gradually increased to about two spoonfuls, and then stirred into the remainder while boiling; when it boils, a minute or two will do it. If made with milk, it may be flavoured with either nutmeg or cinnamon, and sweetened with moist or loaf sugar according to the state of the bowels; if confined, moist sugar, if relaxed, loaf sugar is to be preferred. If arrow-root is to be made with wine, a glass of white wine, or a large spoonful of brandy, is the quantity for half a pint. The wine, water, and sugar may be boiled together, and the arrow-root moistened as above with cold water.

Panada.

Set on the fire a glass of white wine, with an equal quantity of water, three or four lumps of sugar, and a scrape of nutmeg and lemon-peel; meanwhile grate a large table-spoonful of crumbs of bread, and the moment the liquor boils, put

the crumbs in, and let it boil as fast as it can. When it appears well mixed and thickened, take it off.

Or if wine be not proper, boil only water, lemon-peel, and sugar; add the crumbs of bread, and when nearly done, squeeze in the juice of an orange; but let it all boil, for if any thing is added after it is taken off the fire, the panada becomes broken and watery

Meat Panada.

Sometimes it is requisite to give animal nutriment in a more solid form than that of broth or jelly, when the person has not an appetite for meat; when that is the case, it may be managed in the following manner:—Take the white meat of chicken, or rabbit, partly, but not thoroughly boiled, perfectly clear it from skin, shred it as fine as powder, or if you have a marble mortar, beat it to a paste with a little of the liquor it was boiled in; put a dust of salt and nutmeg, and a little scrape of lemon-peel, simmer it gently a few minutes, with as much of the liquor as will bring it to the thickness of gruel. Roast veal, mutton, or beef, may be shred and warmed in the same manner, with a little of the gravy from the dish, provided there be no butter in it; but the white meats are most easily shred. Or it is a very good way, when a sick person cannot take solid meat, and yet wants nourishment, to lay two or three sippets of toasted bread in the dish with a roast joint of meat, and, as the gravy runs, to let it drip on them till thoroughly moistened.

Sago.

The berries should be soaked an hour in cold water, then pour that off, and add, to a large table-spoonful of sago, a quart of water; let it simmer gently a long time, till the berries are quite tender, and it has become thick; if wine is to be added, put the less water; when it has boiled away to a pint, add two glasses of white wine, and a little lemon-peel, or nutmeg and sugar. Boil all up together.

Another way.—Soak the berries, changing the water. Simmer with a bit of lemon-peel till the berries look transparent. When nearly done, add spices, such as nutmeg, mace, and cloves, to taste, with wine and sugar. Give the whole a boil up before dishing it.

Or boil the same quantity of sago very slowly in a quart of new milk, till reduced to about a pint, and sweeten. A person who is weak, should stir a spoonful or more of this into his tea or coffee, as milk.

Tapioca.

Wash the tapioca in three or four waters: having done this, steep it five hours in the water in which it is to be boiled. Simmer it till quite clear, and add lemon-juice, wine, sugar, or other flavouring ingredients to taste. The quantity required of either sago or tapioca is a large table-spoonful to a quart, which should be reduced at least one half in boiling.

Rice Milk.

After well washing the rice, set it over the fire with a small quantity of water; let it simmer till the rice has swollen and absorbed the water, then gradually stir to it new milk, and slowly simmer, stirring it constantly till it is of a proper consistence; a bit of cinnamon may be used, if approved, or lemon-peel, and when done, sweetened with loaf sugar. Some people add currants and grated nutmeg, and some make the rice milk thin at first, and afterwards thicken it with beaten egg and flour; but this is not so wholesome.

Ground Rice Milk.

In a steam saucepan, heat a pint of new milk, which may be flavoured at pleasure with cinnamon or laurel leaves; mix with two or three spoonfuls of cold milk a large spoonful of ground rice; when smooth, stir it into the other, and let the

whole simmer gently till of a proper consistence; sweeten to taste.

Millet Milk.

Wash three spoonfuls of millet-seed in cold water. Simmer in a quart of new milk till moderately thick.

Common Barley Water.

In three pints of water, simmer a large handful of common barley, till of a thickness proper for use. For all the purposes for which pearl barley is used, the common barley is equally valuable, and much less expensive.

Pearl Barley Water.

Set on two ounces of pearl barley in a small quantity of cold water; when warm, pour off the water and put a quart of fresh; let it simmer till of a proper thickness, then strain off. The barley will boil up again in a smaller quantity of water, or it will do well to put in both.

Barley-water may be flavoured in various ways. Lemon-juice and peel, and sugar are most commonly used. In complaints of the chest, or when the bowels are confined, raisins, figs, liquorice roots, and honey are recommended, but they are apt to cloy the stomach. In sore throats, and other feverish complaints, nitre is given with great advantage. Rub a drachm of powdered nitre with a little powdered sugar or honey, and then mix it gradually with the boiling barley-water. In case of stranguary or difficulty of making water, gum-arabic should be dissolved in barley-water. Some people like barley-water acidulated with currant jelly, raspberry vinegar, or capillaire.

Bran Tea,

Which is very useful in colds and coughs, as tending to loosen phlegms and promote perspiration, is made by boiling a large handful of bran in water till it thickens, then straining it

off, and sweetening or flavouring in the same manner as barley-water; any of the ingredients above recommended may, with equal propriety, be combined as with barley-water, as the case may require.

Linseed Tea.

Boil two table-spoonfuls of the seeds in three pints of water till reduced to a quart; then strain it off; it may be sweetened with Spanish liquorice, or if preferred, sweetened with honey, and made sharp with lemon-juice or vinegar.

Emollient Decoction.

Liquorice roots and marsh mallow roots, of each two ounces, boil in three pints of water till reduced to a quart; strain it, and let it stand to settle; then pour it off clear from the grounds. These two last are good drinks in coughs and complaints of the lungs. A teacupful may be taken three or four times a day.

Mucilage of Gum-arabic.

One ounce of gum-arabic in powder, mix well with two table-spoonfuls of honey; shave a little rind of lemon; clear off the white pith, and cut the lemon in slices into a jug, then stir on it, by degrees, a pint and a half of boiling water. This is particularly good in any complaint that affects the chest, as cough, consumption, measles, &c.

Drinks for Persons in Fevers.—Toast and Water.

Toast slowly a piece of bread till very brown and hard, but do not suffer it to catch fire, or become at all black; plunge it in a jug of cold water (not pour the water over the toast) and cover it up.

Apple Water.

Cut two large apples in slices, and pour a quart of boiling water over them; in two or three hours, strain and sweeten

to taste; or, boil the apples in three pints of water till reduced to a quart.

Currant Drink.

To a pint of fresh-gathered currants (stripped) put a pint of water; let them boil together ten minutes or a quarter of an hour, then strain, and sweeten to taste; a few raspberries added give a pleasant flavour. The same may be produced in winter, by simmering two table-spoonfuls of currant jelly in half a pint of water.

Orange or Lemon Drink

Squeeze the juice of four oranges or lemons; rince the pulp and rind in half a pint of boiling water; simmer another half pint of water with eight or ten lumps of sugar till thoroughly dissolved and mixed; when all are cold, mix them well together, and strain through muslin or flannel.

Imperial Drink.

Cream of tartar and loaf sugar, of each half an ounce; the outer rind of lemon, either fresh or dried; pour over a quart of boiling water. When cold strain it off.

Soda Water.

Dissolve in a large glass containing a wine glass full of water, a small tea-spoonful of carbonate of soda; squeeze into it the juice of lemon, or Seville orange, and drink it off while it hisses; if fresh fruit cannot be had, citric, or tartaric acid (which may be had at the druggists) will answer the purpose. Dissolve in another glass half a tea-spoonful of either of these acids, pour it into the soda, and drink it off instantly. It may be taken every three or four hours while feverish thirst continues. It is a very proper drink in the measles; but the quantity must be reduced according to the age of the child.

Teas of various Sorts.

Tea made of balm, mint, sage, marigolds, or cowslips, is often found refreshing. Balm tea is most cooling; mint the most comforting to the bowels; sage,* or marigold, most reviving; and cowslip tea has rather a composing tendency. To have them nice, they should be made fresh and fresh.

Camomile Tea

Is often rendered nauseous by suffering it to remain far too long on the flowers; after ten minutes, or even less, no farther good properties are extracted from the flowers, only a nauseous bitter. Half a handful of flowers will make a quart of tea sufficiently strong for any purpose. If a person who takes camomile tea to strengthen the stomach, finds a lowness and sinking, six or eight cloves may be added. In this case it should be drank cold.

Whey.

Cheese whey is a very wholesome drink; so also is buttermilk, especially in the spring time when the cows have good fresh herbage.

White wine Whey.

Put half a pint of new milk on the fire; the moment it boils, pour into it as much white wine as will turn it; cowslip wine is the best if it can be had; let it boil up, then stand the saucepan aside till the curd settles, and do not stir it; then pour off the whey, and add to it half a pint of boiling water, and sweeten with loaf sugar. If skim milk is used, no water need be added, but the wine should not exceed a wineglass full.

* *Sage tea.*—A gentleman farmer who lived to upwards of ninety years of age in uninterrupted health, never through his whole life drank any other tea than that of sage.

Whey made with vinegar, orange, lemon, apple, or honey, answers every purpose of producing perspiration, and is not heating like that which is made of wine. There are two ways of making it; the second is preferable. 1. Slice an orange, lemon, or apple into a pint of milk and water, and boil till it is clear; then sweeten and strain it. Or, 2. Turn half a pint (or rather less) of boiling milk, with as much vinegar, orange, or lemon-juice, as will make it quite clear; then mix with it as much boiling water as will bring it to a pleasant sharp acid taste, and add a lump or two of sugar.

Honey, or Treacle Posset.

Into half a pint of boiling milk, or milk and water, stir a large table-spoonful of honey, or treacle; let it boil up quickly, then stand it aside for the curd to settle, and when it has done so, strain it off.

Mustard Whey.

To a pint of boiling milk, add an ounce and a half of bruised mustard seed; boil it till the curd completely separates; then strain it off to a pint of boiling water, sweeten, and boil it up once. This is particularly good for old people labouring under cold, rheumatism, palsy, or dropsy. It is also sometimes recommended in low fevers. The dose is a teacupful four or five times a day.

Sack Posset.

Beat up twelve eggs, and strain them, then put half a pound of lump sugar into a pint of white wine, and mix the same with the egg. Set the whole over a chafing dish, and keep it stirred till scalding hot. In the mean time, grate some nutmeg in a quart of milk, and heat it, then pour it over the egg and wine, holding your hand high while doing it, and stirring it all the while. Then take it off, set it before the fire half an hour, and it will be ready.

Another method is as follows:—Take a quart of new milk, four Naples' biscuits, crumble them, and when the milk boils, throw them in. Give it another boil, then take it off, grate therein some nutmeg, and sweeten it to your taste, add half a pint of sherry, stirring it all the time, and serve it up.

Another Wine Posset.

Take a quart of new milk, and the crumb of a penny loaf, boil the whole till the bread is soft, then take it off, grate therein half a nutmeg, and some sugar, put it into a basin, with a pint of Lisbon wine, very gradually, or it will make the curd hard and tough. Serve it with toast.

An Ale Posset.

Put a little bread into a pint of milk, set it over the fire, and when it boils, pour thereto a pint of strong ale, with nutmeg and sugar. Let it stand a few minutes to clear, and the curd will float on the surface

Another way.—Boil a pint of new milk with a slice of bread, sweeten and season a bottle of mild ale in a China basin or dish, and pour the boiling milk over it. When the head rises serve it.

A Brandy Posset.

Boil a quart of cream, with a stick of cinnamon in it, over a slow fire, and take it off to cool. Beat up the yolks of six eggs, mix the same with the cream, add some nutmeg and sugar to your taste, set it over a slow fire, and stir it all one way. When it appears like a fine custard, take it off, and pour it into a basin, with a glass of brandy; stir it gently, and serve it up.

Ass's Milk

Is far preferable to any substitute that can be devised. It should be drank warm, as milked, and for that purpose should

be milked into a glass, placed in a vessel of boiling water. The fixed air contained in ass's milk sometimes occasions pain in the stomach, to prevent which it is usual to add to it a tea-spoonful of rum, but this should never be done till the instant of swallowing it. On account of the difficulty and expense of procuring ass's milk, several substitutes have been devised, of which the following are perhaps the best:

Artificial Ass's Milk.

Boil a quart of water, as much new milk, an ounce of white sugarcandy, half that quantity of eringo root, and as much conserve of roses, till half reduced. This is an astringent, and therefore the doses must be proportioned to the effect.

Another way.—Mix two spoonfuls of boiling water, the same of milk, and an egg well beaten; sweeten with pounded white sugarcandy. Or, boil two ounces of hartshorn shavings, as much pearl-barley, and the same of candied eringo root, with twelve bruised snails, in two quarts of water, till reduced one half. Mix this with an equal quantity of new milk, when taken, twice a day.

Mock Ass's Milk.

Take two quarts of snails, bruise them well, put them into four quarts of water and boil them half an hour, strain it and add to the liquor two ounces of hartshorn shavings, two ounces of eringo root, four ounces of isinglass, and the rinds of two Seville oranges. Boil the whole till reduced to two quarts, strain it and add the juice of two oranges, two ounces of white sugarcandy, and one quart of mountain wine. Take a quarter of a pint night and morning, and at other times, if low and out of spirits.

Dr. Boerhaave's Buttermilk.

Milk a cow into a small churn, and when it has stood about ten minutes, begin churning, continuing to do so till

the flakes of butter swim about pretty much, and the discharged milk appears thin and blue. Strain this through a sieve, and drink of it frequently. It is good for consumptive cases, but in order to its producing decidedly good effects, should be the only drink of the patient, and the food to be taken with it ought to be biscuits, rusks, and fruits, either ripe or dried.

A strengthening Drink for Children.

Two ounces of pearl-barley, two ounces of hartshorn shavings, half an ounce of candied eringo root, boiled in a quart of spring water till reduced to a pint. Strain it and boil the dregs again in half the quantity. It may be given with milk and sugar as tea, or at any time of the day.

JELLIES.

Calves' Feet Jelly.

To two feet, put two quarts of water; boil till reduced to one quart; add the whites of seven eggs, the juice of five lemons, with half the peels, a little saffron, half an ounce of isinglass, all the egg-shell, three quarters of a pound of lump sugar, half a pint of white wine, and a glassful of brandy. Be careful to put an egg-shell at the bottom of the jelly bag.

Another way.—It is best to make the plain jelly the day before the dish is wanted. Clean and slit four calves' feet and boil them slowly in five quarts of water till rather more than the half is wasted. Skim the stock; strain off the liquor, and when cold and firm remove the top fat and the sediment. Put this jelly into a nice preserving pan, with

white sugar to taste, the thin peel of two lemons, and the juice of from four to six; a half bottle of Madeira or Sherry, the whites of six eggs well whisked, and the shells crushed and thrown into the pan. Stir this well together, and set the pan on the fire, taking care not to agitate the jelly after it begins to heat. Let it boil slowly for from twelve to fifteen minutes, then throw in a little cold water, and let it boil another five minutes. Set the pan, with a cloth thrown over it, to settle for half an hour, pour the jelly into a flannel jelly bag, and strain till it be perfectly pellucid—for the brightness of jellies is one of their main excellencies.

Another way.—Take four calves' feet and boil them till quite tender. When done, take great care to get the fat off the liquor; put it over the fire and put a bottle of white wine to it, and six lemons, and sugar to your taste, then take the whites of eight eggs and whisk up to a froth, then boil it, and when boiled a few minutes, put the cover on it, let it stand to break, then run it through the bag till clear.

Note.—If you do not want so much take half the given portion to two feet.

Punch Jelly in Moulds.

Add half a tea-cupful of brandy, and the same of rum, to a pint and a half of calves' feet jelly, properly clarified and sweetened. Put it in moulds and turn out.

Shank Broth, or Jelly, cheap and very nourishing.

Soak twelve mutton shanks four hours, then brush and scour them very clean; put them into a saucepan, with one pound of lean beef, a crust of bread made very brown by toasting, and (if approved) an onion, or any kind of herb for flavour; add four quarts of water, and let it simmer as gently as possible for five hours, then strain it off. It will be a stiff jelly, and keep good several days.

*Calves' Feet Broth.**

Boil two feet in three quarts of water till reduced one half, strain it and set it by; when cold, take off the fat, and when it is to be used, put a large tea-cupful of the jelly into a saucepan, with half a glass of mountain, raisin, or cowslip wine, and a little nutmeg and sugar; when it nearly boils, have ready the yelk of an egg finely beaten; stir to it by degrees a little of the jelly, then stir it all together, but do not let it boil. This is less troublesome and expensive than calves' feet jelly, and quite as nourishing.

Gloucester Jelly.

Rice, sago, pearl-barley, eringo root, and hartshorn shavings, of each one ounce; simmer in three pints of water till reduced to one, then strain it; when cold it will be a stiff jelly, a spoonful or more of which may be given dissolved in tea, milk, or broth; or if wine be allowed, warm a table-spoonful or two of the jelly with a lump of sugar, and add to it a table-spoonful of wine.

White Calves' Feet Jelly.

Bake two calves' feet, with a quart of new milk and a quart of water, in a jar closely covered, three hours and a half; when cold remove the fat; it may be flavoured with lemon-peel or cinnamon; and if it is to be eaten cold, may be sweetened with loaf sugar when it comes out of the oven; but if it is to be re-warmed when eaten, it had better be sweetened at the time. Sheep's trotters may be done in the same way.

* It will be observed that in this and several other articles of cookery for the sick, great regard is had to economy, in the hope that benevolent persons may adopt them for the benefit of their poor and afflicted neighbours. In this way much good may be done at small expense.

Isinglass Jelly.

To keep in the house, and stir in broth, tea, &c, as Gloucester jelly. Boil one ounce of isinglass shavings and a brown crust of bread in a quart of water, till reduced to a pint; then strain it through muslin and set it by.

Isinglass with Milk.

Boil one ounce of isinglass and a bit of cinnamon in half a pint of water nearly half an hour; then mix to it a pint of new milk and some loaf sugar; let it boil up once, and strain it off. It may be eaten either warm or cold.

To make Hartshorn Jelly. (A choice Recipe.)

Take six ounces of right real hartshorn, and boil it in six quarts of spring water till it cometh to one quart, then strain it off, and put the clear of the jelly into a skillet, leaving back the settlings. If it be not a jelly it is not the right hartshorn. Then add to it three quarters of a pound of double-refined sugar, a quarter of a pint of good Sherry, or other white wine, and the juice of three or four lemons. When it boils up, clarify it with the whites of two eggs beaten, then strain it through a swanskin bag into jelly glasses. If desired, it may be coloured with cochineal.

Another way.—To two ounces of hartshorn shavings, and three quarters of an ounce of isinglass, put three pints of water and boil it to a quart, then strain it, and put to it three quarters of a pint of good wine, the juice of two large lemons, the whites of five eggs; sweeten it to your taste and let it boil a quarter of an hour; they must not be mixed very hot.

Strengthening Jelly.

One calf's foot cleaned and cut in pieces, one ounce of hartshorn shavings, half an ounce of isinglass, three pints of new milk, put in a pan and bake in a slow oven till half is

consumed, strain it, and when cold take off the fat. Take a coffee-cupful warm the first thing in the morning, and last at night.

Jermange.

Two ounces of isinglass, steep in one pint of water for an hour, then add a bare pint of white wine, the juice of three oranges or lemons, the thin rind of one, the yelks of eight eggs. Sweeten to taste, boil all together and strain into a mould.

To make Orange Jelly.

Boil two ounces of isinglass with some sugar in a quart of water till it is quite melted, then strain it, and when it is almost cold, put about two lemons, two China oranges, and one Seville to it. It is best to soak the isinglass in the water some hours before, if convenient.

Eringo Root Jelly.

Take candied eringo root, isinglass, pearl-barley, and hartshorn shavings, each two ounces; conserve of roses one ounce; boil these ingredients in two quarts of water, till reduced to one quart; and then strain it through a sieve. When wanted, take a tea-cupful of this jelly warmed, and mix it with the same quantity of new milk or wine.

Sago Jelly.

Take two ounces of pearl-barley, two ounces of rice, two ounces of hartshorn shavings, two ounces of tapioca, four ounces of sago, a quarter of an ounce of cinnamon, and four quarts of water; boil gently three hours; strain and rub it through a sieve; when used, take as much as is wanted; boil it up with the same quantity of milk and wine, and sweeten to taste.

Note.—These two jellies are particularly recommended for a weak digestion.

Jelly of Ivory Dust.

This article may be obtained at the ivory turners at about eightpence per pound, and by long boiling furnishes a very good and nourishing jelly, equal to that of isinglass. It should at first be set on with a small quantity of water; when warm, pour it off, and put fresh water in the proportion of two quarts to a quarter of a pound of dust, let it simmer slowly for several hours without stirring, until it has reduced half, and all the dust is perfectly settled at bottom, and the liquor at top has become like a clear jelly; it must then be poured off very steadily, taking care to stop before any of the sediment rises; the jelly may be flavoured with wine, sugar, lemon-juice, &c. at pleasure, in the same manner as directed for calves' feet and other jellies. Or this jelly may be prepared with half the quantity of water, to which, when strained off, may be added an equal quantity of new milk, the whole warmed together, sweetened and flavoured in the same manner as blancmange.

SYRUPS, CONSERVES, AND CANDIES.

Orange Syrup.

Rasp eight China oranges into a basin, squeeze one dozen more and two lemons to the rind. Mix these together; then drain the juice through a sieve, take one quart of fine syrup, and boil it high, put this to the rest of the syrup, and bottle the whole for use.

Syrup of Capillaire.

Clarify with the whites of three eggs, four pounds of lump sugar, mixed with three quarts of spring water, and one

quarter of an ounce of isinglass. When cold, add orange-flower water, and a little syrup of cloves. Put it into bottles well corked.

Syrup of Cloves.

Put four ounces of cloves to one quart of boiling water, cover it close, set it over a fire, and boil it gently half an hour; then drain it, and add to each pint of liquor two pounds of lump sugar. Clear it with the whites of two eggs beaten up with cold water, and simmer till it becomes a strong syrup. Keep it in bottles closely corked. Cinnamon or mace may be done in the same way.

Orgeat Syrup.

Beat in a mortar half a pound of sweet, and an ounce of bitter almonds, mix the same with a quart of water, strain it through a cloth, and add a glass of orange-flower water. Boil two quarts of syrup pretty high, mix what drains from the almonds with the syrup on the fire, and let it boil till it is fine and clear. Put it warm into bottles, and the next day cork them close, with bladder over them.

Syrup of Mulberries and Cherries.

Boil them about a minute with very little water, and to every quart of juice put one pound of lump sugar. Make the whole into a syrup over a slow fire.

Orgeat.

Boil a quart of new milk with a stick of cinnamon, sweeten to your taste, and let it grow cold: then pour it by degrees to three ounces of sweet almonds, and twenty bitter, that have been blanched and beaten to a paste, with a little water to prevent oiling; boil all together, and stir till cold, then add half a glass of brandy.

Another way.—Blanch and pound three quarters of a pound

of sweet almonds, and thirty bitter, with a spoonful of water. Stir in by degress two pints of water, and three of milk, and strain the whole through a cloth. Dissolve half a pound of fine sugar in a pint of water, boil and skim it well; mix it with the other, as likewise two spoonfuls of orange-flower water, and a tea-cupful of the best brandy.

Another way.—Beat two ounces of almonds with a tea-spoonful of orange-flower water, and a bitter almond or two; then pour a quart of milk and water to the paste. Sweeten with sugar or capillaire. This is a fine drink for those who have a tender chest; and in the gout it is highly useful, and, with the addition of half an ounce of gum arabic, has been found to allay the painfulness of the attendant heat. Half a glass of brandy may be added if thought too cooling in the latter complaints, and the glass of orgeat may be put into a basin of warm water.

Orangeade, or Læmonade.

Squeeze the juice; pour boiling water on a little of the peel, and cover close. Boil water and sugar to a thin syrup and skim it. When all are cold, mix the juice, the infusion, and the syrup, with as much more water as will make a rich sherbet; strain through a jelly-bag. Or squeeze the juice, and strain it, and add water and capillaire.

Conserves are compositions of fresh vegetables beaten with sugar into an uniform mass; thrice their weight in sugar is usually prescribed, but twice is amply sufficient, and leaves more room for the beneficial properties of the vegetable with less of the cloying weight of sugar. Vegetables must be freed from skin and stalks, and flowers from their cups. They are then to be pounded in a marble mortar, with a wooden pestle until reduced to a smooth mass, and the sugar then added to them by degrees.

Conserve of Roses.

Take a pound of red rose-buds, cleared of their hulls, beat

them well in a mortar, and add by degrees two pounds of double-refined sugar in powder until reduced to a conserve.

Conserve of Hips and Haws.

Useful conserves are made of these hedge fruits either separately or in equal parts of each; the skin, seeds, and hairy parts must be carefully removed, and that part alone used which is of itself almost a pulp; then proceed in the same manner as with roses. A drachm or two of these conserves dissolved in warm milk is given as a gentle restringent in weakness of the stomach, phthisical coughs, and spitting of blood; but to expect any considerable effects, at least three or four ounces should be taken daily for a considerable time together. In like manner conserves may be made of orange-peel, rosemary flowers, sea-wormwood, wood, sorrel leaves, &c. but none are so important as those first mentioned.

Marmalade for a Cough

Stone six ounces of Malaga raisins, and beat them to a paste with as much sugar-candy. Add one ounce of conserve of roses, twenty-five drops of oil of vitriol, and twenty of oil of sulphur. Mix the whole well together, and take about the quantity of a nutmeg night and morning.

Conserve of Oranges or Lemons.

Grate the rind of an orange or lemon into a plate, squeeze the juice of the fruit over it, and mix the whole with a spoon. Then boil some sugar high, mix the fruit therewith, and when thick enough, put it into moulds. Conserve of orange-peel is made by steeping the rinds in water, moderately heated, till tender; and then straining and pounding them in a marble mortar. After this, the pulp is brought to a proper consistence over a gentle fire, with the addition of three times its quantity of sugar. The whole is then reduced to a conserve by beating in a mortar.

Balsam of Honey Syrup.

To one pound of honey add a tea-cupful of vinegar; boil and skim it well; when cold, stir in one ounce of the elixir of paragoric, and bottle: if half a pint of the essence of malt is added, it will make it more complete. A table-spoonful to be taken three times a day for a cough.

To candy Ginger; useful for Flatulency and Pain in the Stomach.

Put one ounce of ginger grated fine, and a pound of loaf sugar beaten, into a preserving pan, with as much water as will dissolve the latter. Stir the whole over a slow fire till the sugar begins to boil; then put in a pound more beaten fine, and keep stirring it till thick Take it off, and drop it in cakes upon earthen plates. Set them in a warm place to dry.

To candy Horehound; good for Coughs and Hoarseness.

Boil it in water till the juice is extracted. Then boil some sugar to a feather, add thereto the juice of the horehound, and boil it again to the same height. Stir it with a spoon against the sides of the pan till thick; then pour it into a paper case, previously dusted with fine sugar, and cut it into squares; or the horehound may be dried, and put into the sugar finely powdered and sifted.

To candy Rhubarb; a good Stomachic.

Take an ounce of rhubarb in powder, as much of fine ginger, eighteen ounces of sugar, and three drops of oil of peppermint. Boil the sugar to a feather, mix in the ingredients, and stir the whole till it begins to granulate. Put it into sugared paper cases.

To candy Cassia.

Pound a little brown cassia, with some musk and ambergris. Boil a quarter of a pound of sugar to the degree of candy, mix in the powder, and then pour the syrup into saucers till cold.

To candy Angelica.

Cut the angelica when young, cover it close, and boil it tender. Then peel, and put it in again, letting it simmer till green. Take it out, and dry it with a cloth, adding to every pound of stalks as much sugar. Put them into a pan, beat up the sugar, strew it over, and let them stand two days. Boil the angelica till clear and green, and put it into a colander to drain. Beat another pound of sugar to powder, strew it over, lay it on plates, and let it stand in a slack oven to dry.

The following Recipes which are more immediately connected with "COOKERY FOR THE SICK," and should have been introduced before Jellies, are here inserted as an Appendix to that Article.

Eggs

Are very nourishing, as well as light, and are often recommended when solid meat is not allowed; they are most wholesome raw, and may be eaten in various ways. Beaten up fine with a little moist sugar, and stirred into a wine glass of spring water; in this way they are very serviceable for a cold and hoarseness; or two eggs beaten up with sugar and nutmeg and stirred gradually into half a pint of boiling milk; or the yelk and white beaten up separately, and then mixed with half a glass of white wine, and half a glass of warm water. If dressed at all, they should be very lightly boiled or poached, and the yelks only eaten by sick persons.

The following is a nutricious and agreeable draught :— Beat up a new laid egg, mix it with a quarter of a pint of new milk, a spoonful of capillaire, one of rose-water, and a little nutmeg. It should be taken the first thing in the morning and last at night

German Egg Soup.

Beat up the yelk of an egg in a pint of water, put in a little butter, with two or three lumps of sugar, and stir the whole all the time it is on the fire. · When it begins to boil, pour it backwards and forwards, between the saucepan and the basin, till it is smooth, and has gained a froth. This is good in a cold.

White Pot.

Beat up eight eggs, leaving out half the whites, with a little rose-water, nutmeg, and four ounces of brown sugar. Cut a roll or small loaf into thin slices, pour the milk and egg over them, add thereto a piece of butter, and bake it for half an hour.

Egg Wine.

Beat an egg, mix with it a spoonful of cold water; set on the fire a glass of white wine, half a glass of water, sugar, and nutmeg. When it boils, pour a little of it to the egg by degrees, till the whole be in, stirring it well; then return the whole into the saucepan, put it on a gentle fire, stir it one way for not more than a minute; for if it boil, or the egg be stale, it will curdle. Serve with toast.

Egg wine may be made as above, without warming the egg, and it is then lighter on the stomach, though not so pleasant to the taste.

CHAPTER X.

MISCELLANEOUS RECIPES FOR BREAKFAST, LUNCHEON, SUPPER, &c.

To make Tea.

It may seem needless to give directions for the preparation of this daily beverage; but failure is so common, that a few remarks may not be unacceptable.

In order to have good tea, the tea must be good of its kind. The cheap teas so eagerly bought by many people are in general base and pernicious imitations of the real article, and have in many instances produced the most injurious effects. Persons who cannot afford to buy good foreign tea had far better content themselves with the acknowledged produce of our own country, mint, balm, sage, rosemary, &c. all of which are very wholesome, and will be found on trial to answer every beneficial purpose of foreign tea.

Tea is generally supposed to have a prejudicial effect on the nerves and stomach; if taken too hot or too strong, or in excessive quantities, or without a due proportion of solid food, it certainly is injurious; but the moderate use of tea is beneficial to most constitutions as it promotes digestion, clears the head, and gently stimulates the system without producing those feverish or intoxicating effects so inseparable from stimulants in general.

Good black tea is generally admitted to be the most beneficial and the least prejudicial, but most people prefer it with a mixture of green; green alone is certainly injurious.

Soft water is always to be preferred for tea making, as hard water both imparts an unpleasant taste, and fails to extract the goodness from the herb. It is essential too that the water perfectly boils at the moment of making tea, and it is desirable that

it should boil only then. If water be kept boiling over the fire, or on the hob, for hours or even minutes, the tea is never so well flavoured as when made immediately that it boils. The tea kettle should be carefully rinsed out every time previously to filling, and kept free from fur. The tea-pot, too, every time after using, should be well washed with clean boiling water and perfectly dried. If left damp, or washed in greasy water, or wiped with a damp and half dirty cloth, an unpleasant taste is sure to be returned and imparted to the tea. It should also be rinsed with scalding water the moment before making tea, and carefully drained. As to the size of the tea-pot, it should be such as to allow at twice filling the number of cups required. It had better be too large than too small. If water be added a third time it is very poor, and tea added after the first making neither goes so far, nor gives so pleasant a flavour, as when the whole is made at once.

Some people brew their tea, that is, put at first a very small quantity of water, enough just to wet the leaves either in the tea-pot or in a cup, and stand it on the hob for a considerable time, and at the moment of using fill up the pot with boiling water. This may be an economical method of making tea; but it is certainly not so agreeable in point of flavour. Tea is never better than when the whole quantity of the herb is put into a pot full large enough to contain half the quantity of liquor required, and filled up quickly from a kettle just arrived at boiling, instantly covered up, poured out in five minutes and the tea-pot filled up again.

To make tea of a good strength but not extravagant, a caddie-spoonful or two tea-spoonfuls should be allowed for every half pint of tea required. Good cream and good sugar, if used at all, are essential to a good cup of tea; poor milk and coarse sugar will spoil the best tea in the world. The cream and sugar mingle much better, and the whole tastes more smooth and pleasant if those articles be put in the cup first and the tea added to them.

It is asserted by some female connoisseurs in tea, and perhaps it would be more difficult to disprove than to account for the fact, that tea tastes much better from cups of Indian than of British china. However, from the improving state

of our own manufactures, and the duty incumbent on every British subject to encourage them, it is hoped the partiality or prejudice (be it which it may) in favour of foreign articles will pass away with the present race of housekeepers.

Coffee

Like tea clears the head, exhilarates the spirits, and promotes digestion. It is however more heating in its tendency, and with some persons is apt to confine the bowels.

Coffee is considered beneficial to rheumatic persons, in which case it is usual to stir in a little made mustard.

There are many substitutes for coffee which are often palmed on the public for the genuine article; but those who are accustomed to the taste and smell of the real Turkey coffee cannot easily be deceived. The raw berries improve by keeping; but the sooner they are used after roasting the better, as they are apt to lose their richness if kept too long. Coffee especially injures by being kept after it is ground. Previously to grinding coffee, it is a good way to put the berries in a basin or on the hob, or in a cool oven for some hours.

A quarter of a pound of berries is not too much for making a good pot of coffee, or the proportion of one cupful of coffee to six of water

Coffee should be perfectly clear and of a fine bright amber colour, to secure which it is generally recommended to use isinglass, whites of eggs, mustard, &c. for clearing it; but a more simple process will be found equally successful and preserves the flavour of the coffee better.

The coffee-pot should be not more than three parts filled with water, the heat of which is not very material, perhaps the nearer to boiling the better; on this put the coffee, let it stand a few minutes to sink; having done so, set it over the fire; when it begins to bubble add a tea-cupful of cold water and set it on again, taking it off and holding it over the fire alternately, so as to keep it at the point of boiling for three or four minutes. Then pour out a cupful and return it two or three times; and having done so, let it remain quietly on the hob to keep hot until it becomes perfectly clear and

bright. When poured into the urn or coffee-pot in which it is to be served, great care must be taken to pour it steadily and to stop short before any sediment comes forward.

Coffee should always be served extremely hot; it is greatly improved by the addition of good cream, put first into the cup as recommended for tea. Fine Lisbon sugar, or powdered sugar-candy are usually preferred for coffee; but those who wish to have the true flavour of either tea or coffee should learn to drink them without sweetening.

To make Coffee as used by Buonaparte.

Put the ground coffee into a vessel with a strainer, and pour the water on it perfectly cold; plunge this vessel into another filled with boiling water, which must be kept at the boiling pitch till the process is completed. This method is thought to preserve the flavour of the coffee.

Coffee as made in Paris.

Take, when the coffee is needed, nearly one ounce of the best powder recently prepared, and put it, with a very little shred saffron, into a *grecque*, (as the vessel is called in France: one of nearly similar construction, called an *imperial*, is now commonly used in England, and is found very convenient.) Pour in boiling water, till it bubbles up through the strainer, and then close the vessel, and place it near the fire; and as soon as the whole water is passed through, the coffee is made.

Coffee Milk.

Boil coffee-powder, according to the strength you want it, in new milk for five minutes. Allow it to settle, and pour it off, or clear it with a few bits of isinglass.

Chocolate.

It is reckoned an economical plan, where much chocolate is used, to put a cake of chocolate shaved very fine into a pint of boiling water, and let it simmer till melted, stirring it all the time. This will keep several days, and may be boiled

up as wanted with milk and sugar and well frothed. This quantity is sufficient to make twelve cups of rich chocolate. It will be easy therefore to judge how much of it to use according to the number of cups required. But this, though first mentioned, is by no means the best method of preparing chocolate. The long boiling and re-warming destroy the fine oily particles of the chocolate, or give it a rancid flavour.

By far the most agreeable and wholesome method of making chocolate is this:—Boil equal quantities of milk and water; when perfectly boiling, throw in a sufficient quantity of chocolate finely shaved, and instantly mill it well till it will bear a fine froth; but never let it go near the fire after the chocolate is added. The quantity of chocolate may be varied according to the degree of richness required; a square (of which there are eight in each cake) will make half a pint very rich, rather more so than is agreeable to persons in general. A little fine moist sugar should be added after it is taken from the fire, and the chocolate milled to the very moment of serving.

Chocolate is sometimes made in gruel either with or without milk, in which case the best way is to have the gruel perfectly boiling; throw in the chocolate, sweeten and mill as above directed.

Chocolate is very nutritive and balsamic, it is therefore often used for consumptive persons, and those recovering from complaints of the chest; but on account of its richness it is apt, with some constitutions, to set heavy on the stomach and provoke the bile. For these reasons cocoa is rather preferred for weak stomachs, as imparting equal nourishment and being lighter of digestion. The best chocolate and cocoa are those prepared by White and Sons, Greek Street, Soho.

Cocoa

Is made by boiling a considerable time in water, then pouring off clear, and mixing with warm milk and sugar to taste. Two dessert spoonfuls will make a pint. If good it will nearly all dissolve. The cocoa paste is now very much in use, both as chocolate and cocoa. It is very good and the method of

preparing it very simple. It is merely to stir into a cup of boiling water a large tea-spoonful of the paste, this makes a cup of rich chocolate, to which add sugar and milk to taste. For cocoa, a much smaller quantity of the paste will suffice, and a larger quantity of milk is generally used. Rusks are generally eaten with both chocolate and cocoa.

Bread and Butter

Is usually cut from bread of the same day's baking; it should, however, have a few hours to settle, otherwise it is almost impossible to cut slices straight and thin. The butter should be lightly and evenly spread, neither appearing in rough lumps nor yet looking as if spread down for a plaister. It is always desirable to have fresh made butter, if possible, in its natural state, that is, without the necessity of either warming or chilling it; but in very cold weather it is impossible to spread bread and butter without a little warming it. In such case no more should be warmed at a time than is wanted; it should be held before the fire rather than put on the hob or in an oven, and kept stirred about with a knife all the time to prevent its oiling. Some people prefer warming the butter over a basin of boiling water. In summer time the butter may be put a few minutes in cold water to give it firmness.

Toast

Is much lighter if made from a loaf at least one day old. It is also better cut the flat way of the loaf; that is, leaving the crust top and bottom instead of round the edges of the toast. A fire for toasting should be clear and bright, free from smoke and flame. The bread should be held near enough to toast briskly, but moved about to prevent its burning in one part before the rest is done. Plates should be made hot in readiness, one on which to butter the toast, and another to pass it on after it is spread and cut. It should be buttered on both sides, and served as quickly as possible, each round on a separate plate, not piled one on another. Good salt butter answers very well for buttering toast or hot rolls; but for

company fresh is generally preferred. Toast for buttering cold, or eating dry, should be cut rather thinner and baked drier than for buttering hot. The moment it is taken from the fire, it should be put in a rack for the steam to evaporate; for if it be laid down one moment it will lose all the crispness.

Eggs.

When used for breakfast, eggs are usually either boiled or poached. The medium time for boiling a good sized egg is three minutes and a half, to be put in when the water boils. In less time than this the white of a fresh egg is scarcely set, and longer approaches to hard boiling.

For poaching they must be carefully broken into separate cups, and thence carefully slipped into a large saucepan or frying pan of boiling water; as soon as the white is perfectly set they are done enough, and must be taken up by sliding an egg-slice under the eggs, which are to be served on buttered toast.

Buttered Eggs.

Beat four or five eggs, yelk and white together, put a quarter of a pound of butter in a basin, and then put that in boiling water, stir it till melted, then pour that butter and the eggs into a saucepan; keep a basin in your hand, just hold the saucepan in the other over a slow part of the fire, shaking it one way; as it begins to warm, pour it into a basin and back, then hold it again over the fire, stirring it constantly in the saucepan, and pouring it into the basin, more perfectly to mix the egg and butter, until they shall be hot without boiling. Serve on toasted bread; or in a basin, to eat with salt fish, or red herrings.

Scotch Eggs.

Boil hard five pullet's eggs, and without removing the white, cover completely with fine relishing forcemeat, in which let scraped ham, or chopped anchovy, bear a due proportion. Fry of a beautiful yellow brown, and serve with a good gravy in the dish.

An Omelet.

Beat up six eggs with salt, pepper in fine powder, a large spoonful of parsley very finely shred, half the quantity of chives or green onion, a small bit of shalot, some grated ham or tongue; or lobster meat, the soft part of oysters, shrimps, or grated cheese may be used. Let the several things be very finely minced, and well mixed with the batter, adding a large spoonful of flour, and some bits of butter. Fry the omelet in plenty of very hot butter in a nicely tinned small frying pan, stirring it constantly till it is firm, and then lifting the edges with a knife, that the butter may get below. Carefully turn the omelet by placing a plate over it, and return it into the frying-pan to brown on the other side; or without turning, hold the pan before the fire till the raw is taken off the upper side; double it, and serve it very hot.

Anchovy Toast.

Bone and skin six or eight anchovies; pound them to a mass with an ounce of fine butter till the colour is equal, and then spread it on toast or rusks.

Another way.—Cut thin slices of bread into any form, and fry them in clarified butter. Wash three anchovies split, pound them in a mortar with some fresh butter, rub them through a hair sieve, and spread them on the toast when cold. Then quarter and wash some anchovies, and lay them on the toast. Garnish with parsley or pickles.

Roast Cheese, to come up after Dinner.

Grate three ounces of fat Cheshire cheese, mix it with the yelks of two eggs, four ounces of grated bread, and three ounces of butter; beat the whole well in a mortar with a dessert-spoonful of mustard, and a little salt and pepper. Toast some bread, cut it into proper pieces, lay the paste as above thick upon them, put them into a Dutch oven, covered with a dish, till hot through; remove the dish, and let the cheese brown a little. Serve as hot as possible.

Welch Rabbit.

Toast a slice of bread on both sides, and butter it; toast a slice of Gloucester cheese on one side, and lay that next the bread, and toast the other with a salamander; rub mustard over, and serve very hot and covered.

Cheese Toast.

Mix some fine butter, made mustard, and salt, into a mass, spread it on fresh-made thin toast, and grate or scrape Gloucester cheese upon them.

A Scotch Rabbit.

Toast slices of bread about half an inch thick, butter and keep them hot. Meanwhile grate down mellow Stilton, Gouda, or good Dunlop cheese; and if not fat put to it some bits of fresh butter. Put this into a cheese-toaster with a hot water reservoir, and add to it a glassful of well-flavoured brown stout porter, a large tea spoonful of made mustard, and pepper very finely ground, to taste. Stir the mixture till it is completely dissolved, brown it, and then, filling the reservoir with boiling water, serve the cheese with the hot toasts on a separate dish. Red wine is sometimes used instead of porter, and sometimes, as a variety, the toasts are dipped in hot water.

Potted Cheese.

Cut and pound four ounces of Cheshire cheese, one ounce and a half of fine butter, a tea-spoonful of white pounded sugar, a little bit of mace, and a glass of white wine. Press it down in a deep pot.

Ramakins.

Scrape a quarter of a pound of Cheshire, and the same of Gloucester cheese, and of good fresh butter; then beat all in a mortar with the yelks of four eggs, and the inside of a small French roll boiled in cream till soft; mix the paste then with the whites of the eggs previously beaten, and put into small

paper pans, made rather long than square, and bake in a Dutch oven till of a fine brown. They should be eaten quite hot. Some like the addition of a glass of white wine. The batter for ramakins is equally good over macaroni when boiled tender; or on stewed brocoli, celery, or cauliflower, a little of the gravy they have been stewed in, being put in the dish with them; but not enough to make the vegetables swim.

Macaroni as usually served.

Boil it in milk, or a weak veal broth, pretty well flavoured with salt. When tender, put it into a dish without the liquor, and among it put some bits of butter and grated cheese, and over the top grate more, and a little more butter. Set the dish into a Dutch oven a quarter of an hour, but do not let the top become hard.

Another way.—Wash it well, and simmer in half milk, and half broth of veal or mutton, till it is tender. To a spoonful of this liquor, put the yelk of an egg beaten in a spoonful of cream; just make it hot to thicken, but not boil: put it over the macaroni, and then grate fine old cheese all over, and bits of butter. Brown with the salamander.

Another way.—Wash the macaroni, then simmer it in a little broth, with a little pounded mace and salt. When quite tender, take it out of the liquor, lay it in a dish, grate a good deal of cheese over, then cover that with bread grated fine. Warm some butter without oiling, and pour it from a boat hrough a little earthen colander all over the crumbs, then put the dish in a Dutch oven to roast the cheese, and brown the bread of a fine colour. The bread should be in separated crumbs, and look light.

SPICERIES, CORDIALS, &c. COMMONLY DENOMINATED NIGHTCAPS.

Mulled Wine.

Boil the spiceries (cinnamon, nutmeg grated, cloves, and mace) in any quantity approved, in a quarter of a pint of water or better; put to this a full pint of port, with sugar to taste. Mix it well. Serve with toasts or rusks. Mulled wine when made with Bordeaux or Port wine is called "Bishop," when old Rhenish wine is used it takes the name of "Cardinal," and when imperial Tokay is employed obtains the dignity of "Pope."

Clary

Is made of a mixture of claret wine and mead, or claret sweetened with honey and flavoured with aromatic spices.

Sack

Is in like manner prepared from the wine of that name. They are all frequently prepared without any mixture of water; and sometimes, even with the addition of spirits; in which case it need scarcely be observed, they become excessively feverish and intoxicating.

Buttered Toddy

Is strong rum and water, sweetened with honey, enriched with a good lump of fresh butter, and flavoured with nutmeg and lemon juice. It is much in favour with naval gentlemen.

Egg Flip.

Keep grated ginger and nutmeg with a little fine dried lemon-peel rubbed together in a mortar. To make a quart of flip:—Put the ale on the fire to warm, and beat up three or four eggs with four ounces of moist sugar, a tea-spoonful of grated nutmeg or ginger, and a quartern of good old rum or brandy. When the ale is near to boil, put it into one

pitcher, and the rum and eggs, &c. into another; turn it from one pitcher to another till it is as smooth as cream

Punch.

Take two large fresh lemons with rough skins, quite ripe, and some large lumps of double-refined sugar. Rub the sugar over the lemons till it has absorbed all the yellow part of the skins. Then put into the bowl these lumps, and as much more as the juice of the lemons may be supposed to require; for no certain weight can be mentioned, as the acidity of a lemon cannot be known till tried, and therefore this must be determined by the taste. Then squeeze the lemon-juice upon the sugar; and with a bruiser press the sugar and the juice particularly well together, for a great deal of the richness and fine flavour of the punch depends on this rubbing and mixing process being thoroughly performed. Then mix this up very well with boiling water (soft water is best) till the whole is rather cool. When this mixture, which is now called the sherbet, is to your taste, take brandy and rum in equal quantities, and put them to it, mixing the whole well together again. The quantity of liquor must be according to your taste: two good lemons are generally enough to make four quarts of punch, including a quart of liquor, with half a pound of sugar; but this depends much on taste, and on the strength of the spirit. As the pulp is disagreeable to some persons, the sherbet may be strained before the liquor is put in. Some strain the lemon before they put it to the sugar, which is improper; as, when the pulp and sugar are well mixed together, it adds much to the richness of the punch. When only rum is used, about half a pint of porter will soften the punch; and even when both rum and brandy are used, the porter gives a richness, and to some a very pleasant flavour

Glasgow Punch.

Melt the sugar with a little cold water; to this add the juice of a dozen lemons. When well mixed, add the remainder of the water required: again mix well, then add to every quart of this sherbet, from one third to half a pint of

wine, and squeeze in the juice of lemons sufficient to bring the whole to a pleasant acid.

Common Punch.

Take a tea-spoonful of the acid salt of lemons, a quarter of a pound of sugar, a quart of boiling water, half a pint of rum, and a quarter of a pint of brandy, add a small piece of lemon-peel, if agreeable, or a very little of the essence of lemon.

Gin Punch

Is made exactly in the same manner, except that instead of half a pint of rum, and a quarter of a pint of brandy one pint of gin is added.

Eau de Vie.

Thinly rind seven large oranges or lemons, or part of each dissolve and clear six ounces of double-refined sugar in half a pint of spring water; this should be done in a silver vessel. When quite clear, add to it a quarter of a pint of milk, warm from the cow, or if that cannot be obtained, rich new milk restored to that degree of warmth. Then put into an earthen jar or large bottle, the rind, syrup, and milk, with a quart of old rum or French brandy. For perfume, Goa stone may be used, or a very small quantity of musk, ambergris, or essence of lemon, as may be preferred; but most people dislike the admission of any kind of perfume. Cork it up very close, and shake it daily for ten days. Then filter through paper and bottle for occasional use.

Hot Pint.

Into two quarts of ale, strong yet mild, grate a nutmeg, and bring it to the point of boiling: meanwhile beat two eggs with a quarter of a pound, or more, of moist sugar and a small quantity of cold ale; having well beaten this, gradually mix the hot ale with it, taking care that it does not curdle: then add half a pint of brandy or gin, bring the whole once more nearly to boil; then pour it from one vessel into another till

it become perfectly smooth and bright. It is usually served with toast.

*Sops and Ale.**

Cut rounds of bread, the quantity required, rather more than half an inch thick; toast them of a fine regular brown. In a China bowl, large enough to contain the mess, put half a pint of very strong yet mild ale. Some will add thereto a glass of the best brandy. As fast as each round of bread is toasted, spread it thickly with fine moist sugar and grated nutmeg, lay in the bowl and add beer enough to moisten it; the beer should be poured gently so as not to break the toast. Thus go on adding toast and beer till the bowl is full. The best brown stout porter is sometimes used for this purpose, but strong ale is generally preferred.

In compliance with custom these recipes are inserted, as a cookery book would be reckoned incomplete without them; but the writer cannot dismiss this department of the work without remarking that every article above mentioned is seductive, heating, and intoxicating. That there is no common idea more fallacious or more destructive than that these things are strengthening, nourishing, or beneficial to persons who have been exposed to cold or to violent fatigue. There is good reason to believe that this mistaken notion has been the death of hundreds, by inflammatory fevers, and the ruin of at least hundreds more by inducing the habitual use of spirituous liquors. The following is a very refreshing and perfectly harmless beverage, in addition to which several will be found under the article of "Cookery for the Sick," both pleasant and beneficial to be taken in the cases above supposed.

Lemonade.

Take any number of lemons, suitable to the quantity of liquor wanted; pare them as thin as possible, then rub the surface with knobs of refined sugar, to extract all the flavour;

* Formerly in great request in the country as a gossip's junket, over which the nurses not unfrequently regaled themselves, to the shameful neglect and injury of their charge.

put the saturated sugar into a basin, and squeeze the lemons over it. Add the best refined sugar to taste. Hot water and a little boiling milk, if approved, may be added, in the proportions wished for: three quarts to two dozen lemons is a fair quantity, using the whole juice, but only half the rinds. Scum the liquor when well mixed, and run it through a jelly-bag, previously dipped in hot water.

Portable Lemonade, convenient on Voyages, or in the Country.

Take of tartaric acid one half ounce, refined sugar three ounces, essence of lemon half a drachm. Pound the tartaric acid and sugar very well in a marble mortar, and gradually pour the essence upon the mixture. Mix the whole very well, and paper it off for use in twelve separate parcels; each of which, when mixed with a tumbler of water, will make a very pleasant and refreshing draught.

CHAPTER XI.

HOME BREWED BEER, WINES, CORDIALS, &c.

The practice of brewing at home is now becoming pretty general, and, wherever practicable, is to be greatly preferred, both on the ground of economy and health. On a moderate calculation, beer of any strength may be obtained by home brewing at half the cost of brewers' beer; but this is not the highest consideration. The common practice of brewers is frequently detected and generally admitted, of putting into their beer, for the purpose of giving strength or clearness drugs of the most deleterious nature. The only security

against this slow poisoning is to drink home-brewed beer. Many families, though sensible of the pernicious nature of their daily beverage, and though to them the difference in expense between brewers' beer and home brewed is a serious object, shrink from what they suppose the expensive, tedious, laborious, and complicated process of brewing; but such may rest assured that they greatly magnify the difficulties of the undertaking: that every part of the process may be rendered simple and obvious to any person of common capacity: that a moderate brewing may be performed by one person of moderate strength in a day and a half,* certainly with less fatigue than an ordinary day and a half of washing; that a little practice and observation will render any one expert in the business, and that the expense of brewing utensils will be saved in the course of a year; and when once obtained, if preserved with care, will serve children's children.

To speak first of the utensils required. A good sized and well set copper is indispensable.†

This copper should at least hold forty gallons; as this size suits the brewing of a moderate family, and just boils off a barrel of beer, the instructions given will be calculated on that scale. Common sense will teach any one to proportion the ingredients used to the size of their copper, and the quantity of beer required; this copper should be kept very clean and bright, and if possible confined to the use of brewing; at any rate nothing greasy should at any time be suffered to come near it, and if it must be occasionally used for washing, a separate lid should be kept for each purpose, as the steam of suds, ley, &c. is imbibed and retained by the wood, and im-

* That is, three hours to prepare for the brewing by getting out and clearing vessels, getting water, &c. twelve hours the day of brewing, and three hours for tunning the beer, and putting away the vessels: this need not occur more than three times a year.

† We speak of what is required in a moderate family; many poor people brew as little as a firkin at a time, and have no other convenience for the purpose than a common pot or skillet: even this it would be to their advantage to have set, as a much smaller quantity of fuel in what is called the furnace of a copper will answer the purpose, than when put under a pot in a grate.

part an unpleasant and injurious flavour to the beer. The same remark applies to tubs, and hence many people will not use washing-tubs as coolers. It is certainly better to keep all brewing utensils to that use alone; but as many tubs are required for cooling, in fact the more that can be employed the better, we venture to say that tubs occasionally used for washing may be safely employed, provided they be always carefully cleaned after washing, and soaked in cold water a day or two before brewing.

The mash-tub should hold at least twice as much as the copper; for a copper of forty gallons a mash-tub of 100 is not any too large. Where saving in the original cost of the brewing utensils is an object, it answers very well to purchase the largest sized cask sold by the wine merchants, the two ends of which are to be cut off ten inches or a foot deep, to serve as coolers to the middle; a new bottom must be put, and all well secured with iron hoops. Indeed, if you have a proper mash-tub, such a tub as this will be very handy for holding water, wort, or beer, at various stages of the process, or in cases requiring a smaller brewing. If painted outside, all tubs are more durable.

The mash-tub, if made on purpose, should be rather wider at top than at bottom; about four inches from the bottom it must have a round hole about two inches in diameter. To fit this hole a common spigot and faucet will be required, and a wicker basket somewhat in the form of a bottle. This is called a tapwaist; its use is to keep back the grains when the wort runs off. A strong string is laced through the neck of this basket-bottle (yet not so as to cross it). The basket is put within the tub, the flat side downwards, and the string slipped through the hole. It must be fixed very straight, and one person must pull the string tight so as to keep the mouth of the bottle close to the hole, while another fixes in the spigot and faucet in front; a stand will be required, on which to place the mash-tub; or two strong stools will answer the purpose.

An underbach, or rather shallow tub, will be required for the wort to run into. This should be capable of holding twenty gallons, or more.

Several large shallow tubs, either round or oval, or square

trays, will be wanted as coolers. Some people have large square trays fitted on a frame with legs, and moving on castors, in order that they may be wheeled under cover in case of rain.

A mash-stirrer is a stick somewhat longer and thicker than a broomstick: at the lower end it is perforated by two or three small sticks, eight or ten inches long, and fitted into a frame, so forming a kind of latticed shovel. Several other sticks will be required in the course of the brewing to bear up the sacks with which the wort is to be covered, and the sieve through which it is to be strained; or what is perhaps rather safer, a frame of two long flat sticks, with two or three shorter cross ones, resembling the spars of a ladder, the whole of sufficient strength to bear the weight intended to be laid on it. One of these should be of the size to fit the mash-tub, and another to fit the tub into which the beer is to be strained off after boiling.

A wooden bowl or piggin will be required for dipping the liquor to the copper, and from one tub to another.

A bucket or two, which should not be over large or heavy, especially if the brewing is to be performed by women.

A tunbowl, or large funnel, is either a round wooden bowl, or a small tub with a hole in the bottom, in which is affixed a tin tube of a size to fit the bung-hole of a barrel. A hair sieve or wicker basket will be necessary to strain off the beer from the hops.

As to barrels.—If beer is made in large quantities, and intended to be kept several years, large casks are preferable; some people prefer the upright or bell shape, and others the barrel shape. For constant family use kilderkins and barrels (or those which contain eighteen or thirty-six gallons) are the most convenient sizes. In very small families firkins (or casks of nine gallons) are sometimes used, and to avoid having a cask of moderate beer too long in tap, they may be preferable; but in general such small casks are not to be preferred, as the beer does not attain so great a strength as when kept in a larger body together. As to the number of casks required, it depends on the length of time the beer is to be kept. Some people choose to keep a very large stock of beer to a great age; but for general family drinking, beer

is perhaps never better, or more wholesome, than from three to twelvemonths old. Most families brew twice or thrice a year, and use one brewing under another; that is, consider the beginning to use the last brewing as a signal for brewing again; in that case the casks required are obviously twice the number required for each brewing.

With respect to the ingredients.—It is of great importance that these be the best of their kind; if not it is impossible to obtain from them good, sound, and keeping beer. When malt is good, the shell is thin and well filled with flour, and the grain may be easily bitten asunder. If it bites hard and steely the malt is bad.

Pale malt is quite as good as brown; the difference arises only from different degrees of heat employed in drying. As to the colour it is a mere matter of fancy. Malt should be ground two or three days before using: it should not be ground too fine, otherwise the dust is apt to work into the basket and render the liquor thick.

Hops should be of a clear lively colour, between yellow and green. They should be free from long stalks and not clotted together. If they are so, it is to be concluded that they were not properly dried at first, or have been since suffered to become damp: in either case they are injured; they should feel clammy, smell brisk and pleasant, and have much of the yellow farina or dust.

Water should be soft and clear. Rain water, if quite fresh and clean, is the best for brewing; next to that the water of a river, brook, or other running stream. Spring water is generally hard, and would not draw out the goodness of the malt; and pond water is stagnant, and would make the beer flat; for these reasons they are not fit for brewing. If, however, no soft water can be procured, spring water may be softened by putting in it some lumps of chalk, and exposing it to the sun and air a day or two before brewing; or by boiling with the water intended for mashing a quantity of wheaten bran. In this case also a longer time must be allowed for the mashing, or steeping the malt in water. River water should not be used in the summer months, when weeds and

other offensive vegetable matter are seen floating down the stream.

The yeast must be sweet and fresh, otherwise it will cause the new beer to become sour.

As to the season for brewing, the extremes both of heat and cold are to be equally avoided. In frosty weather the beer chills and will not work kindly: in hot weather it is apt to acquire an unpleasant taste, called foxey, and also soon turns sour. If the weather is not exactly of the temperature that might be wished, the difficulty must be met by contrivance; in warm weather admitting a little air in the place where the beer is working, and in winter keeping the door close shut, and covering the tubs with sacks, &c. to keep the beer warm. Settled weather for brewing is always desirable, in order to admit of the beer being cooled out of doors; but this will not do in catching weather, as rain is very injurious. For this purpose a covered gateway is very advantageous, as admitting a thorough draft of air by which the beer is cooled quickly, and combining therewith the advantage of shelter. March and October are the favourite months for brewing; but this rule must not be implicitly followed. The weather to be preferred is cool, but not frosty, and a brisk air, yet not a high wind, which might fill the beer with dust, leaves, or other light rubbish.

If two brewings only are to be performed in the year, one should be considerably larger than the other, viz. that in October, when a sufficient quantity should be brewed to serve till May; the other in March or April should be no more than sufficient to serve till that of the following October becomes fit for drinking. Beer well brewed in October will keep the year round, better than beer brewed in spring, when the weather begins to be warm, will keep through the summer. The cellar for keeping beer should be cool, dry, and so contrived as to exclude the external air as much as possible; an arched cellar is very desirable, as it more effectually excludes all variations of the atmosphere which would produce corresponding changes in the beer.

Great attention is requisite as to the state of the casks;

for if they be not perfectly sweet they will spoil the best brewed beer; when new they require seasoning, that is, being repeatedly scalded, and to have fresh grains, or bran, shaken about them with boiling water: after which they must be thoroughly rinsed in cold water, then again scalded and made perfectly dry, first by turning the bung-hole downwards over a tub or frame, and afterwards setting them in the influence of the fire, till not a particle of moisture remains; this should be done immediately before filling them. Casks that have been used should not be washed until the time of using again, but as soon as empty, corked, bunged, and pegged close, so that no air may get into them. If this be neglected but a few days the casks will be spoiled, and all beer that is afterwards put in them. The day before brewing, these casks are to be brought out, well scrubbed outside, emptied of the lees, filled with cold water and a handful or two of clean gravel stones, or a piece of chain, which is to be well shaken about, until all scum and dirt is removed. This may be ascertained by slipping the finger round within the bung hole; if any greasy slimy feel remains, more friction is required to remove it. The clearing should be perfectly effected with cold water, after which they are to be well scalded (as will be directed in the operations of the brewing day) and dried as above. It will be necessary occasionally to take out the heads and give the casks a thorough scrub inside; this is cooper's work; but if regularly kept, and cleaned according to the above directions, it will not be necessary to have recourse to it oftener than after using three or four times.

All the brewing utensils are better put away with the remains of the beer hanging about them, and when brewing is about to be performed, filled with cold water, to ascertain that they do not run out; then well scrubbed, and dried with a clean coarse cloth, and set in their respective places for use on the following day.

There is no department in domestic life where punctuality and order are unnecessary, but they are no where more essential than in the operations of the brewery. If every article be not at hand for use the moment it is wanted, the beer will probably boil over, or the brewer be made an hour or two later

in finishing the day's work. In the process of brewing there are certain times when the brewer may be spared a quarter of an hour without hindering the business; these opportunities should be taken for getting food, fetching in fuel or water, cleaning the casks, clearing away litter, and sweeping down the brewhouse, which ought to be done several times in the course of the day. If these intervals are not noticed and improved, and the time taken for them when the brewer ought to be filling or emptying the copper, or letting off the wort, much inconvenience will arise, and the work be about at unseasonable hours, instead of being finished, as it ought to be, by daylight.

Having thus minutely detailed the preparatory operations, we come now to speak of those on the brewing day. The copper we have supposed to contain forty gallons, and the mash-tub nearly or quite 100: we will suppose the quantity of beer required, to be six kilderkins of good, moderate beer; this quantity will be produced from six bushels of malt; but it may be made of any strength, upward, to four times that quantity. In the latter case, as the malt will occupy so much room in the mash-tub, the mashing must be performed at three different times, or a larger mash-tub used; but on the former scale two mashings will suffice, and much time be thereby saved. To each bushel of malt one pound of hops should be allowed; rather less may suffice if for immediate drinking, but if kept to any age this proportion does not at all exceed.

From the time of mashing to the completion of the brewing twelve hours will be occupied; the brewer should therefore so arrange for the former operation, as to secure the conclusion by daylight. With this view some people fill the copper overnight, light the fire, and fill the copper furnace with small coal: by this means the copper boils in the morning, and the first job is to empty it into the mash-tub,* and fill, or half fill it again; whether or not this plan is adopted, the first object is to get eighty, or eighty-five gallons of water boiled and put in the mash-tub as early as possible. This must stand

* Common sense will dictate that the mash-tub should be placed as near the copper as it conveniently can, to lighten the labour of shifting the liquor from one to the other.

awhile to become somewhat cool before the malt is added to it. Some brewers do not boil the water, but merely bring it to a proper degree of heat. Whether or not this may answer, we are not disposed to contend; but from long experience we prefer the method of perfectly boiling the water, and then reducing the heat to the proper standard. Some people make use of a thermometer by which to regulate the heat; to those who do so it would be unnecessary to state the degree suitable for mashing. Plain folks will, in all probability, adhere to the good old fashioned standard of mashing, when the steam has so far passed off as that the water reflects your shadow, and when the finger may be drawn quickly through without scalding. The malt is then to be put in and well stirred about till the clots are perfectly separated. If any clots are suffered to remain, the malt within will continue dry, and its quotum of strength consequently be lost. When the water and malt are thoroughly blended, the steam must be kept in by means of sacks (or something equally thick) laid over the top and supported by sticks, or by the frame above described.

The mash having taken a copper and a half of water, during the few minutes leisure occasioned by waiting for the heat to abate, the remaining half copper should have been used for scalding the casks, and the copper filled up again for the second mash. Each cask should be half filled with boiling water, and left closely bunged for half an hour or so: then well shaken about, emptied, and set to dry, either in the sun or in the influence of a fire. When the second copper boils, it may be emptied into any spare tubs, and the copper once more filled up. It is for this purpose, among others, that a second mash tub is particularly handy.

By the time this copper boils three hours will have elapsed since the mashing, at which time the wort is to be let off. The underbach stands ready to receive it, but before the spigot is fully removed, a little should be caught in a bucket until it runs perfectly clear; this may be thrown at top in the same manner as clearing coffee, and the remainder suffered to run freely, only taking care that it does not run over. The hops should be broken into the underbach and the wort suffered to run upon and soak them. It may be as well to

keep back about a pound of the hops to put fresh in the second boil. The copper is now to be emptied, like the other, into some of the spare tubs, and as quickly as possible filled up with wort and hops from the underbach. On every occasion of emptying the copper, care must be taken to have a slow fire and the copper door set open. Some people entirely put out the fire, but this is both a waste of fuel and a loss of time. The purpose, (that of avoiding to burn the copper) is just as well answered by filling up the copper hole with cinders, small coal, or even ashes well wetted. While the door is open, these will not draw up, but when the copper is filled, the dust raked out, and the door shut, it will burn all the fiercer for being wetted. Observe also that the copper, when emptied of water, must be wiped dry with a coarse clean cloth before the beer is put up. A brisk fire is now to be kept up that the beer may boil as soon as possible. The spigot is now to be put in securely, and water thrown up from the other tubs for the second mash.

From what remains in the underbach, when the first mash has done running, a judgment will be formed how much it may be necessary to put up. If half a copper of the first wort is left, the mash tub may be filled to the same height as before; if less of the first wort remains, the tub must be now filled proportionably higher. As the object is to secure thrice filling of the copper, and some malt sucks up much more in passing through than other, the difference must be met in this manner. This second mash is to be well stirred and covered up as before.

The attention of the brewer will now be divided between the copper and the coolers. From the latter any water remaining is now to be emptied out, and each wiped thoroughly dry, and conveniently placed for the purpose of cooling; on the largest may be placed the hair sieve or wicker basket, lodged on sticks or frame, in readiness for straining the beer; but while these operations are going on, the copper must not be forgotten, as it sometimes boils up suddenly, and great waste is occasioned. The lid may remain on till it is just upon the boil, but it will be safe then to remove it and break the hops, and keep them down with the mash-stirrer. If inclined to

boil over, the copper door may be set open, and a little small coal, cinders, or wet sawdust thrown in, to damp the fire; but when the danger of boiling over abates, the door must be shut directly, as it is desirable to keep up as brisk a boil as possible without boiling over. This is to be continued for at least an hour and a half; if two hours all the better. When this time has expired, the fire may be suffered to go low, the door be set open, and the copper emptied; the liquor being strained off into one or more of the coolers. The remainder of the first wort is immediately to be thrown up, and the second mash let off, until as much has run as will complete the filling of the copper, with the remainder of the best hops, and those in the sieve, when the liquor is drained from them. While the copper is heating, the brewer's first employment will be in separating the beer, into as many tubs and pans as can be spared; the quicker it is cooled the better. The mash-tub may now be stooped forward, and after leaving it a few minutes to settle, set running off, for filling the third copper. When the wort begins to run slowly, the grains should be well pressed, that as little as possible of the liquor may be wasted: for this purpose nothing answers better than an old churn stick. Before the second wort has boiled an hour and a half, the first will be cool enough to put together. The best vessel for this purpose is the second sized mash-tub. A quart or two of this best beer should be kept out, and mixed in a clean pan, or large basin, or bowl, with a quart of good new yeast. In a little time this will work to the top. If the beer in the tub is sufficiently cool, this may be added to it, and well mixed, by emptying into it the basin or bowl, then dipping it up, and pouring back several times, after which it is to be covered up with sacks and left. The proper coolness of beer for working is cold without chill. It should not be as cold as water fresh drawn from a pump, but as water that has stood in-doors a few hours in summer time. Much beer is spoiled by working, or attempting to work it warmer than this.

The second wort will now have boiled its time, and must be strained and separated in the same manner as the former, and the copper again filled with the remaining wort. While

that is boiling up, the mash-tub may be cleared out. The grains are valuable as food for pigs, and those who do not keep pigs will always find neighbours who do, glad to fetch them away, and give sixpence or sevenpence a bushel for them. The basket bottle when removed from the mash-tub is to be dipped into the boiling copper, shaken out and hung up to dry. The mash-tub, when emptied of the grains, must be well wiped out, and put in a convenient place for working the remaining wort. The second boiling, being sufficiently cool, may be put together in the mash-tub, and leave the coolers free for the reception of the third. From an hour to an hour and a half will be sufficient for the third boiling.

When the copper is emptied the last time, a pailful or two of water must be thrown up to preserve it from burning, and the fire taken out. Having strained off and separated the third beer, while it cools the brewer will scour out the copper, clear out the copper hole, and clean the brewhouse. The hops are useless and may be thrown away, unless it be desired to tap some of the beer very early ; in that case a handful or two of the spent hops may be saved to put in one cask, which helps to clear the beer. If the casks are perfectly dry, they may now be fitted with bungs and ventpegs, and placed in the cellar ready for the reception of the beer.

By this time the last boiling will be cool and the first will have risen finely, that is, it will be covered with a thick scum or yeast. Three or four bowls full of this scum may be conveyed to the mash-tub in which the second boiling is put, and the third boiling added to it. Both vessels are to be covered up as before, and the door kept shut. As to the time of tunning, or putting the beer into the casks, some people tun much earlier; but it is better to let it remain working in the tubs at least two days; much waste is thus prevented and some trouble saved. When this is to be performed the casks are to be set leaning a little to one side, and the tunbowl placed in the bung-hole of one barrel, and pans placed under to catch what beer runs off. The mash-tubs are to be uncovered, and the yeast removed, which may be done in one of two ways, either by applying the spigot and faucet, and drawing off the beer, when the yeast will remain behind; or by taking

off the yeast with a large flat skimming dish or ladle. In the latter case, after standing a few hours, some beer will settle from the yeast, which should be preserved and tunned with the rest.

If the beer is to be of different degrees of strength, the worts must be tunned separately; the first wort will fill one barrel or two kilderkins, and the second, four kilderkins; or one kilderkin may be made of the best, and the remainder of it divided among the other five; not in exact proportions, but allowing an additional pail full of strong to each, reversing the order of using:—thus; in that which is to be tapped first, there need little or none of the best beer; one bucket in the next, two in the third, three in the fourth, and four in that which is to be kept longest, or somewhat in this proportion. They are all to be filled up from the second wort, of which a bucket or two should remain for filling up, which ought to be done daily for a fortnight; if no beer remains for that purpose, the barrel first in order must be tapped, and this error in calculation borne in mind, and corrected in the next brewing. The yeast which rises at the bung-holes, as well as that which was taken from the tubs, may be disposed of to the bakers, the beer remaining in the pans, and what settles under the yeast to be used daily in filling up. When the head of the yeast begins to fall, a piece of thick brown paper may be laid over the bung-hole, or the bungs laid lightly on, and in a few days hammered down tightly, with a piece of coarse linen cloth round each, and a bag of sand well pressed down over it; the ventpegs also must be tight. If the beer should ferment the pegs may be loosened a little, and afterwards fastened down. When once a barrel is tapped, it is a very bad way to remove the ventpeg at all, though it is often practised to make the beer run freely; it however surely makes the beer flat if the cask is long in tap, and often sour also. It is therefore desirable as much as possible to avoid it.

When the barrel wants stooping, it should be done while the beer is running, by which means it is prevented from becoming thick.

The above directions are confined to the simple domestic practice of brewing beer from malt and hops only. Any addi-

tion to these original constituents of the Englishman's beverage, we consider as a violation of the integrity of "home brewed beer." Good home brewed beer will fine itself, and keep as long as it is desirable to keep it, we have therefore considered it unnecessary to give directions for fining or restoring. For fining in a hurry, a handful or two of hops boiled and dried (as already observed) answers every purpose. Malt liquor may be prevented from becoming sour by adding four pounds of toasted bread to each hogshead. If old strong beer becomes hard, it may be recovered, by mixing with an equal quantity of new beer, and hopping down as above; or it is a very good way to mix an equal weight of honey and fine whitening in powder (two pounds of each to twenty gallons of beer) with a small quantity of the beer; then stir the mixture into the cask, leaving the bung out a few hours until the fermentation has subsided. If the beer be very sharp, the fermentation or effervescence will be proportionably great, and there may be some danger of working over. In that case it may be as well to have the barrel tapped, and draw off what is required, which may be put in again in an hour or two when the effervescence is over. Or a little carbonate of soda may be mixed with each jug full of the beer when drawn; but in this case it must not be drawn till just as it is about to be used, otherwise it will become dead. Ropy beer, (or that which by thundery weather acquires an oily, glutinous appearance, and a very unpleasant slimy feel in the mouth,) may be cleared by throwing a bunch of hyssop in at the bung-hole. Isinglass is often used for fining beer; it must be boiled in beer till dissolved, and when quite cold well-stirred into the cask; but the objection to this fining is, that, unless the beer be speedily used, it renders it flat.

Another method is, to boil a pint of wheat in two quarts of water, and squeeze the liquid through a linen cloth. A pint of this will be sufficient for a kilderkin of ale, and will both fine and preserve it. Or, mix in a pint of water half an ounce of unslaked lime, let it stand three hours, then pour off the clear liquor, and add to it half an ounce of isinglass cut small and boiled in a little water; pour this into the barrel, and, in five or six hours, the beer will be fine enough to drink

As beer is very liable to be affected by thunder and stormy weather, it should be examined; and if, on drawing the vent-peg, it appears to fret, the bung should be raised, and left so till the liquor is at rest. Beer that is kept a considerable time will sometimes drink hard and stale, owing to the sediment at the bottom of the cask; or its having lain too long in the working tub. To remedy this flatness, take a quart of brandy, and put as much wheaten or bran flour to it as will make a lump of dough; roll this into long pieces, and let them fall gently through the bung-hole. This will both keep the beer in a mellow state, and increase its strength. Or, you may add a pound of the powder of dried oyster shells, or soft chalk, to the same quantity of treacle. Mix the whole into a paste, and put it into the butt. Another method is, to dry a peck of egg shells in an oven, break and mix them with two pounds of soft chalk; add thereto some water, in which a quantity of coarse sugar has been boiled, and put it into the cask when it has done working.

To refine Beer, Ale, Wine, or Cider.

Put two ounces of isinglass shavings to soak, in a quart of the liquor that you want to clear; beat it with a whisk every day till dissolved. Draw off a third part of the cask, and mix the above with it; likewise a quarter of an ounce of pearl-ash, one ounce of salt of tartar, calcined, and one ounce of burnt alum, powdered. Stir it well, then return the liquor into the cask, and stir it with a clean stick. Stop it up, and in a few days it will be fine.

Or, put into a fine net about one pound of hops, with a weight to sink it to the bottom of the cask. This will be enough for a butt; and, of course, if the cask be smaller, the hops must be in proportion. Tap it in six months; but if wanted sooner, put in some hops that have been boiled a short time, in the first wort, either with or without a net.

With regard to bottling of malt liquor, care must be taken that the bottles are well cleaned and dried, for if there be any moisture in them the beer will turn mouldy. The corks also must be new and sound, otherwise the ale or beer will be quickly spoiled, for, if the external air intrudes itself, the liquor wil.

soon grow flat, or acquire a bad taste. In choosing corks, take those that are spungy and free from specks and grains. By soaking the corks in a little of the liquor to be bottled they are rendered supple, and a larger cork is admitted than could otherwise be used.*

Observe also, in the bottling of liquor, that the top and middle of the cask are the strongest, and will sooner rise in the bottles than that drawn from the bottom. When you begin to bottle any liquor take care not to leave it till the whole is completed, otherwise it will have different degrees of flavour. If a cask of liquor begins to be flat while in draught, draw it off into bottles, and put into each a piece of lump sugar, about the size of a walnut, which will make the beer rise; a tea-spoonful of rice will have the same effect. To hasten the ripening, you may set some bottles in hay in warm place, but straw will not produce that effect.

To make Welch Ale.

Pour forty-two gallons of hot water, but not quite boiling, upon eight bushels of malt; cover, and let it stand three hours. Meanwhile, infuse four pounds of hops in a little water, and put the same into the tub, run the wort upon them, and boil them three hours. Strain off the hops, and keep them for the small beer. Let the wort stand in a high tub till cool enough for the yeast, of which, whether of ale or that of small beer, put in two quarts. Mix the whole thoroughly and stir it often. When the wort has done fermenting, which will be about the second or third day, the yeast will sink rather than rise; and must be removed immediately, and the ale tunned as fast as it works out. Pour a quart in at a time, but gently, to prevent the fermentation from continuing too long. Lay some paper over the bung-hole two or three days previous to stopping it up.

* A machine is used for corking bottles, which is very advantageous: the bottle is held in a kind of vice, and the cork by pressure forced in much more closely than by any other method.

Windsor Ale.

For a good imitation of Windsor ale, take of the best pale malt a bushel; of the finest hops, that have been soaked all night in cold water, a pound; of clarified honey and sugar, each a pound; of liquorice root, well cut and bruised, a quarter of a pound; of grains of paradise, ground, half an ounce; of orange-peel a quarter of an ounce, and of coriander seed, cinnamon, and angelica root, each a drachm. Brew the whole, in the common way, with three mashings, using bran flour instead of that of grain, and a little salt in the cleansing.

Cheap Beer.

The following recipe is adopted in many families, and considered equal to any beer for present drinking.

To make a kilderkin.—Six pounds of moist sugar, one pound and a half of hops, half a gallon of bran; to be boiled an hour and a half, in eighteen gallons of water. Tun it from the copper: when cold, stop it down; it will be fit to drink in a week.

Another way.—To make six gallons of beer, put seven gallons of water; put in one ounce and a half of bruised ginger, six ounces of best hops; boil them together for three quarters of an hour in rain water; then add four pounds of coarse sugar; boil altogether for a quarter of an hour, put in two table-spoonfuls of salt while boiling: when cold as milk set it working, and tun next morning, and drink it next day.

Carrot Ale.

Take of water twelve gallons, carrots twenty-four pounds, treacle four pounds, bran two pounds, dried buck-bean four ounces, and yeast a quarter of a pint. Cut the carrots into thin slices, boil them in the water for an hour, (making up the waste in boiling by the addition of a little water,) strain it, mash up the bran with the carrot water, stir it well to prevent its clotting, add the treacle, let it stand for half an hour, strain and boil the strained liquor for a quarter of an hour with the buckbean. Finally strain it, and set aside to cool when of a sufficient temperature add the yeast, and tun a

you would malt beer. This will be found an agreeable and cheap beverage. The cost of the above quantity will be about 3*s.* 6*d.*

Treacle Beer.

Boil, for twenty minutes, three pounds of molasses, in from six to eight gallons of soft water, and a handful of hops tied in a muslin rag. When cooled in the tub, add a pint of good beer-yeast, or from four to six quarts of fresh worts from the brewer's vat. Cover the beer, (and all fermenting liquids,) with blankets or coarse cloths. Pour it from the lees and bottle it.

Another way.—To two quarts of boiling water add one pound of treacle, or molasses, stir these together till they are well mixed, then put in six or eight quarts of cold water, and a tea-cupful of yeast. Put the whole into a clean cask, cover it with a coarse cloth two or three times double, and in two or three days it will be fit for use. It may be also bottled, and the second or third time of making, the bottom of the first beer will serve for yeast. If made in a large quantity, or intended for keeping, a handful of hops and another of malt should be put in, for it to feed on; and when done, it is to be stopped up close.

Another way.—To eight quarts of boiling water put one pound of treacle, a quarter of an ounce of ginger, and two bay leaves. Boil the whole for a quarter of an hour, then cool, and work it with yeast in the same way as other beer. A little yeast spread on a piece of toast, and put into the liquid before it is cold, will excite a fermentation; and when it has done working, it may be bottled or barrelled, according to the quantity required for immediate use. If wanted to keep, a small bit of gentian root, with or without a little lemon or orange-peel, may be boiled in the liquor, which will give it an agreeable taste.

China Ale.

To six gallons of ale made of malt, add a quarter of a pound of China root, thinly sliced, and the same quantity of coriander seeds bruised; hang these in a tiffany or coarse

linen bag in the vessel till it has done working, and let it stand a fortnight before it is bottled.

To preserve Yeast.

When you have plenty of yeast, begin to save it in the following manner; whisk it until it becomes thin, then take a new large wooden dish, wash it very nicely, and when quite dry, lay a layer of yeast over the inside with a soft brush; let it dry, then put another layer in the same manner, and so do until you have a sufficient quantity, observing that each coat dry thoroughly before another be added. It may be put on two or three inches thick, and will keep several months; when to be used, cut a piece out; stir it in warm water.

If to be used for brewing, keep it by dipping large handfuls of birch tied together; and when dry, repeat the dipping once. You may thus do as many as you please; but take care that no dust comes to them, or the vessel in which it has been prepared as before. When the wort is set to work, throw into it one of these bunches, and it will do as well as with fresh yeast; but if mixed with a small quantity first, and then added to the whole, it will work sooner.

White Spruce Beer.

To five gallons of water put seven pounds of loaf-sugar, and three-fourths of a pound of the essence of spruce. Boil and skim this. Put it into a vessel, and when nearly cool, add fresh yeast, (about a half pint or less.) When the beer has fermented for three days, bung the cask, and in a week bottle it off.

Another way.—Pour eight gallons of cold water into a barrel, and then add the same quantity of boiling water, with twelve pounds of molasses, and about half a pound of the essence of spruce; on its becoming cooler, put in half a pint of good ale yeast. Stir the whole well, or roll the barrel about, and then leave it with the bung out for two or three days, after which bottle the liquor, and wire the corks for use. If spruce beer is made from the branches or cones, they must be boiled two hours, after which the liquor is to be strained into a barrel, and the molasses and yeast added as already

directed. Spruce beer should be bottled in stone, and drank immediately on being opened.

White spruce beer is thus made.—For a cask of six gallons, mix a quarter of a pound of the essence of spruce, seven pounds of loaf sugar made into a clarified syrup, and about one gallon and a half of hot water. When sufficiently stirred and incorporated, put it into the cask, and fill it nearly up with cold water; then add about a quarter of a pint of good yeast, shake the vessel well, and let it work three or four days, after which bung it up. In a few days it may be bottled off, and in about a week more it will be fit for use. To give it transparency, add an ounce of isinglass first dissolved in some of the warm liquor or cider. In proportion to the coldness of the weather, the quantity of yeast should be increased. In warm weather little ferment is required.

In case the stone bottles used for spruce or ginger beer, or soda water, should become musty, they may be cured by the following simple method:—

To cure a musty Bottle.

Fill it with kennel-dirt and water, let it remain three or four days, and then rinse it with clean water.

GINGER BEER, VARIOUS WAYS.

The following is perhaps the most cheap and simple method of making this agreeable summer beverage.

On one pound of sugar, (either moist or loaf,) two ounces of cream of tartar, and half an ounce of bruised ginger, pour one gallon of boiling water, stir it well; when cold, stir in two table-spoonfuls of fresh thick yeast, and cover it up. Exactly eight hours after setting it to work strain it off, put it into stone bottles and tie them down with strong twine: it will be fit for use in forty-eight hours. If properly managed, the corks and strings will serve many times; the strings should be fastened on the neck of the bottle, with a loop exactly opposite the ends of the string, when corked, one end slipped

through this loop, and brought back over the cork and tied in a bow, so that it may easily untie, when the cork will fly out uninjured. The bottles must be soaked in cold water as soon as emptied, and well scalded immediately before using again. The corks also must be scalded.

Ginger Beer.

To ten gallons of water put eight pounds of lump sugar, five ounces of sliced ginger; boil them together one hour, take off the scum as it rises, let it stand in a vessel till cold; then put it into a barrel with the juice of ten lemons, and some of the peel which must be pared thin:—one table-spoonful of yeast, and stop it down close; let it remain in the barrel a fortnight, then bottle it and tie the corks down, and it will be ready in a fortnight; use stone bottles.

Another way.—Two gallons of boiling water, pour on a quarter of a pound of cream of tartar, one ounce of sliced ginger, two pounds of lump sugar. Let it stand six hours, then add two table-spoonfuls of yeast; let it stand six hours more, strain it through a fine sieve, put it into stone bottles, tie down the corks, and it will be fit for use in twenty-four hours.

Another way.—To two gallons of water put three pounds of good moist sugar, the whites of two eggs well beaten, and when near boiling take off the scum and put in two ounces of bruised ginger: let it boil half an hour, then pour it boiling on the rinds of two lemons; when milk-warm stir in a little yeast, and put it in a cask with the pulp of the lemons, cork it next day, and let it stand a fortnight, then strain and bottle it, and it will be fit for use in a few days.

Another way.—Take four pounds of loaf-sugar, four ounces or more of bruised ginger, and four gallons of water. Boil for a half-hour, and skim this. Slice two lemons or more into a tub, and put to them one ounce of cream of tartar. Pour the hot liquor over this, and when cool add a half pint or rather less of fresh beer yeast. Let this work for three or four days. Strain it off clear from the lees, and add to it, if it is to be kept, a half-pint of brandy. Bottle in a fortnight, and wire the corks.

BRITISH WINES.

General Observations.

The fruit ought to be gathered before it is dead ripe, and in dry and sunny weather, which will greatly improve the quality and flavour of the wine. All fruit that is unripe or spoiled should be picked out with care, as one ill-flavoured berry will taint the juice of three dozen of good ones. The fruit must be carefully bruised and put into a vat, (or a cask with the end out of it,) to ferment with the water and sugar. The less water the richer will be the wine; and the more the fruit-juice, and the less the sugar employed, the more will the vinous taste and flavour predominate. Two or three days are generally enough to allow the white wines to ferment in the vat. Red wines require a day or two longer. Fermentation may be hastened by agitating the liquid, and raising the temperature of the place in which the vat is placed. When the wine has undergone this process it must be cleared by being put into hair-bags, and strained in a wine-press, or through a canvass-bag. Sieves are also used, and are convenient in small families. The casks are then filled till within an inch of the bung-hole, which should be slightly covered over. The casks must be set in a cool place; and now another fermentation comes on, called the spiritous, which will throw off the feculence that remains in the must, and greatly purify the wine. When this fermentation has abated, the spirits ordered for the wine must be added, and the cask filled up and bunged. In six weeks or more the cask must be pegged, to see if the wine is bright, and if so, it must be carefully racked off from the lees into another cask. The best method is this:—Bore a hole about half way up the cask, and use a small quill to draw off the purest of the wine. Now, bore a hole a little lower down, and if what is drawn off be not so bright as the first drawn, do not mix them. The lees may be filtered. The best qualities of home-made wines consist, after all, in colour and

brightness; so that it is of great importance to have them carefully racked. When not perfectly translucent on a first racking, the wine must be racked a second time, and fined. Wine should be bottled in clear weather. The bottles must be new, or at least perfectly clean, and great attention must be paid to the corking. A variety of things are used for perfuming wines; such as sweet herbs, peach-leaves, sweet bay-leaves, almonds, kernels of fruit, bergamot, sweet herbs, ginger, &c. Brandy will enrich wine, but not, as is commonly supposed, stop the fermentation; this purpose will be much more effectually answered, as well as that of keeping wine, by boiling in the liquor two ounces of hops to every nine gallons of wine: if brandy is added, it ought to be mixed with honey or syrup. Flat wines may be enlivened by adding raisins bruised, mixing first a little spirits with them. The addition of good wine will answer the same purpose. Wine is very apt to ferment over much; this may be checked by removing it into a cool place, and making the bung fast, so as to exclude all air. We would recommend, as a certain means of making the first fermentation sure, to commence the process with a quart of the cooled liquor in a small vessel. This may be gradually increased to two or three quarts, and then put to the whole contents of the vat which you wish to ferment. By this means less yeast will do, and the process will be more certain. This rule is applicable to ginger-beer and every sort of fermented liquor. After fermentation is over, be sure the cask is kept quite full and close bunged. The sooner wine is bottled after it has fined, the more it will sparkle; we do not say it will be the better wine.

To those who desire a scientific knowledge of the principles of wine-making, we would recommend a little treatise on the subject by Mr. Accum; and as his directions for making particular wines are given on just principles, we shall, in the first place, present the reader with them, and afterwards with such others as experience or testimony disposes us to consider valuable and worthy of adoption.

Method of making Gooseberry Wine.

Take fifty pounds of immature gooseberries, freed from the

remains of the blossoms and fruit stalks, bruise them in successive portions in a wooden tub, without much compressing the husks, or bruising the seeds; dilute the mass with four gallons of water, and, after having suffered it to stand for ten or twelve hours, put it into a coarse canvass bag, and squeeze out the liquor.

Pour upon the residue one gallon of water, suffer it to macerate for twelve hours, and then press it out, and add the product to the before obtained juice. Put the whole of the liquor into a tub, and add to it from thirty to forty pounds of white loaf sugar, according to the desired strength and sweetness of the wine, and one pound of finely pulverized crude super-tartrate of potash. Stir this mixture, and make up the total bulk of the fluid with water, to the amount of ten and a half gallons, cover it with a blanket or sacking, and let it stand in a moderately warm place.

In a day or two the fluid will begin to ferment, and when the yeasty froth, which appears on the surface, has assumed an uniform texture, skim it off, and repeat the skimming from time to time till no more yeast becomes separated. When the fermentation has so far been completed, draw off the liquor from the dregs, or lees, into a cask which must be completely filled with the wine. A small quantity of yeast will still continue to become separated, and overflow the bung-hole, in consequence of the slow fermentation in the cask, and hence the quantity of liquor diminishes; the loss thus sustained must be made up by adding, from time to time, a portion of the liquor which was made for that purpose, so as to keep the cask always filled up to the bung-hole. When the fermentation has nearly ceased, the bung may be put loosely into its place; but a small hole must be bored by the side of the bung-hole, and loosely fitted with a peg to give vent for the extrication of the carbonic acid that may become developed. When no further froth appears, the ventpeg must be withdrawn, the spile may then be tightened, and the cask left undisturbed for five or six months; after which time the wine should be drawn off from its lees into another cask; and if it is not fine, it may be rendered so by the addition of a small quantity of isinglass dissolved in water, which will

render it clear in a few days; after which it may be bottled and stored in a cool cellar.

Should the wine be too sweet, the fermentation, (before it is drawn off from its lees,) may be re-excited by stirring up the contents of the cask, and suffering it to repose in a warm place. By this means an additional portion of the un-decomposed sugar which it contains will disappear. The wines may then be decanted. Sometimes it is requisite to decant it a second time into a clean cask, after it has been suffered to stand two months. In any case it must be bottled during the month of March, provided that the wine has become perfectly clear; if not, some mistake has been committed in the manufacture of it.

Wine from mature Gooseberries or Currants.

Wine from ripe gooseberries may be made in a similar manner to what has been just stated. But the produce of the ripe fruit is always ill-flavoured, nor can it be rendered palatable, unless, perhaps, by a most careful exclusion of the husks and seeds. The wine obtainable from ripe gooseberries, or currants, may be made either sweet or dry. The rules immediately preceding, which relate to the management of the fermentation and raking of the wine, require equally to be attended to in this case. If the wine be intended to be sweet, the quantity of fruit should not exceed forty pounds; if dry wine is desired, it may extend to sixty pounds, the proportion of sugar being thirty pounds. If a much stronger wine of either quality is desired, the quantity of sugar may be extended to forty pounds.

Brisk Gooseberry Wine.

Let forty pounds of unripe gooseberries be mashed, and having poured upon the mass one gallon of water, squeeze out the juice, add to it twelve pounds of lump sugar, and six ounces of super-tartrate of potash, previously reduced to a fine powder; suffer the liquor to ferment in a tub for about two days only, and then transfer it into a cask, and attend to the process of replenishing the waste liquor by filling up the cask from time to time, till the fermentation has so far sub-

sided, that the hissing noise which is heard at the bung-hole is but slightly perceptible. The bung of the cask may then be fastened down, and also the spile, and the cask left undisturbed in a cool cellar, till the month of November, at which time the clear liquor should be raked off into a cask and bottled.

Another method is the following:—Bruise unripe gooseberries, and let them stand twelve hours, squeeze out the juice, and having strained it through a sieve to separate the seeds, measure its volume, and add to every three pints of the liquor one pound and a half of loaf sugar; suffer it to ferment, and when perfectly bright, which will be in about three months, bottle it off. Or bruise the gooseberries, and add to every gallon of the bruised berries one gallon of water, stir this mixture, and after having stood about twelve hours, strain the mass through a coarse cloth, or hair sieve. Add to every gallon of the juice, four pounds of loaf sugar, put the liquor into a cask, and suffer it to ferment. When the fermentation has nearly ceased, draw off the liquor from the sediment, rinse out the cask, and to every gallon of the fluid and half a pound of sugar, put it again into the cask; bung it up for about six weeks, after which time it will be fit for bottling. The husk of the gooseberry, or the whole of the marc, as well as the juice, may be fermented together in the vat along with the sugar in the first stage of the process. The fermentation will thus be more rapid and the wine prove stronger and less sweet, but it will acquire more flavour.

Brisk Currant Wine.

Let the currants be gathered when they have nearly attained their full growth, but before they have shewn much tendency to ripen; separate the berries from the stalks, mash the fruit, and let all the preliminary processes for obtaining the juice be conducted precisely in the same manner as described in the method for making brisk gooseberry wine; add the same proportion of sugar and super-tartrate of potash. The fermentation and further treatment of the wine should also be similar to what has been stated under the head Brisk Gooseberry Wine, p. 667.

Brisk Grape Wine.

As no bad flavour is communicated by the husk, or even by the stems of the grape, this fruit may be safely taken in any stage of ripeness in which it is most conveniently obtained, nor is it necessary to attend to the selection of any particular variety of the grape. Bruise the grapes into a pulp with a wooden pestle, or thick flat piece of board fastened to the end of a staff, taking care to bruise the stones as little as possible. The proportions of sugar to be employed and the treatment, are precisely similar to those laid down for the fabrication of gooseberry wine. It may only be added, that the husks may be fermented in the cask with the fluid, since the grape skins give no bad properties, and since the stems, during the period of immaturity, have not acquired any offensive astringency, while they add, at the same time, to the quantity of the vegetable extract, or glutinous matter, which is essential to the constitution of the wine. The fruit-mill and press is very convenient for bruising this as well as all other kinds of fruit calculated for home-made wines.

Brisk Wine from the Leaves and Tendrils of the Vine.

An excellent brisk wine may be made from the leaves and tendrils of the vine. The leaves are best when young, at farthest they should not have attained their full growth, and they should be plucked with their stems. To make ten gallons of wine, Dr. Macculloch directs to pour seven or eight gallons of boiling water upon forty or fifty pounds of the leaves into a tub of sufficient capacity, and to suffer the leaves to macerate for twenty-four hours. The liquor being poured off, the leaves must be submitted to a press of considerable power, and being subsequently washed with an additional gallon of water, they must again be pressed. The quantity of sugar to be employed may vary as in the former recipes from twenty-five to thirty pounds, and the quantity being made up to ten gallons and a half, the process recommended for making gooseberry wine is to be followed.

Black Currant Wine.

Take black currants when they begin to turn ripe, strip the berries from the stalks, mash them in a wooden tub; let the mass stand twenty-four hours, and press the juice through a coarse bag or sieve. Pour upon the mass a small portion of water, let it stand in a tub for twelve hours, and having squeezed out the liquor, add it to the before-obtained juice. To one gallon of the diluted juice, add from four to five pounds of loaf sugar, (three pounds of sugar is the smallest quantity that should be added to every gallon of the diluted juice,) and put the mixture into a cask, which it should completely fill. Suffer the fluid to ferment; and, when the fermentation begins to slacken, which may be known by a diminution of the hissing noise, let the bung be driven in, and leave open the spile, or wooden peg. After a few days let the peg be loosened again, that if any material quantity of carbonic acid gas has been created, it may have vent to escape. The same trial must be made after successive intervals, till there appears no longer any danger of excessive expansion; the spile may be then permanently tightened. The wine may be racked when six months old, and bottled when perfectly transparent.

Elderberry Wine.

This fruit is excellently calculated for the production of wine. Its juice contains a considerable portion of the fermentative matter which is so essential for the production of a vigorous fermentation, and its beautiful colour communicates to the wine a rich tint; but as the fruit is deficient in saccharine matter, this substance must be liberally supplied. This wine is much ameliorated by adding to the elderberry juice a small portion of super-tartrate of potash. Dr. Macculloch observes, "that the proportion of this salt may vary from one to four, and even six per cent. The causes of this admissable laxity will appear, when it is considered that the greater part of the super-tartrate of potash is again deposited in the lees. I may also remark, that from two to four per cent. will be found a sufficient dose, in proportion to the greater or less

sweetness of the fruit, the sweetest requiring the largest quantity of this salt, and *vice versa*. The dose of it ought also to vary in proportion to the added sugar, increasing it as this increases."

To every two quarts of bruised berries put one quart of water, strain the juice through a hair sieve, and add to every quart of the diluted juice one pound of lump sugar. Boil the mixture for about one quarter of an hour, and suffer it to ferment in the manner before stated.—See Gooseberry Wine.

Or, bruise a bushel of picked elderberries, dilute the mass with ten gallons of water, and having boiled it for a few minutes, strain off the juice and squeeze out the husks. Measure the whole quantity of the juice, and to every quart put three quarters of a pound of lump sugar; and whilst still warm, add to it half a pint of yeast, and fill up the cask with some of the reserved liquor. When the wine is clear it may be drawn off from the lees (which will be in about three months) and bottled for use. For flavouring the wine, ginger, allspice, or any other aromatic substance may be used: the flavouring materials may be inclosed in a bag, and suspended in the cask, and removed when the desired flavour is produced.

British Grape Wine.

Mash the grapes to form a pulp without breaking the stones; squeeze out the juice, and strain it through a sieve, pour over the husks, or mark, a small quantity of water, let it stand twenty-four hours, and force out the adhering juice. Having done this, add to every gallon of the juice three pounds of lump sugar, suffer the liquor to ferment, and observe the rules pointed out for making gooseberry wine.

Red and Black Currant Wine.

A mixture of equal parts of red and black currants make an excellent wine, superior in flavour to the wine obtained from either of these fruits when in a separate state. Mash the berries, and having squeezed out the juice, dilute it with a like quantity of water, and to every quart of the diluted

juice add one pound of sugar. Put it into a cask, reserving a little for filling up, and place it in a warm situation to ferment, taking care to fill up the cask with the reserved portion of the juice. When it has ceased fermenting, bung it close, and when clear, rake it of its lees, and bottle it.

Mulberry Wine.

Take mulberries when nearly ripe, bruise them in a tub, and to every quart of the bruised berries put a like quantity of water; let the mixture stand for twenty-four hours, strain it through a coarse sieve, and having added to every gallon of the diluted juice three or four pounds of sugar, suffer it to ferment, and when fine bottle it.

Raspberry Wine.

To ten quarts of mashed raspberries add eight quarts of water, let the mixture stand twenty-four hours, strain the mass through a coarse hair sieve, and to every gallon add from two to three pounds of lump sugar, and suffer it to ferment.

Cherry Wine.

An excellent wine may be made from cherries in the following manner:—Take Morello cherries, not over ripe, picked off from their stalks, mash them in a mortar or pan to detach the pulp without bruising the stones, and suffer the mass to stand twenty-four hours. Press the pulp through a coarse hair sieve, and to every three gallons add from eight to nine pounds of loaf sugar. Put the mixture into a cask, suffer it to ferment, and rake the wine from its lees as soon as it becomes clear. Some manufacturers crack the stones, and hang them, with the bruised kernels, in a bag suspended from the bung-holes in the cask, during the fermentation of the wine, which thus acquires a nutty flavour.

Damson wine may be made in a similar manner.

Wine made from mixed Fruits.

The following method of making an excellent wine is copied from the Bath Society's paper, vol. xi.:—

"Take cherries, black currants, white currants, and raspberries, of each an equal quantity, though if the black currants preponderate the better. To four pounds of the mixed fruit, well bruised, put one gallon of water; let it steep three days and nights in an open vessel, frequently stirring up the mass; then strain it through a hair sieve; the remaining pulp press to dryness: put both liquids together, and in each gallon of the liquid put three pounds of sugar; let the whole stand again three days and nights, frequently stirring it up as before, after skimming off the top; then tun it into a cask, and let it remain open at the bung-hole whilst fermenting about two weeks: lastly, to every nine gallons put one quart of good brandy, and then fasten down the bung; if it does not soon become fine, a solution of isinglass may be stirred into the wine."

Ginger Wine.

Dissolve eighteen or twenty pounds of sugar in nine and a half gallons of boiling water, and add to it ten or twelve ounces of bruised ginger root. Boil the mixture for about a quarter of an hour, and when nearly cold, add to it half a pint of yeast, and pour it into a cask to ferment, taking care to fill up the cask from time to time with the surplus of the liquor made for that purpose. When the fermentation ceases, rack off the wine, and bottle it when transparent.

It is a common practice to boil the outer rind of a few lemons together with the ginger destined for the wine, to impart to the wine the flavour of lemon-peel.

Cowslip Wine.

Dissolve twenty-five pounds of loaf sugar in nine and a half gallons of boiling water; fill with the solution a nine gallon cask, and add to it, whilst still warm, half a pint of ale yeast. (It is the common practice to add also the yellow rind of twelve lemons.) Suffer the mixture to ferment, and when the fermentation has nearly ceased (not before) add to it eight or ten handfuls of the petals of cowslips, and suffer the fermentation to proceed in the usual manner. When the wine is clear, draw it off into bottles. If the flowers be added

at the commencement of the fermentation, their flavouring substance is greatly dissipated: whereas, by adding flower petals at the end of the fermentative process, or suspending them for a few days in the cask, their flavour remains combined with the wine.

Apricot Wine.

Take apricots, when nearly ripe, remove the stones, and bruise the pulp in a mortar. To eight pounds of the pulp add a quart of water; suffer the mixture to stand for twenty-four hours, and then squeeze out the juice; add to every gallon of it two pounds of loaf sugar; put it into a cask and suffer it to ferment, and when perfectly clear bottle it.

Peach wine may be made in a like manner.

Orange Wine.

As the orange, (and also the lemon,) although not a native fruit, is familiar to us, we shall consider them in one view. They differ principally from other fruits in the quantity of their uncombined acid. Take the outer rind of one hundred Seville oranges, so thinly pared that no white appears in it, pour upon it ten and a half gallons of boiling water; suffer it to stand for eight or ten hours, and having strained off the liquor, whilst slightly warm, add to it the juice of the pulp, and from twenty-six to thirty pounds of lump sugar, and a few table spoonfuls of yeast; suffer it to ferment in the cask for about five days, or till the fermentation has apparently ceased, and when the wine is perfectly transparent draw it off from its lees, and bottle it.

Another way.—To eight gallons of water add thirty pounds of Lisbon sugar and the whites and shells of six eggs, well beaten; boil it—stir and scum; let it boil a quarter of an hour after it is clear, then put it into a tub to cool. Pare the oranges very thin, put them into a pan, and pour boiling water over the peel; let it stand twenty-four hours; press the fruit free from seeds, and put all into a cask cold. When the fermentation is over, allow a pint of brandy for every eight gallons, and stop the cask. Observe, for eight gallons of water there must be one gallon of juice, and twenty-eight or

thirty pounds of sugar: this will be fit for use in ten or twelve months. The oranges should be purchased in February or March, as they are then full of juice. If juicy half a chest will yield juice for a twenty gallon cask.

Another way.—To one gallon of water add three and a half pounds of loaf sugar, and the pulp of ten Seville oranges, with half the rind pared very thin. Be careful to leave out the seeds. Boil together the sugar and water, and skim it well: when cold, add the juice, pulp, and peel, and put it in the barrel. Stir it ten days, and then stop it down, adding to every five gallons one quart of brandy.

Another way.—To ten gallons of water, put twenty-eight pounds of loaf sugar, and the whites of six eggs, (well beaten,) mix them well together, and boil them three quarters of an hour, taking off the scum, peel thin seventy good sized Seville oranges, and put the peels into a tub, pour the liquor hot upon them, and cover it closely; when it is almost cold, squeeze the oranges, and put one gallon of the juice, free from seeds, into the liquor; set it working with a toast and about ten spoonfuls of good yeast: when it has stood four or five days, scum off the yeast, take out the peels, and put in two quarts of the best brandy, barrel it up, giving it vent till it has done fermenting. When it has stood a year, you may bottle it off, but it will be fit to drink out of the cask in about nine months.

Another way.—Dissolve twelve pounds of loaf sugar in six gallons of water, in which the whites of a dozen eggs have been whisked. Whisk the whole, and boil and skim it. When nearly cold, put into it six spoonfuls of yeast, and the juice of a dozen lemons. Next morning skim off the top, and add the parings of the lemons, and the juice and yellow rind of four dozen Seville oranges. Ferment for three days and cask the wine. This wine may be improved by substituting honey for one third of the sugar. It may be enriched by the addition of some of the high flavoured wines, and perfumed with ginger, bitter almonds, bergamot, citron, peach-leaves, &c. The whole of the orange-rind is by some thought to give too decided a flavour; less may be used at pleasure.

Another way.—Boil three pounds and a half of lump

sugar with every gallon of water as long as the scum rises, which must be taken off; allow twelve oranges to a gallon. They must be pared very thin; put the whole of the parings into a tub, and pour the hot liquid upon them; let it stand about twelve hours, or until it is cool, when you must add the juice of the oranges, and some good yeast. Stir it up together, and let it stand three or four days; then strain it through a hair sieve, and put in the cask while it is working: the yeast must for some time be taken off and filled with wine left for the purpose. The cask must not be bunged for three or four months, or bottled in less than twelve months; some brandy must be added to it; some white of eggs should be boiled with the sugar and water, about one to two gallons; the most certain way is to measure the juice, one quart to three gallons of water.

Raisin Wine.

Upon twenty-four pounds of raisins, picked from the stalks, pour six gallons of boiling water, and add six pounds of sugar; let them macerate about ten or fourteen days, stirring it every day; then pour off the liquor, squeeze out the raisins, and add to it three quarters of a pound of finely powdered super-tartrate of potash. Put the liquor into a cask, reserving a sufficient quantity for filling up the cask, and draw off the wine when the fermentation has ceased.

In the Museum Rusticum we have the following directions for making raisin wine:—"Put thirty gallons of soft water into a vessel at least one-third bigger than sufficient to contain that quantity; and add to it one hundred and twenty pounds of raisins picked from their stalks. Mix the whole well together, and cover the vessel with a cloth. When it has stood a little while in a warm place, it will begin to ferment, and must be well stirred about twice in twenty-four hours, for twelve or fourteen days. When the sweetness is nearly gone off, and the fermentation much abated, which will be perceived by the subsiding and rest of the raisins, strain off the fluid, pressing it out of the raisins, first by the hand, and afterwards by a press. Let this liquor be put into a wine-cask, well dried and warmed, adding eight pounds of

Lisbon sugar, and a little yeast, and reserving part of the liquor to be added, from time to time, to fill up the cask whilst the fermentation is going on."

A raisin wine, possessing the flavour of Frontiguiac, may be made in the following manner:—

Take six pounds of raisins, boil them in six gallons of water, and when perfectly soft, rub them through a collander, to separate the stones. Add the pulp to the water in which the raisins have been boiled, pour this mixture upon twelve pounds of white sugar, and suffer it to ferment, with the addition of half a pint of yeast. When the fermentation has nearly ceased, add a quarter of a peck of elder flowers, contained in a bag, which should be suspended in the cask, and removed when the wine has acquired the desired flavour. When the wine has become clear, draw it off into bottles.

Add to seven pounds of raisins one gallon of water, let them steep three weeks, stirring them every day; draw it off and put it into a cask quite full: when it has done hissing, put some brandy into it and stop it up close.

The raisins will serve for vinegar or for distillation.

Another way.—Take the best Malaga raisins, pick out the large stalks, and have your water ready boiled. When cold, measure as many gallons as you design to make, and put it into a large tub, that you may have room to stir it. To every gallon of water put six pounds of raisins, and let the whole remain fourteen days, stirring it twice in twenty-four hours. When you have strained it off, put it into your cask, reserving a sufficient quantity to keep it filled as the liquor works over, which it will often do for two months or more. It must not be closed till the fermentation has ceased. Or, Take two gallons of spring water, and let it boil for half an hour. Then put into an earthen jar two pounds of sugar, and the rinds of two lemons; pour the boiling water thereon, and let it stand covered four or five days, after which bottle it off. In fifteen or sixteen days it will be fit for use. Or, Take forty pounds of Malaga raisins in March, cut them slightly, and throw the stalks into two gallons of water; then taking this water in part, put the raisins into a cask, with six gallons more of water, and a pint of the best brandy. Stir

it up with a stick once a day, for a week; then close it well up, let it stand half a year, and bottle it off.—Or, To every gallon of water put five pounds of raisins, picked from the stalks and pulled in two, let them steep a fortnight, stirring them every day; then pour off the liquor, squeezing the juice out of the raisins. Put the liquor into a clean cask that will just hold it, taking care that it is quite full, and let it stand open till it has done working; then add a pint of French brandy to every two gallons, and stop it up close. It must stand six months before it is bottled off, in doing which do not draw it too near the bottom of the cask. The first three months of the year are the best to make it, the fruit being then new.—Another method of making this pleasant liquor is as follows: Take three hundred pounds of Malaga raisins, not picked, put them into a hogshead of spring water, with a pound of hops, and let the whole stand a fortnight, stirring it twice a day. Then press it into a tub, and put into it a large piece of toasted bread, spread over with yeast, and let it ferment twenty-four hours; afterwards put the liquor into a cask, where it may work fourteen days longer; fill it up again as it works over, and when it has ceased, let it be well bunged. You may afterwards put eighteen gallons of water upon the raisins for small wine, and in a week after press it out. When about two months old bottle it off.

Another way.—To every gallon of spring water, put eight pounds of fresh Smyrnas in a large tub; stir it thoroughly every day for a month; then press the raisins in a horse-hair bag as dry as possible; put the liquor into a cask, and when it has done hissing pour in a bottle of the best brandy; stop it close fo twelve months; then rack it off, but without the dregs; filter them through a bag of flannel of three or four folds; add the clear to the quantity, and pour one or two quarts of brandy, according to the size of the vessel. Stop it up, and at the end of three years you may either bottle it, or drink it from the cask. Raisin wine would be extremely good, if made rich of the fruit, and kept long, which improves the flavour greatly.

Raisin Wine with Cider.

Put two hundred weight of Malaga raisins into a cask, and pour upon them a hogshead of good sound cider that is not rough; stir it well two or three days; stop it, and let it stand six months; then rack into a cask that it will fill, and put in a gallon of the best brandy. If raisin wine be much used, it would answer well to keep a cask always for it, and bottle off one year's wine just in time to make the next, which, allowing the six months of infusion, would make the wine to be eighteen months old. In cider counties, this way is very economical; and even if not thought strong enough, the addition of another quarter of a hundred of raisins would be sufficient, and the wine would still be very cheap. When the raisins are pressed through a horse-hair bag, they will either produce a good spirit by distillation, and must be sent to a chemist who will do it;* (but if for that purpose, they must be very little pressed;) or they will make excellent vinegar; on which article see page 544. The stalks should be picked out for the above, and may be thrown into any cask of vinegar that is making, being very acid.

English Sherry.

To every pound of good moist sugar, put one quart of water. Boil it till it is clear; when cool (as near as possible to *cold* without being *quite* so) work it with new yeast, and add of strong beer in the height of working, the proportion of one quart in a gallon. Cover it up, and let it work the same as beer; when the fermentation begins to subside, tun it; and when it has been in the cask a fortnight or three weeks, add raisins, half a pound to a gallon, sugarcandy and bitter almonds of each half an ounce to a gallon, and to nine gallons of wine half a pint of the best brandy. Paste a stiff brown paper over the bung-hole, and if necessary renew it. For all British wines, brown paper thus pasted on is

* All lees of wine are valuable for this purpose; the spirit produced will answer every purpose of brandy for keeping wines, or for infusing drugs for tinctures.

preferable to a bung. This wine will be fit to bottle after remaining one year in the cask; but if left longer will be improved; if suffered to remain three years in the cask, and one in bottles, it can scarcely be distinguished from good foreign wine, and for almost every purpose answers exactly as well.

Parsnip Wine.

To every four pounds of parsnips, cleaned and quartered, put a gallon of water. Boil till they are quite soft, and strain the liquor clear off without crushing the parsnips. To every gallon of the liquor put three pounds of loaf sugar, and a half ounce of crude tartar. When nearly cold put fresh yeast to it. Let it stand four days in a warm room, and then bung it up.

Horseradish wine is made as above, and is recommended for gouty habits.

Lemon Wine.

To every gallon of water four or five lemons, and three pounds and a half of lump sugar; boil the sugar with the water and clear it with the white of eggs. When clear put it boiling with your lemon-peel, and when nearly cold add a little yeast and the juice of the lemons: work it two days, stirring it each day; then draw it from the peel and barrel it. Let it remain open a week, and then add a little isinglass; make it up, adding a quart of brandy to nine gallons; as the quantity of juice yielded by the lemons is uncertain, it is best to compute thus:—To three pints of lemon juice, six gallons of water and twenty-one pounds of lump sugar.

Grape Wine.

One third of grape juice to two thirds water, three pounds and a half of sugar to each gallon; to every eight or ten gallons add a quarter of a pound of bitter almonds, cut small, and put into the cask. When grapes for wine are to be gathered from one garden, there are seldom enough ripe at once; but they may be preserved a week or two if gathered as they ripen, and kept in a cool shady place that the heat may not

burst them. They may be pressed with a churn-stick, or something of that kind, care being taken to avoid as much s possible breaking the stones.

When grape juice can be procured in sufficient quantity to make wine without the addition of water or sugar, if properly prepared and kept a sufficient time, it will be little inferior to the wines of the continent; the mode of proceeding is as follows:—

Having reduced the fruit to a pulp, make a tap at the bottom of a cask, tie a hair cloth over the receiving tub, and let such of the juice out as will run freely. Next take out the pulp, and press it by degrees till the liquor is drained off, after which, get a clean cask, well matched, and pour the liquor in through a sieve and funnel to stop the dregs, letting it stand with a slate over the bung-hole to ferment and refine for ten or twelve days. Next draw it off gently into another cask, and lay the slate on the bung-hole as before, till the fermentation is done, which you may ascertain by its cool and pleasant taste. Thus of white grapes you may make a good white wine, and of the red one resembling claret.—Or, Take ripe grapes, gathered in dry weather, and put them into a press, but squeeze them gently so as not to break the stones; then strain the liquor well, and let it settle, after which draw off the clear juice into a well-seasoned matched cask, and stop it close for eight and forty hours; then give it vent near the bung-hole, and put therein a peg that may easily be removed, and in two days' time stop it close. It will be fit to drink in three months. To season your casks, scald them with hot water, and afterwards match them. To colour these wines, or any other, take some damsons or black sloes, and stew them with some of the deepest coloured wine you can get, and as much sugar as will make it into a syrup. A pint of this will colour a hogshead of claret or port: and how successfully these imitations have been practised, even for the purposes of deception and imposition, the following well authenticated anecdote will shew:—

Lord Chief Justice Wilmot used to give a curious account of an Innkeeper at Warwick, whom he had tried for having poisoned some of his customers with his port wine, by which

they had narrowly escaped with their lives: and that the indictment was quashed by the impudence of the fellow, who absolutely proved that there had never been a drop of port wine in the hogshead!

To improve vitiated wine, take a pint of clarified honey, a pint of water in which raisins of the sun have been steeped, and three gills of good white or red wine, according to the colour of that which is to be improved. Boil them over a slow fire till a third part is wasted, taking off the scum as it rises; then put it very hot into the vitiated liquor, letting it stand without the bung. Afterwards put into a linen bag a little mace, nutmeg, and cloves, and suspend it in the cask by a string for three or four days. The wine may be still further improved, if, after taking out the spice, you hang, in its place, a small bag of bruised white mustard seed.

Gooseberry Wine in imitation of Champaign.

To every three pounds of ripe gooseberries put a pint of spring water unboiled; first bruise your fruit with your hands in a tub, and then put the water to them, stir them very well, and let them stand a whole day, and then strain them off, and to every pound of gooseberries and a pint of water, a pound of sugar dissolved, and let it stand twenty-four hours more, then scum the head clear off, and put the liquor into a vessel, and the scum into a flannel bag, and what drains from it put into the vessel; you must let it work two or three days before you stop it up, and if it be not clear when you draw it into bottles, let it stand in the bottles some time, then rack it into other bottles. When you draw it out of the cask, do not tap it too low.

Several other recipes might be given, but it would be needlessly swelling the book, as the proportions and management are substantially the same. Experience and fancy will dictate any agreeable or advantageous varieties.

Raspberry Wine.

Take ripe raspberries, bruise them with the back of a spoon, strain them and fill a bottle with the juice, stop it, but not very close, and set it up four or five days; then pour off from

the dregs, and add thereto as much rhenish or white wine as the juice will colour; that done sweeten your wine with loaf sugar, and bottle it up for use.

Another way.—To every quart of well picked raspberries put a quart of water; bruise and let them stand two days; strain off the liquor, and to every gallon put three pounds of lump sugar; when dissolved put the liquor in a barrel, and when fine, which will be in about two months, bottle it, and to each bottle put a spoonful of brandy.

Currant Wine.

Take your currants full ripe, strip them and bruise them in a mortar, and to every gallon of pulp put two quarts of water, first boiled and cold; (you may put in some grapes if you please;) let it stand in a tub to ferment, and then let it run through a hair sieve. Let no person touch it, and let it take its time to run, and to every gallon of this liquor put two pounds and a half of white sugar, stir it well and put it in your vessel, and to every gallon put a quart of the best rectified spirits of wine; let it stand six weeks and bottle it.

Raspberry or Currant Wine.

To every three pints of fruit, carefully cleared from mouldy or bad, put one quart of water; bruise the former. In twenty-four hours strain the liquor, and put to every quart a pound of sugar, of good middling quality of Lisbon. If for white currants, use lump sugar. It is best to put the fruit, &c. in a large pan, and when in three or four days the scum rises, take that off before the liquor be put into the barrel. Those who make from their own gardens, may not have a sufficiency to fill the barrel at once; the wine will not be hurt if made in the pan, in the above proportions, and added as the fruit ripens, and can be gathered in dry weather. Keep an account of what is put in each time.

Another way.—Put five quarts of currants, and a pint of raspberries, to every two gallons of water; let them soak a night; then squeeze and break them well. Next day rub hem well on a fine wire sieve, till all the juice is obtained,

washing the skins again with some of the water; then to every gallon put four pounds of very good Lisbon sugar, but not white, which is often adulterated; tun it immediately, and lay the bung lightly on. Do not use any thing to work it. In two or three days put a bottle of brandy to every four gallons; bung it close, but leave the peg out at top a few days; keep it three years and it will be a very fine agreeable wine four years would make it still better.

Black Currant Wine, very fine.

To every three quarts of juice, put the same of water unboiled; and to every three quarts of the liquor, add three pounds of very pure moist sugar. Put it into a cask, reserving a little for filling up. Put the cask in a warm dry room, and the liquor will ferment of itself. Skim off the refuse, when the fermentation shall be over, and fill up with the reserved liquor. When it has ceased working, pour three quarts of brandy to forty quarts of wine. Bung it close for nine months, then bottle it, and drain the thick part through a jelly-bag, until it be clear, and bottle that. Keep it ten or twelve months.

Ginger Wine.

Nine gallons of water, twenty-seven pounds of Lisbon sugar, nine ounces of white race ginger, bruised, the thin peeling of twelve lemons, boil half an hour, and let it stand till blood warm; add the juice of twenty lemons, and six pounds of raisins, cut small; then put it into the cask, work it with three spoonfuls of yeast, stir it every day at the bung-hole for ten days, stop it down, in three months rack it off and add half an ounce of isinglass and one pint of brandy.

Another way.—Eighteen pounds of coarse sugar, six gallons of soft water, the peel of six lemons shaved thin, six ounces of best whole ginger. Let these ingredients boil together gently for two hours; when cold, put them into a ten-gallon cask with three pounds of good raisins, and the juice of the six lemons and a bit of toasted bread, on which spread a spoonful or two of fresh yeast; stir them for six days, then

add one quart of brandy, one ounce of isinglass, and stop down tight. It will be fit for use in six months.

Another way.—To ten gallons of water put twenty pounds of good moist sugar, two pounds of white ginger bruised; let them boil three quarters of an hour, taking off the scum, then add the rinds of a dozen lemons; boil the whole one quarter of an hour, and put it into a tub. When nearly cold add the juice of the lemons, and a pint of good yeast, cover the tub, and let it stand two days to ferment, stirring it occasionally; after which, put it into a barrel, adding one ounce of isinglass, a pound of sun raisins, and half a gallon of brandy; when almost settled, bung it up slightly; in six weeks it is ready to be bottled. It may be drank directly, but is improved by keeping, and will keep good for any length of time. Put the ginger in a bag.

Another way.—To ten gallons of water, in which fifteen pounds of loaf-sugar have been dissolved, put the whites of a dozen eggs; mix this well, and boil and skim it; then put to it twelve ounces of the best ginger peeled and bruised. Boil the whole a half-hour in a covered boiler. When the liquor is nearly cold, put a glassful of fresh yeast into the tub. Let it ferment for three days, and on the second add the thin parings of four Seville oranges and six lemons. Cask it, and bottle off in six weeks or less.

Cowslip Wine.

The best method of making this article is that of boiling sugar and water in the usual proportions of about three pounds to each gallon of water, for every gallon of wine to be produced. When it has boiled three-quarters of an hour, add, for every gallon, the thin rind of two lemons, and two ounces of hops to every nine gallons, and let it boil one quarter longer; meanwhile, remove the remaining pulp and rind from the lemons, (and if approved, half as many Seville oranges, in which last, half their rinds may be added to the boil, and only half that of the lemons). Put the fruit into a tub or pan, large enough to work the whole; pour over the fruit, the boiling liquor, hops, and rind; or if it already tastes strong enough

of the rind the liquor may be strained. When cool, work it with yeast, either stirred in, or spread on a toast. After two days skimming, strain it into the cask, and when the effervescence has subsided, paste brown paper over the bung-hole, and secure that of the ventpeg. This part of the business may be carried on at any time of the year, when lemons are cheapest, and without regard to the time of cowslips. These are to be gathered in fine dry weather, carefully picked from all green particles, spread on a shed, or on papers, or trays, and turned often, till thoroughly dry; they may then be put up in paper bags, till the wine is about six months old, and all fermentation has subsided, when they are to be put in at the bung-hole, and stirred down twice or thrice a day, for several days in succession. When all the cowslips have sunk, the cask may be papered down as before, and in six months more the wine will be fit to bottle. It is much esteemed for making whey, as the cowslips are supposed to have a composing and cooling tendency. Other valuable recipes by experienced wine makers are here presented, though our decided preference is given to the method of drying the pips, and adding them when the effervescence has subsided.

Another way.—Take four gallons of water, let it boil, then add the thin rind of two lemons, and twenty-four quarts of cowslip pips; boil a few minutes, then strain it, and add twelve pounds of sugar; boil and skim it till clear. When cool, work it with yeast; let it stand two or three days, then put it in the cask with the two lemons.

Another way.—To each gallon of water, put three pounds of sugar; boil it well, and skim it when cold; work it with toast and yeast. To three gallons of liquor, add one peck of cowslips, putting the cowslips into the cask, and pouring the liquor to them. To the above quantity, add one pound of sugar, beaten with the juice of two lemons, and one Seville orange, and half the peel; stir it daily for nine or ten days, then stop it down. Let it stand a month, then bottle it off.

Another way.—To six gallons of water, put thirty

pounds of Malaga raisins; boil your water two hours, and measure it out of your copper upon your raisins, which must be chopped small into a tub; let them work together ten days, stirring it several times a day; at the end of that time strain it off, and press the raisins hard, to get their strength; then take two spoonfuls of good ale yeast, and beat with it six ounces of syrup of lemons. Put in three pecks of cowslips, by little and little, and let all your ingredients work together three days, stirring it two or three times a day, and tun it up. Bottle it at the end of four months.

To clarify wine, all the above remarks and directions apply as well as to cowslip.

Elder Wine.

For every two gallons of wine that are to be made, get one gallon of elderberries and a quart of damsons or sloes; boil them together in six quarts of water for half an hour, breaking the fruit with a stick flat at one end; run off the liquor, and squeeze the pulp through a sieve or straining cloth; boil the liquor up again with six pounds of coarse sugar, two ounces of ginger, and two ounces of allspice, bruised, and one ounce of hops; (the spice had better be loosely tied in a bit of rag or muslin;) let this boil above half an hour; then pour it off; when quite cool, stir in a tea-cupful of yeast, and cover it up to work. After two days, skim off the yeast, and put it in the barrel, and when it ceases to hiss, which will be in about a fortnight, paste a stiff brown paper over the bung-hole. After this, it will be fit for use in about eight weeks, but will keep eight years if required. The bag of spice may be dropped in at the bung-hole, having a string fastened from it to the outside, which shall keep it from reaching the bottom of the barrel.

Another way.—Take Malaga raisins, cut them small, stalks, stones and all, put them into a tub, and pour over them water that has been boiled an hour; to every six pounds of raisins put one gallon of water, pour it on hot, and stir it well, and when cold, cover it with a cloth, and let it work together ten or twelve days, stirring it five or six times a day; at the end of that time strain the liquor from the raisins, and

squeeze them hard; and put to every gallon of liquor one pint of the juice of elder. The best way to get the juice is to bake the berries in earthern pots; let the liquor be cold when you put them together, and stir it well; then tun it, and when it has done working, clay it up, and let it stand four or five months before you bottle it; in six weeks after it will be very ripe.

Elder-flower wine.—A good Imitation of Frontigniac.

Take nine quarts of the juice of white elderberries, which has been pressed gently from the berries, with the hand, through a sieve, without bruising the kernels of the berries; to nine gallons of water, add to each gallon of liquor three pounds of Lisbon sugar, and to the whole quantity, put an ounce and a half of ginger, sliced, and three quarters of an ounce of cloves; then boil it near an hour, taking off the scum as it rises, and pour the whole to cool in an open tub, and work it with ale yeast, spread upon a toast of white bread for three days, and then turn it into a vessel that will just hold it, adding about a pound and a half of raisins of the sun split, to lie in the liquor, till you draw it off, which should not be till the wine is fine, which you find in January.

Sack Mead.

To every gallon of water put four pounds of honey, and boil it three quarters of an hour, taking care to skim it. To every gallon add an ounce of hops; then boil it half an hour, and let it stand till next day; put it into your cask, and to thirteen gallons of the liquor, add a quart of brandy. Let it be lightly stopped till the fermentation is over, and then stop it very close. If you make a large cask, keep it a year in cas

Mead or Metheglin.

To every gallon of water put three pounds of honey, boil it well, and skim it all the time. While boiling, put in two lemon-peels for each gallon. Empty it into a clean tub, and while about milk-warm, add some yeast and work it. Then put it into a clean barrel for five or six months, and after-

wards bottle it for use. You may strain the skimmings through a filtering bag. If you allow to every gallon four pounds of honey it will keep for seven years.

The Welch have another method of making mead, to which they give the name of bragget. They put to a gallon of water a pound of honey, and stir the whole well; then add half a handful each of rosemary tops, bay leaves, sweet-briar, angelica, balm, thyme, or other herbs, with half an ounce of ginger, nutmeg, mace, cinnamon, and cloves, all boiled gently about half an hour, and skimmed constantly. This liquor is mixed hot with three gallons of the first runnings of strong ale or sweet wort, and placed over the fire, but not suffered to boil. When cool, it is strained and fermented with yeast, and afterwards barrelled with a bag of spices suspended in it.

Cowslip Mead

Put thirty pounds of honey into fifteen gallons of water, and boil till one gallon is wasted; skim it, take it off the fire, and have ready a dozen and a half of lemons, quartered; pour a gallon of the liquor boiling hot upon them; put the remainder of the liquor into a tub, with seven pecks of cowslip-pips;* let them remain there all night, and then put the liquor and the lemons to eight spoonfuls of new yeast, and a handful of sweet-briar; stir all well together, and let it work for three or four days. Strain and put it into the cask; let it stand six months, and then bottle it for keeping.

Damson Wine.

The small damsons are best, which must be gathered dry, and bruised with your hand, then put them into an earthen vessel that has a hole in it for a fauset. To every eight pounds of damsons add one gallon of boiling water, which must be poured in scalding-hot. After standing two days, draw it off into a clean cask, and to every gallon put two pounds and a half of sugar. Let the cask be quite full, and the longer it stands the better. After remaining some months, bottle it

* We should still recommend the addition of the cowslip pips when dry.

off, putting into each a piece of loaf sugar.—Or, Put two pounds and a half of sugar to every gallon of water, boil and skim it for two hours, and to each gallon add five pounds of stoned damsons. Boil these till the liquor is of a fine red colour, then strain it through a sieve, and ferment it in an open vessel for four days. On pouring it off from the lees, clean the vessel, and put in the liquor to finish the fermentation. Close it well for six or eight months, and when fine bottle it off.—Or, Put sixteen pounds of Malaga raisins, with half a peck of damsons, to four gallons of water, in a tub. Cover it, and let it stand six days, stirring it twice every twenty-four hours; then draw off the liquor, colour it, and pour it into a cask, bung it up, and bottle it for use.

Cherry Wine.

Pull off the stalks, and mash the cherries without breaking the stones. Then pass them through a hair sieve, and to every gallon of liquor add two pounds of sugar. Next tun it into a clean cask till it is full, after which, let it ferment as long as it makes a noise, and then bung it up for a month or longer. When fine bottle it off, putting a lump of loaf sugar into each. Should the fermentation continue, let the bottles stand uncorked for some time.

Black Cherry Wine.

Boil six gallons of spring water an hour, then take twenty-four pounds of black cherries, and bruise them without breaking the stones. Pour the boiling water upon the fruit, and stir the whole well. After standing twenty-four hours, strain the liquor through a cloth, and to every gallon add two pounds of sugar; then mix it well, and let it stand for another day, at the end of which pour it into a cask, and keep it bunged close till fine, when it may be bottled for use.

Blackberry Wine.

Take ripe blackberries, bruise them, and put to every quart of fruit as much water, mix the whole well, and let it stand all night; then strain it through a sieve, and to every gallon of liquor add two pounds and a half of sugar. When

this is dissolved, put it into the cask, with a gill of finings to every twenty gallons, and the next day bung it up. In two months bottle it for use.

Birch Wine.

In the month of March, bore a hole in a birch tree, one foot from the ground, into which put a fauset, and the liquor will run for two or three days together, without injuring the tree. Then stop up the hole with a peg, so that in the following year another supply may be drawn from the same source. To every gallon of juice put one quart of honey, or two pounds and a quarter of sugar, and stir the whole well together. Boil it an hour, skimming it all the time, adding thereto a few cloves, and a piece of lemon-peel. When nearly cold, put to it yeast enough to make it work like ale, and when it begins to settle, pour the liquor into a cask. For twenty gallons put in a gill of finings and the whites and shells of four eggs, stir this briskly, and let it stand six weeks or longer; then bottle it off, and in two months it will be fit for use, but will improve by time.

To improve Wine that is becoming acid.

To each gallon of wine allow one ounce of bitter almonds, blanch and bruise them in brandy, draw the wine off, put the almonds into the cask, and the wine to them; as soon as the acidity is gone off bottle it.

To cure a musty Pipe, Hogshead, or any other Vessel of Wine

Apply the soft part of a large fresh wheaten or household loaf to the bung-hole, and let it remain there five, six, o seven days, which will certainly take away the must.

To make a Match for sweetening Casks.

Melt some brimstone, and dip into it a coarse linen cloth, of which, when cold, take a piece about one inch broad and five long, set it on fire, and put it into the cask, with one end fastened under the bung, which must be drawn in very tight. Let it remain some hours.

To restore Wines that are pricked.

Rack the wine down to the lees in another cask, where the lees of good wine are fresh; then take a pint of strong aqua vitæ, and scrape half a pound of yellow bees' wax into it, which, by heating the spirit over a gentle fire, will melt. After this, dip a cloth into it, and when a little dry, set it on fire with a brimstone match, put it into the bung-hole, and stop it up close. Or, Prepare a cask that has been totally emptied, and has had the same kind of wine in it with that which you want to improve. Match it and rack off the wine into it, putting to every ten gallons two ounces of oyster-shell powder and half an ounce of bay salt; then stir the whole well about, and let it stand till it is fine, which will be in a few days. Afterwards rack it off into another cask that has been matched, and f you can get the lees of some wine of the same kind, it will be improved still more. Put also a quart of brandy to every ten gallons, and if the cask has been long emptied, you should match it the more on that account, but even a new cask must undergo that process.

To keep Wines from turning sour.

Boil a gallon of wine with some beaten oyster shells, and crabs' claws burnt to powder, in the proportion of an ounce of each to every ten gallons. Strain the liquor through a sieve, and when cold, put it into wine of the same sort, which will acquire a lively taste. A lump of unslacked lime will produce the same effect

To take away the ill scent of Wines.

Take a roll of dough stuck well with cloves, hang it in the cask, and it will extract the ill scent from the liquor to itself.

To sweeten Wines.

Infuse a handful of the flowers of clary in thirty gallons of wine; then add a pound of mustard seed ground dry, put it into a bag, and sink it to the bottom of the cask. When wine is lowering or decaying, take one ounce of roch alum, and reduce it to powder; then draw off four gallons of the

liquor, mix the powder with it, and stir it well for an hour. Fill up the cask, and when fine, which will be in about a week, bottle it off.

For Wine when ropy.

Put a piece of coarse linen cloth upon that end of the cock which goes into the cask. Then rack the wine into a dry one, putting five ounces of powdered alum to thirty gallons. Roll and shake the whole well, and it will soon become fine.

A much more simple and equally efficacious method, is merely to hang a bunch of hyssop in at the bung-hole.

To make Oyster-shell Powder.

Wash the shells clean, and scrape off the yellow part from the outside, lay them on a clear fire till they are red hot; then set them by to cool, take the softest part, powder and sift it through a fine sieve, after which it may be used immediately, or kept in bottles, corked, and laid in a dry place.

To sweeten a musty Cask.

Take some dung of a milch cow, when fresh, and mix it with a quantity of warm water, so as to make it sufficiently liquid to pass through a large funnel; previously, however, dissolve in the water two pounds of bay salt, and one of alum. Put the whole into a pot over the fire, stirring it with a stick, and when near boiling, pour it into the cask; then bung it tight, and shake it well for about five or six minutes. Let it remain two hours, then take out the bung to let the vapour escape, after which, replace it, and give the cask another shaking. At the end of two hours, rinse it out with cold water, till it becomes perfectly clear. Then have in readiness one pound more of bay salt, and a quarter of a pound of alum boiled in a little water, pour the same into the cask, and repeat the process as before.

Finings for Wine.

Take the whites and shells of three fresh eggs, beat them in a wooden vessel till they become a thick froth. Add

thereto a little wine, and whisk it up again. If the cask be full, take out four or five gallons, and give it a good stirring, next whisk up the finings, and put them in, after which stir the whole well. Drive in the bung, and bore a hole for a vent, and in about three days close it with a peg. Or, Dissolve an ounce of isinglass, and the whites and shells of thr e eggs, beat the whole up, and proceed as above.

Cider and Perry.

Cider and perry are vinous liquors prepared by the expression and fermentation of the juice of apples or pears. For the former, the apples generally used are of a hard and sharp kind, not used for eating. When they are ripe enough to fall from the trees, lay them in heaps, and prior to grinding them, separate the decayed or over-ripe fruit from the rest. Bruise the apples small, and when they are completely mashed, if the quantity is not too large, put the whole into a hair bag, and squeeze it by degrees. Next strain the liquor through a sieve into a cask that has been well matched, after which, mash the pulp with warm water, adding a fourth part to the cider. To make it work kindly, warm a little honey, three whites of eggs, and a small quantity of flour together, put the whole into a fine rag, and let it hang by a string in the middle of the cask; then put in a pint of new ale yeast that has been warmed, and let the liquor purge itself five or six days, after which draw it off from the lees into smaller casks or bottles. If the latter, take care to leave the cider an inch below the corks, lest the fermentation should cause the bottles to burst. When that effect is apprehended, it may be perceived by the hissing of the air through the corks, on which it will be necessary to open them immediately. In winter the bottles and casks should be kept warm, but in summer as cool as possible. To feed the liquor and preserve its strength put a little white sugar into each bottle. Three pounds of sugar-candy bruised may be infused in a gallon of French brandy, and in a day or two added to the hogshead of cider, which must then be stopped close five or six months. But if the cider be rich and well fermented this addition is not necessary.

Perry is made of full-ripe pears exactly in the same manner as cider from apples, only the reduced pulp is not suffered to remain unpressed for any length of time. It is, therefore, to be immediately put into the press between several layers of hair cloths, the liquor being received into a vat, and from thence removed into casks, which must stand in a cool place or the open air, with the bung-holes open. The management of the liquor in fermentation is the same as in cider, only perry does not furnish the same tests to ascertain the proper moment for racking off. When the pears are regularly ripe, the produce will become tolerably clear and quiet in a few days, and must then be drawn off from the lees. Very high fermentation may be prevented in the same manner as in cider, but the liquor must be made fine by isinglass, which the other does not require. Perry best retains its pleasant quality in bottles, particularly in summer. It is a lively liquor and may be properly called the English champagne, for which, in fact, it is often sold.

In bottling cider and perry the liquor should be left uncorked a day or two to get flat. We subjoin a list of apples and pears recommended for cider and perry, from the best authority.

Cider apples.—Herefordshire redstreaks—The golden pippin—The fox whelp—The hayloe crab—The orange pippin—The foxley—The best bache—Siberian harvey—Sheads kernel apple—Garter apple—Old pearmain—Friar—Dowton pippin—Grange apple—Bringewood pippin—Golden harvey. Perry pears.—The Teinton squash pear—Holmore pear—The huff-cap—Barland pear.

LIQUEURS AND CORDIALS.

Ratafia.

Blanch two ounces of peach and apricot kernels, bruise, and put them into a bottle, and fill nearly up with brandy

Dissolve half a pound of white sugarcandy in a cup of cold water, and add to the brandy after it has stood a month on the kernels, and they are strained off; then filter through paper, and bottle for use. The leaves of peach and nectarines, when the trees are cut in the spring, being distilled, are an excellent substitute for ratafia in puddings

Common Ratafia.

Take an ounce of bruised nutmegs, a half-pound of bitter almonds, blanched and chopped, and a grain of ambergris, well rubbed with sugar in a mortar. Infuse in two quarts of proof-spirit for two weeks and filter.

Red Ratafia.

Six pounds of the black-heart cherry, one of small black cherries or geens, and two of raspberries and strawberries. Bruise the fruit, and when it has stood some time, drain off the juice, and to every pint add four ounces of the best refined sugar, or of syrup, and a quart of the best brandy. Strain it through a jelly-bag, and flavour to taste, with a half-ounce of cinnamon and a drachm of cloves, bruised and infused in brandy for a fortnight before.

Noyeau.

Three ounces of bitter almonds blanched and bruised in a mortar, put to them one quart of common gin, and the rind of a lemon shaved thin; put all in a bottle near the fire for four or five days: then add one pound of loaf sugar just dissolved in warm water, so as to make it liquid; let it stand three or four days, shake it frequently, filter through blotting paper It improves by keeping.

Raspberry Brandy.

Pick fine dry fruit, put into a stone jar, and the jar into a kettle of water, or on a hot hearth, till the juice will run; strain, and to every pint add half a pound of sugar, give one boil, and skim it; when cold, put equal quantities of juice and brandy, shake well, and bottle. Some people prefer it stronger of the brandy.

Cherry Brandy.

Pick morello, or black cherries, from the stalks, and drop them into bottles, till the bottles are three quarters full; fill up with brandy or whisky. In three weeks strain off the spirits, and season with cinnamon and clove mixture, as in last receipt, adding syrup to taste. Ratafia should not be sweet. A second weaker decoction may be obtained by pouring more spirits on the fruit.

Black Cherry Brandy.

Put to three quarts of brandy four pounds of stoned black cherries; bruise the stones, and add them to the mixture. Infuse for a month; filter, and add the flavouring ingredients and syrup, as directed above. A second infusion may be made, which will require more seasoning than that first drawn. Some persons reject all perfumes in compounds of this kind.

Usquebaugh, or Irish Cordial.

To two quarts of the best brandy, or whisky without a a smoky taste, put a pound of stoned raisins, half an ounce of nutmegs, a quarter of an ounce of cloves, the same quantity of cardamoms, all bruised in a mortar; the rind of a Seville orange, rubbed off on lumps of sugar, a little tincture of saffron, and half a pound of brown candy-sugar. Shake the infusion every day for a fortnight, and filter it for use. It is sometimes tinged of a fine green with the juice of spinage.

Norfolk Punch.

In twenty quarts of French brandy put the peels of thirty lemons and thirty oranges, pared so thin that not the least of the white is left. Infuse twelve hours. Have ready thirty quarts of cold water that has boiled; put to it fifteen pounds of double-refined sugar; and when well mixed, pour it upon the brandy and peels, adding the juice of the oranges and of twenty-four lemons; mix well, then strain through a very fine hair-sieve, into a very clean barrel that has held spirits, and put two quarts of new milk. Stir, and then bung it

close; let it stand six weeks in a warm cellar; bottle the liquor for use, observing great care that the bottles are perfectly clean and dry, and the corks of the best quality, and well put in. This liquor will keep many years, and improves by age.

Another way.—Pare six lemons and three Seville oranges very thin, squeeze the juice into a large tea-pot, put to it two quarts of brandy, one of white wine and one of milk, and one pound and a quarter of sugar. Let it be mixed, and then covered for twenty-four hours; strain through a jelly-bag till clear, then bottle it.

Rum or Brandy Shrub.

This is made by adding the juice and an infusion of the rind of Seville oranges to rum or brandy, with a little syrup and plain water or orange-flower water. Honey, raisin-wine, porter, citric acid, &c. are also employed.

Aromatic Tincture.

Take an ounce of bruised cinnamon, and an ounce of the seeds of the lesser cardamom; take also an ounce of bruised ginger, two drachms of long pepper, and a quart of spirits. Infuse this for a fortnight, keeping it in a warm place, and strain for use. Two or three tea-spoonfuls may be taken in a little capillaire, or *eau sucre*, or in wine with a little water, or without. This tincture is cordial; and, in cases of indigestion and languor, is considered restorative.

Macaroni Cordial.

Infuse for a fortnight in nine pints of brandy, a pound of bitter almonds, with a little Bohemian or Spanish angelica-root beaten together, shaking the vessel often At the end of that time, put the whole into a cucurbite, and distil it in a water bath. Five pints of spirit, thus impregnated with the flavour of the almonds and angelica, make a syrup with five pounds of sugar, two quarts of *eau-de-mille-fleurs*, and three quarts of common distilled water. When this is mixed with the spirits, add thirty drops of the essence of lemons after which, filter it through blotting paper.

Brunswick Mum.

Take sixty-three gallons of clear water that has been previously boiled to the reduction of a third part; then brew it with seven bushels of wheaten malt, and one bushel each of oatmeal and ground beans. When tunned, the hogshead must not be too full, and on its beginning to work, put in three pounds of fir and birch tops, three handfuls of the carduus benedictus, a handful or two of rose leaves, a handful and a half each of burnet, betony, savins, marjoram, penny-royal, and mother of thyme, two or more handfuls of elder flowers, three ounces of bruised cardamoms, and an ounce of bruised barberries. The herbs and seeds are not to be put into the cask till the liquor has worked for some time, after which it should be suffered to flow over as little as possible. Lastly, fill it up on its ceasing to ferment, and when done, put in ten new laid eggs unbroken or cracked, stop it up close, and at the end of two years it will be fit for use. To make mum like ale barley malt is substituted for wheat.

English Hypocras.

Infuse for a few hours in about three quarts of white wine one pound and a half of loaf sugar, an ounce of cinnamon, two or three tops of sweet marjoram, and a little long pepper, all beaten in a mortar. Run the liquor through a filtering bag, with a grain of musk, and add thereto the juice of a large lemon; warm it moderately over the fire, pour it again on the spicery, and when it has stood three or four days, strain it off, and bottle it for use. If wanted to be red, port wine may be used, or the liquor coloured with the juice of elder or mulberries, cochineal, &c.

CORDIAL OR FRAGRANT WATERS.

In extracting the virtues of plants by distillation, an alembic must be used, the top of which is to be filled with cold water, and the bottom closed with a stiff paste made of flour

and water. Little fire is requisite, but it must be clear, and the water on the top continually changed, so as never to become scalding. All simple waters should stand two or three days before they are worked off, to let the fiery taste pass away.

Lavender Water.

To every quart of water add a pint of lavender flowers picked from the stalks. Put them into a cold still over a slow fire. Distil very slowly, and put it into a pot till the whole is done. Then clean out the still, put the lavender water into it, and distil it again as slowly as before. Afterwards bottle it for use

Peppermint.

Gather the peppermint when full grown, and before it seeds, cut it into short pieces, put them into the still, and cover them with water. Make a good fire underneath, and when near boiling, and the still begins to drop, if the heat is too great, draw a little away, that it may not boil over. The slower the still drops, the stronger will be the water. The next day bottle it off, and after standing two or three days cork it well.

Poppy Water.

Put a peck of poppies and two gallons of good brandy into a wide-mouthed glass, let them stand forty-eight hours, and then strain the whole off. Stone a pound of raisins of the sun, and take an ounce each of coriander seed, swee fennel seeds, and liquorice root sliced, bruise all together, and put them into the brandy, with a pound of powdered sugar, and let them stand four or eight weeks, shaking them every day. Then strain off the liquor and bottle it for use

Black Cherry Water.

Bruise six pounds of black cherries, and put to them a handful each of the tops of rosemary, sweet marjoram, spearmint, angelica, balm, and marigold flowers, an ounce of dried violets, and half an ounce each of aniseeds, and sweet fennel

seed. Cut the herbs small, mix all together, and distil them in a cold still.

Cinnamon Water.

Simmer one pound of bruised cinnamon, and two gallons of water, in a still for half an hour, put what comes over into the still again, and when cold, strain it through flannel.

Rose Water.

The roses should be gathered when dry and full-blown, pick off the leaves, and to every peck put a quart of water. Then put them into a cold still, and make a slow fire under it, for the slower it is distilled the better it will be. Bottle it, and in two or three days cork it for use.

Hungary Water.

Take seven pounds of the tops of rosemary with the leaves and flowers, six gallons of rectified spirits, and two quarts of water, and distil off five gallons with a moderate fire.

Angelica Water.

Take eight handfuls of the leaves of angelica, washed and cut, and when dry, put them into an earthen vessel, with four quarts of strong wine lees, to infuse for twenty hours, stirring it twice in that time. Then put it into a warm still or alembic, and draw it off. Cover the bottles with paper, prick holes therein, let it stand two or three days, and then mix all together, sweeten it, and when bottled stop it close.

Orange and Lemon Waters.

Put three gallons of brandy, and two quarts of white wine, to the external rinds of one hundred oranges or lemons, steep them one night, and the next day distil them in a cold still. A gallon with the proportion of peels will be enough for one still, which will yield above three quarts. Draw it off till it begins to taste sour; then sweeten it with double-refined sugar, and mix the first, second, and third runnings together. Lemon water should be perfumed with two grains of amber-

gris, and one of musk, ground fine, tied in a rag, and hung five or six days in each bottle, or put therein three drops of the tincture of ambergris. Cork it tight for use.

Imperial Water.

Put two ounces of cream of tartar in a jar, with the juice and peels of two lemons, pour thereon seven quarts of boiling water, and when cold, strain it through a gauze sieve. Bottle it up, and keep it for use.

Honey Water.

Coriander seeds a pound, cassia four ounces, cloves and gum benzoin two ounces each, oil of rhodium, essence of lemon, essence of bergamot, and oil of lavender, each one drachm, rectified spirits of wine two gallons, rose water two quarts, nutmeg water one quart, musk and ambergris each twelve grains. Distil the whole in a water bath till dry.—Or, put two drachms of tincture of ambergris, and as much tincture of musk, in a quart of rectified spirits of wine, and half a pint of water. Filter it, and pour it into small bottles.

CHAPTER XI.

MANAGEMENT OF THE DAIRY, POULTRY YARD, &c.

In this department of the work it is desirable to make a few remarks on the management of the animal, the dairy, and the produce.

With respect to the choice of a cow, it must in a great measure be left to the taste of the purchaser. The handsomest cows are not always the most productive. A small plump udder and round tight teat will be generally found to give more and better milk than a large hanging udder. Supposing the cows to be of a good sort and well fed, the average produce of each cow should be from Lady Day to Michael-

mas three gallons daily, and from Michaelmas to Christmas one gallon daily. For making cheese, the cows should calve from March to May, that they may all yield an abundant supply at the same time; but where the object is to secure a regular supply of milk, cream, and butter, for a family, one or more cows should calve in August or September. The lodging place of a cow should be dry, clean, and warm. The floor should be sloped a little, and paved with flag stones. The manger kept perfectly clean, and free from sour grains, vegetables, &c. She should be regularly fed at sun-rise, sun-set, and once or twice in the day besides. She should be allowed exercise in the open air. Her best food is good fresh grass, which she may either be allowed to graze, or have it cut and brought to her: by the latter plan the grass goes further: her diet may occasionally be varied with cabbages, lettuce, Swedish turnips, and carrots. Potatoes to be avoided; or, if given at all, must be boiled or baked: common turnips are poor and watery food, bu Swedish turnips nourishing: of carrots she may be allowed two pecks daily. Pure water is of great consequence to her health and productiveness. The hours of milking should be regular and early, not later than five o'clock either morning or evening. Be careful that the udder is perfectly drained.*

When a cow is near calving, she should be under shelter in a roomy place, and not tied up; some warm water should be given her, and a warm mash or two, with some sweet hay. The calf must be allowed to suck the first milk, till the flow has abated, and there is no danger of inflammation; if the calf be weak, it should be held up to the teat. Some young cows have the udders stretched and inflamed two or three days before calving; in this case they may be relieved by drawing off part of the milk daily.

The churns, pans, shelves, floor, walls, and every thing about the dairy, must be kept perfectly clean. The pans

* The habit of leaving milk in the udder is greatly injurious to the health and productiveness of the cow, beside being extremely wasteful; every succeeding drop of milk is richer than the one before it: the last half pint gives twelve times as much butter as the first.

should be often boiled, and scalded with boiling water every time of using.* The strainers and butter cloths must be very thoroughly washed and dried in the open air, and the utmost care taken that nothing in the dairy acquires a sour smell.

As to the management of the milk, if the cow is feeding on turnips, a small piece of nitre (saltpetre) should be put into the pail before milking, to prevent any ill taste. As soon as brought in it must be strained into large flat pans, or lids of wood or tin. The cream must be skimmed off at twelve hours in summer, and at twenty-four hours in winter. Let the cream be shifted into clean pans, daily in winter, twice a day in summer: stirring it several times a day with a wooden spatula. Churning should take place at least twice a week during summer. The cream must be strained into the churn through a fine sieve or linen cloth. When once the process of churning is commenced, no cessation must take place until it be accomplished. Butter ought not to come, in less than three quarters of an hour. In summer the churn should be filled with cold water an hour or so before churning, and placed in a tub of cold water during churning. In very cold weather the churn may be placed near the fire, or warmed with water. If the butter is very backward, a table-spoonful or two, (according to the quantity of cream) of good vinegar, may be mixed with a small quantity of warm milk, and put in the churn. When the butter is thoroughly come, strain off the buttermilk, and put the butter into cold water; afterwards divide it into small lumps over a sloping board: beat it well with a wooden spatula until entirely free from milk and quite firm, a little salt may be added if approved. Then divide and weigh it: make it up either in pats or rolls, laying each separately on a damp cloth to prevent their sticking.

* In very hot dry weather pans may be thoroughly washed in cold water, then placed in the influence of the sun all day, bringing them in just in time to be cool for receiving the milk. This will answer for several days, or even a week, at which intervals they must be scalded as usual: observe, this method will not do except when the sun has very great power.

To keep Milk and Cream.

When the weather is hot, milk and cream may be kept perfectly sweet by scalding it very gently, without boiling, in broad shallow pans, or a jar set in a boiler of hot water. Cream already skimmed may be kept twenty-four hours if scalded without sugar; and by adding to it as much powdered lump sugar as will make it tolerably sweet, it will be good for some days, when set in a cool place. The practice of keeping milk in leaden vessels, and salted butter in stone jars, is very detrimental. Wooden tubs are both most wholesome and cleanly.

To increase the Quantity of Cream.

When the new milk comes into the dairy, put it into a pan that has previously lain in boiling water, and cover it with another that has done the same. This will both thicken the cream, and increase its quantity.

To preserve Cream Sweet.

Dissolve twelve ounces of white sugar in as little water as possible, after which, boil it in a pipkin, and immediately add twelve ounces of new cream, mixing the whole while hot. Let it cool gradually, and pour it into a bottle, which must be carefully corked. Keep it in a cool place, and it will be good for weeks.

Dutch Method of making Butter.

The milk, immediately after it comes from the cows, is left to cool in pans, but not suffered to stand, for the cream to rise, more than four hours. It is then stirred all together, that the milk and cream may be thoroughly incorporated, and the same is done two or three times a day. The thicker the mass becomes by this agitation, the more it is esteemed. When the proper consistency has been obtained, it is churned for about an hour, or until the butter is formed. Cold water is then added, according to the quantity of the milk, in order to separate the thin fluid, or buttermilk. The butter being

properly come, it is taken from the churn, washed, and kneaded in fresh water till all the buttermilk is thoroughly expressed. By this process, the Dutch are enabled to make larger quantities, from the same proportion of cream, than the English, while the buttermilk is more agreeable.

There are several methods of preserving butter for winter, use the following as among the most approved.

Dr. Anderson's Method.

Take two parts of the best common salt, one part of good loaf-sugar, and one part of saltpetre; beat them well together. To sixteen ounces of butter, thoroughly cleansed from the milk, put one ounce of this composition; work it well, and pot down when become firm and cold. The butter thus preserved is the better for keeping, and should not be used under a month. This article should be kept from the air, and is best in pots of the best unglazed earth, that will hold from ten to fourteen pounds each.

Another way.—Let the salt be thoroughly dried before the fire, and then rolled with a glass bottle till perfectly fine. Have a wooden tub, or jar, of Nottingham stone ware unglazed; put a layer of salt at the bottom, then pot the butter, and press it down with a hard wooden rammer; cover the top with a thick layer of salt, so that when turned to brine it shall entirely cover the butter.

Another way.—Having beaten the butter entirely free of butter-milk, work it quickly up, allowing a scanty half-ounce of pounded salt to the pound. Let the butter lie for twenty-four hours, or more, and then, for every pound, allow an ounce of the following mixture:—Take four ounces of salt, two of loaf-sugar, and a half-ounce of saltpetre. Beat them all well together, and having worked up the butter very well, pack it for use in jars or kits. This method of twice salting butter only requires to be known to come into general use. It effectually preserves the butter without so much salt being employed as to give it a rank and disagreeable taste. Summer-butter requires a little more salt than what is cured in autumn. Instead of strewing a layer of salt on the top,

which makes a part of the butter useless for the table, place a layer of the above mixture in thin folds of muslin, stitch it loosely, and lay this neatly over the jar, which will effectually exclude the air.

To purify Rancid Butter.

Melt and skim the butter as you would do for clarifying, and then put into it some toasted bread. In a few minutes the butter will lose its offensive smell, but the bread will become fetid.

To freshen Salt Butter.

Put four pounds of salt butter into a churn, with four quarts of new milk, and a little annatto. Churn these together, and in about an hour take out the butter, and treat it as you would fresh, by washing it in water, and adding to it some salt. By this means the butter gains about three ounces in every pound. A common earthen churn will answer the purpose as well as a wooden one.

To manage Cream for Whey Butter.

Set the whey one day and night, skim it, and continue till you have enough; then boil it, and pour it into a pan or two of cold water. As the cream rises, skim it till no more comes; then churn it. Where new-milk cheese is made daily, whey butter for common and present use may be made to advantage.

To scald Cream as in the West of England.

In winter let the milk stand twenty-four hours, in the summer twelve at least; then put the milk-pan on a hot hearth, if you have one; if not, set it in a wide brass kettle of water large enough to receive the pan. It must remain on the fire till quite hot, but on no account boil, or there will be a skim instead of cream upon the milk. You will know when it is done enough by the unadulations on the surface looking thick, and having a ring round the pan the size of the bottom. The time required to scald cream depends on the size of the pan and the heat of the fire; the slower the better. Remove the pan into the dairy when done, and skim it next day. In fine weather it may stand thirty-six hours, and never less than

two meals. The butter is usually made in Devonshire of cream thus prepared, and if done properly, it is very firm.

Butter Milk,

If made of sweet cream, is a delicious and most wholesome food. Those who can relish sour butter milk find it still more light; and it is reckoned more beneficial in consumptive cases. Butter milk, if not very sour, is also as good as cream to eat with fruit, if sweetened with white sugar, and mixed with a very little milk. It likewise does equally well for cakes and rice puddings, and of course it is economical to churn before the cream is too stale for any thing but to feed pigs.

Syrup of Cream

May be preserved, as directed p. 705, in the proportion of a pound and a quarter of sugar to a pint of perfectly fresh cream; keep it in a cool place for two or three hours; then put it in one or two ounce phials, and cork it close. It will keep thus good for several weeks, and will be found very useful in voyages.

Gallino Curds and Whey as in Italy.

Take a number of the rough coats that line the gizzards of turkeys and fowls; clean them from the pebbles they contain; rub them well with salt, and hang them to dry. This makes a more tender and delicate curd than common rennet.* When to be used, break off some bits of the skin, and put on it some boiling water; in eight or nine hours use the liquor as you do other rennet.

CHEESE.

If very rich cheese be desired, new milk only must be used, it may, however, be made of half new and half skimmed milk, or even of skimmed milk alone. The milk must be made as warm as new milk—not warmer, or it will harden the

* The rennet is the stomach of a calf taken out as soon as killed. It must be cleaned from the curdled milk which it contains, then scoured inside and out with salt; and when well salted, stretched on a stick to d y.

cheese Put in rennet enough to turn it, and cover it over When thoroughly turned, gently gather the curd with the hands to the sides of the tub, letting the whey pass through the fingers till the whole is cleared, and lading it off as it collects. The vat, or mould in which the cheese is to be formed, is next to be placed over the tub with a straining cloth spread inside, large enough to cover the whole cheese. the curd must then be put in with the skimmer, and pressed close down with the hand. There should be holes in the bottom and sides of the vat to let the whey escape; as the curd sinks add more; finally leaving two inches above the edge. The mass must be salted either by mingling salt with the curd when separated from the whey, or by putting salt in the vat; and after the curd has been dried, crushing it all to pieces among the salt by squeezing with the hands. Next lay a board under and over the vat, and put it in the press; in two hours turn it out and put on a fresh cheese cloth; press it again for eight or nine hours, and then salt it all over; turn it again in the vat, and let it stand in the press fourteen or sixteen hours, taking care to put the cheeses last made under all. Before putting them the last time in the vat, the edges should be pared to make the cheese look smooth.

To make Sage Cheese.

Bruise the tops of young red sage in a mortar, with some leaves of spinach, and squeeze the juice; mix it with the rennet in the milk, more or less according as you like for colour and taste. When the curd is come, break it gently, and put it in with the skimmer till it is pressed two inches above one vat. Press it eight or ten hours. Salt it, and turn every day.

Cream Cheese.

Put five quarts of strippings, that is, the last of the milk, into a pan, with two spoonfuls of rennet. When the curd is come, strike it down two or three times with the skimming-dish just to break it. Let it stand two hours, then spread a cheese-cloth on a sieve; put the curd on it, and let the whey

drain; break the curd a little with your hand, and put it into a vat with a two-pound weight upon it. Let it stand twelve hours, take it out, and bind a fillet round. Turn every day till dry, from one board to another: cover them with nettles, or clean dock-leaves, and put between two pewter plates to ripen. If the weather be warm, it will be ready in three weeks.

Another way.—Have ready a kettle of boiling water, put five quarts of new milk into a pan, and five pints of cold water, and five of hot; when of a proper heat, put in as much rennet as will bring it in twenty minutes, likewise a bit of sugar. When come, strike the skimmer three or four times down, and leave it on the curd. In an hour or two lade it into the vat without touching; put a two-pound weight on when the whey has run from it, and the vat is full.

Another way.—Put as much salt to three pints of raw cream as shall season it: stir it well, and pour it into a sieve in which you have folded a cheese-cloth three or four times, and laid at the bottom. When it hardens, cover it with nettles on a pewter plate.

Rush Cream Cheese.

To a quart of fresh cream put a pint of new milk, warm enough to make the cream a proper warmth, a bit of sugar, and a little rennet. Set near the fire till the curd comes; fill a vat, made in the form of a brick, of wheat-straw or rushes sewed together. Have ready a square of straw, or rushes sewed flat, to rest the vat on, and another to cover it; the vat being open at top and bottom. Next day take it out, and change it as above to ripen. A half-pound weight will be sufficient to put on it.

Another way.—Take a pint of very thick sour cream from the top of the pan for gathering butter, lay a napkin on two plates, and pour half into each, let them stand twelve hours, then put them on a fresh wet napkin in one plate, and cover with the same; this do every twelve hours until you find the cheese begins to look dry, then ripen it with nut-leaves; it will be ready in ten days. Fresh nettles, or two pewter plates will ripen cream-cheese very well.

Gloucester Green Cheese.

For a cheese of ten or twelve pounds take about two handfuls of sage, and one of marigold leaves, and parsley, bruise and steep them all night in milk. Next day strain off the milk, and mix with it about a third of the quantity required, but run the greened and clear milk separately, and keep the two curds also apart till both are ready for the vat. The mode of mixing them depends on fancy. Some crumble the two ends together, mixing them intimately, while others break the green curd into fragments, or cut it into figures with tins made for the purpose. In vatting, the fragments are placed on the outside, first laying the bottom of the vat with them, and crumbling the white of the yellow curd among them.

Stilton Cheese.

Put the cream that has been produced in the night into the next morning's milk, with the rennet; but the curd, instead of being broken, is to be taken out altogether. Place it on a sieve, and while draining, gradually keep gently pressing it, till it has acquired a consistency; then place it in a wooden hoop, and keep it dry on boards; turning it frequently, and bind a cloth round it, tightening the same as occasion requires. In some dairies the cheese, after being taken out of the hoop, is bound tight round with a cloth, which is changed every day till the cheese stands in need of no farther support. After taking off the cloth it must be rubbed every day for two or three months with a brush, and when the weather is damp this should be done twice a day.

Imitation of Cheshire Cheese.

When the milk is set, and the curd has come, it must be drawn on one side with the hands, and broken gently and regularly, otherwise much of the richness will go into the whey. Put the curd into the cheese vat, and, when full, press and turn it often, salting it at different times. The size of each cheese is usually about eight inches in thickness, and it is not usual to cut one under twelve months, dur-

ing time which it must be frequently turned and rubbed. At the end of the year a hole may be cut in the top, and about a quarter of a pint of white wine poured in; then stop up the cavity, and set the cheese in a wine cellar for six months longer.

Net Cheese.

Net cheeses are made in Wiltshire, and prepared in most respects like others, but it is observable, that they are never eyed, as it is called. In making them, the curd is squeezed with the hand as closely and tightly as possible into the net, and to this natural pressure may be ascribed the circumstance of the cheeses being free from the defects which attend those made in the ordinary way.

Marigold Cheese.

Pick the best coloured and freshest leaves you can get, pound them in a mortar, and strain out the juice, which must be put into the milk at the same time with the rennet, and both stirred together. The milk being set, and the curd come, break it as gently and equally as you can; then put it into the vat, and press it with a moderate weight, and have holes at the bottom to let out the whey.

To preserve Cheese Sound

Wash and wipe it with whey once a month, and keep it on a rack. If you want to ripen it, place it in a damp cellar. When a whole cheese is cut, the larger quantity should be spread with butter on the inside, and the coat wiped. To keep what is used moist, wrap round it a cloth that has been wrung out in cold water. Dry cheese may be advantageously used by grating it with macaroni. Some cheeses, especially those made in Gloucestershire, are highly coloured with annatto, which is perfectly harmless; but as many persons use red lead for cheapness, families would do well to avoid purchasing cheese which has that appearance. We have also been lately informed of dealers, who, in order to give a blue mould to their cheese, have inserted into them

pieces of copper or brass, the consequences of which have been, in some instances, fatal; for the dainty morsel thus produced is verdigris

PIGS.

Where cows are kept, pigs are generally kept also. The spare milk constitutes a great portion of their food, and much more is furnished in the inferior parts of vegetables, the prime of which is used for the cows. It is generally thought that breeding sows do not answer so well as buying those of about four months old, early in spring; however for those who choose to keep a sow;—at the time of her bringing forth she wants good attention, being careless, and apt to roll over her pigs, or otherwise injure them. The first food should consist of nourishing wash, pot-liquor, or milk thickened with fine pollard and barley meal; the same food is proper for the young pigs. At this time the sow requires to be well fed; so indeed she does before pigging; it is a very false notion to have her spare at that time; if she be so, the pigs will be worth nothing; and her strength be completely reduced by a week's suckling.

Besides two meals daily, as above directed, she should have one of dry meat; as a pint of peas or beans, with half a peck of carrots, boiled potatoes, or the like; potatoes alone are a poor dependence; and the young pigs ought not to be fed with them, or with any loose vegetable trash, until three months old. The sow may be let out to air herself at pleasure, and after awhile the pigs to accompany her, but never in bad weather. The pigs may be weaned at two months old, after which the sow should be shut up, and well fed; she should farrow in January and July. The sucking pigs will be fit for use from three to five weeks old. If intended for rearing, when weaned, they should have at least a month of delicate feeding, warm lodging and care; the same food as while they were with the mother. They may indeed be reared much cheaper, but not so profitably. From four

months old, or rather less, a pig will graze, eat tops and stumps of cabbages, Swedish turnips, in short, any thing of that kind, that is otherwise useless, all dish wash and pot liquor, grains if you brew, a little of any kind of corn, beans, oats, barley, rye, buck-wheat, or tares; linseed boiled with potatoes, makes good wash. Any kind of corn may be given to pigs in the straw; they are good threshers. Through the summer months they will chiefly support themselves abroad, upon clover, lucerne, or tares; and in autumn upon acorns. Very young pigs especially ought not to be left abroad in continual rains; and they will always pay for a feed of old beans with their clover.

As to fattening, it may be conducted either in confinement or at large in a yard; they thrive best singly;—they should be fed, if possible, three times a day; taking care to allow just so much, that the animal may be thoroughly satisfied, and the trough entirely cleared: by this plan the animal will fatten most speedily and effectually, while needless waste is prevented. The pig must now be allowed no more clover, acorns, or potatoes. Skimmed milk, and pea, oat, or barley meal, make the best food, and answer the best too; the meat so fed being superior to any other in flavour, substance, and weight; bean-fed pork is hard and ill-flavoured. A pig will eat two or three pecks of corn a week; a hog upwards of a bushel, according to his size; his allowance should be gradually increased. Do not grudge him food; he cannot eat too much. A poor fed pig is worse than no pig at all; the pig and his sty should be kept very clean; he should be frequently washed and combed, and he will thrive all the better for it. His food, as much as possible, should be given hot. From November to March is the best season for killing.

RABBITS.

They should be kept in a warm and dry place, and yet airy and very clean; each rabbit hutch should have two rooms, one

for feeding and one for sleeping in; their troughs should be bound with tin, as they are apt to gnaw the wood; the hutches should stand a foot or more from the ground, for the convenience of cleaning them; they should also be set a little sloping backwards, with a very small hole or crack at which the urine may run off. The dung of these animals is very valuable, and, if intended for sale, should be carefully kept free from litter.

The food proper for rabbits is oats, peas, wheat, pollard, buck-wheat, carrots, parsnips, Jerusalem artichokes (if potatoes are used, they must be baked or steamed), lucerne, cabbage leaves, clover, tares, furze, parsley, sow thistles, lettuce, dandelion roots, clover and meadow hay, pea and bean straw; if grains are given, they must be mixed with good dry meal or pollard. They should be fed at least twice, and if possible three times a day. Rabbits may indeed be kept, and even fattened upon roots, good green meat, and hay; but they will pay for corn; the better the food the greater weight, better quality, and more profit. Rabbits, which have as much corn as they will eat, can never take any harm in being allowed almost an equal portion of good substantial vegetables. The chief thing to be avoided with rabbits is too much moisture, either in their food or habitations; they are just as liable to the rot as sheep, and from the same causes; but, with regular and careful attention, no live stock is less liable to disease than rabbits.

The does should not be allowed to have more than six litters a year; the young ones may be removed from her at six weeks; at first, the young rabbits should have oats at least twice a day, or pea meal, mixed with fresh grains, and but a small proportion of green food. To a breeding doe, both before and while she suckles, plenty of good green meat should be given, and plenty of solid food too. She will bring forth from five to ten at a litter; but if the number exceed six, it is better to destroy the weakest; six, or at most seven, is quite large tax enough on the mother. When her time of kindling is near at hand, and she begins to pluck off the fine flue from her body, plenty of sweet dry hay should be given her to assist in making her bed. If she should appear

weak or chilly after bringing forth, let her have some warm fresh grains, or fine pollard, scalded, or barley meal mixed with a little beer.

FOWLS.

The warmest and driest soils are best adapted for the purpose of breeding and rearing poultry. The greatest success may be expected, attended with the least trouble; however, persons who choose to keep them, must use the best place they can command. If possible, it should be a gentle slope, that the damp may run off. They should have heaps of dry sand, or sifted ashes, to roll themselves in, as this cleanses their feathers, and preserves their health; their roosting-place should be dry and warm, and kept perfectly clean; for nests, little flat baskets placed against the sides of the hen-house, or bits of wood nailed up for the purpose, do very well; but boxes do better, as the wicker work lets in the cold.

The fowls for breeding should be young. A cock of two years old to four or five hens, whose age should be from two to five years. Short and soft straw is best for making nests. The number of eggs for sitting must be from nine to fifteen, according to the size of the hen; they should be marked; and when the hen leaves her nest it should be examined, that if she has laid any more, they may be removed. Corn and water should be placed near a sitting hen, and removed as soon as she is satisfied. Some hens will almost starve themselves, rather than quit the nest in search of food; others, if food is always before them, will be continually getting up to partake of it.

When the period of hatching arrives, the chickens first hatched should be removed, lest the hen, in her anxiety to feed them, should leave her task unfinished. They will require no food, though kept from the hen for several hours, they must be secured in a basket of wool or soft hay, and put in a moderate heat; if the weather be cold, near the fire.

The first food should be split grits, and eggs boiled hard, or curd chopped small; afterwards tail wheat. All watery food, soaked bread, or potatoes, are improper. Their water should be pure, and often changed; they must be kept under a coop three or four days, after which they may be suffered to range; they must not be let out too early in the morning, or while the dew is yet upon the grass; they must also be guarded against sudden changes of the weather. As to feeding and fattening fowls, those thrive best, and are the finest for eating, that live most in their natural state; picking up the stable offal, and barn-door scatterings, together with a daily feeding or two. It is a mistaken notion to coop them a week or two with a view to increasing their fat; they pine for liberty, slight their food, and lose instead of gaining flesh. Instead of the tail corn, which is usually given to poultry, it is much more advantageous to allow them the weightiest and best; the difference will be seen, not only in the size and flesh of the fowls, but in the weight and goodness of the eggs; two of which go farther, in domestic use, than three from hens fed on common corn and washy potatoes. Barley and wheat are the great dependence for chicken poultry: the best oats will do; but neither go so far as other corns, nor agree so well with the chickens. Buck-wheat, cabbage, mangel-wurzel leaves, parsley, and other herbs, chopped fine, may be given them.

To Fatten Fowls or Chickens in four or five Days.

Set rice over the fire in skimmed milk, only as much as will serve one day. Let it boil till the rice is quite swelled out; you may add a tea-spoonful or two of sugar, but it will do well without. Feed them three times a day, in common pans, giving them only as much as will quite fill them at once. When you put fresh food, let the pans be set in water, that no sourness may be conveyed to the fowls, as that prevents them from fattening. Give them clean water, or the milk of the rice, to drink; but the less wet the latter is, when perfectly soaked, the better. By this method the flesh will have a clear whiteness which no other food gives; and when it is considered how far a pound of rice will go, and how much

time is saved by this mode, it will be found to be as cheap as barley meal, or more so. The pan should be daily cleaned, and no food given for sixteen hours before poultry be killed.

To choose Eggs at Market and to preserve them.

Put the large end of the egg to your tongue; if it feels warm it is new. In new-laid eggs there is a small division of the skin from the shell, which is filled with air, and is perceptible to the eye at the end. On looking through them against the sun or candle, if fresh, eggs will be pretty clear. If they shake they are not fresh.

Turkeys.

The hen and brood must be housed six weeks, and afterwards the hen had better be cooped a fortnight longer, to prevent her travelling farther than the strength of her young ones is equal to. Young turkeys should never, even in dry weather, go out before the dew is off the ground, till they are as large as an old partridge, and well covered with feathers; in wet weather they should be always under cover, and fed with barley meal, or milk turned into curds, and made fresh every day, which is excellent for all young poultry. Water is preferable to milk for their drinking. Damp and wet are always to be avoided for poultry.

When young turkeys get their head feathers, they are hardy, and want room to prowl about in. Never let turkeys be poor. Barley meal, given them fresh and fresh, will very soon fatten them, either in the house, under a coop, or running about; boiled carrots and Swedish turnips are also good. They would prefer roosting abroad in high trees, in the summer season, if that could be permitted with safety. Turkeys are tender and delicate to rear; but with due care and attention they pay well.

Ducks.

A duck will cover from eleven to fifteen eggs. The white eggs are produced by white and light coloured ducks; the greenish blue from those of a dark colour. In setting a duck, it should be observed to give her all eggs of her own

She will not require attention during sitting; but having chosen for herself a secret and safe place, will, as occasion requires, carefully cover up her eggs, and seek for herself food and refreshment of water. After hatching, when the duck begins to move from the nest, with her brood, she should be placed under a coop, at a distance from any other ducks, upon the short grass, if the weather be fine, or under shelter if otherwise. A wide flat dish of water, often to be renewed, standing at hand; barley or any other meal, the first food.

If the weather is fine, and the ducklings strong, they need not be confined to the coop longer than a fortnight; and rather earlier than that they may be allowed to enjoy the pond, but not too long at a time, least of all in wet weather. If young ducks scour, and appear rough and draggled, they must be kept within a while, and have bean or pea meal mixed with their ordinary food, or with buck-wheat. The straw should be often removed, that the brood may have a dry and comfortable bed, and the mother should be well fed with solid corn. Whatever animals are kept should be well fed, both for policy and humanity. Duck eggs are often hatched by hens; but it is a cruel thing, considering the distress it occasions the poor hen, when she supposes her little ones to be in danger of drowning. For fatting ducks or geese, barley in any form should never be used; oat and pea meal, mixed with pot liquor, is the best thing for that purpose. Ducks whohave their range are very fond of acorns, and fatten quickly upon them; but the flesh is not quite so delicate.

Geese.

Geese can be kept to advantage only where there are green commons; there they are very hardy, long-lived, and profitable to their owners. If well kept, a goose will lay one hundred eggs in the year. A nest should be prepared for the goose in a secure place, as soon as by carrying straw about in her bill she declares her readiness to lay. An early spring is favourable to geese; as it allows time for two broods in that season. This end may also be attained by feeding breeding geese throughout the winter with solid corn; and

in the breeding season giving them boiled barley, malt, fresh grains, and fine pollard mixed with ale. When geese are to be fattened, give them some sort of corn, Swedish turnips, boiled or raw, with corn, carrots, white cabbages, or lettuces. An equal quantity of meal of rye and peas, mixed with skim milk, forms an excellent food for either geese or ducks.

To preserve Eggs

The proper time of doing this is early in spring, when the hens lay plentifully, and before they begin to sit. There are several ways of preserving them for use or sale, at the season when they become dear. 1. By dipping them in boiling water, and taking them out instantly; or, 2. by oiling the shell, or rubbing them over with melted suet; and then packing them closely endways in lime, bran, or salt; the lid of the box in which they are packed being closely shut; 3. by placing them on shelves, with small holes to receive one in each; they must be placed endways and changed every other day.

Feathers

In towns, poultry being usually sold ready-picked, the feathers, which may occasionally come in small quantities, are neglected; but orders should be given to put them into a tub free from damp, and as they dry to change them into paper bags, a few in each; they should hang in a dry kitchen to season; fresh ones must not be added to those in part dried, or they will occasion a musty smell, but they should go through the same process. In a few months they will be fit to add to beds, or to make pillows, without the usual mode of drying them in a cool oven, which may be pursued if they are wanted before five or six months.

Pea Fowl.

These are to be treated as turkeys, taking particular care to keep the young out of the way of the cock, till the crown feathers of the head are grown, otherwise he will kill them. Nature, however, has taught the hen bird to guard her

offspring from this savage practice of her partner, by taking them away from him as far as possible.

Guinea Fowl.

These lay a great number of eggs, the hatching of which is very difficult, for as the parent bird is a bad nurse, it will be advisable to employ the common hen in her room. It is customary, but for what reason is not clear, to put one or two pepper-corns down the throat of each chick when newly hatched. They require great warmth, and careful feeding with rice parboiled in milk, or bread soaked in the same.

Pigeons.

These are very profitable live stock. They cause but little trouble, take care of their young ones, and do not scratch or do any mischief in a garden. They may be fed with tares, peas, small beans, or buck-wheat, and rape seed: cleanliness is very essential to their comfort and thriving. The floor of the place they inhabit should be strewed with sand or sifted gravel, and swept out daily. Pigeons are very fond of water; and will appear greatly refreshed and delighted by exposure to a shower of rain. When kept in doors, a wide pan of fresh water should be always within their reach, in which they may bathe, which greatly promotes their health, cleanliness, and comfort. Where many pigeons are kept, it is a good way to mix some loam, sand, old mortar, fresh lime, and bay salt, with a little strong smelling spice; as allspice, carraway seeds, or coriander or cummin seeds, or the drug assafœtida; and moisten it into a consistence, with chamber-lye. The smell of this attracts the pigeons to their place; and pecking at this mass is a great amusement to the birds, and in some way or other seems to have an influence in preserving them in health. To begin keeping pigeons, they must not have flown at large before you get them; they must be kept two or three days shut up in the place that is to be their home, well fed, and gratified with the above preparation.

BEES.

The best hives are those made of clean unblighted rye straw, with a thatch of the same, which should be replaced by a new one every three or four months. The hives should be in a shed, with a top, back, and ends, to keep them warm in winter; they should not, however, be too hot in summer, and they should face the south-east, or at least be always sheltered from the north, and in winter from the west also. In a dry summer you should place clear water near the hive, in something they can drink out of; they collect more honey from buck-wheat than from any thing else; it need not be added, all garden flowers are valuable, on account of the food they furnish for bees. Never keep the same stall or family over two years, unless you want to increase your number of hives: the swarm of one summer should always be taken in the autumn of the next year.

The chief thing to attend to in bees, is to keep away fowls and birds, particularly the bee-bird. If you see wasps, hornets, or ants, watch them home, and kill them in the night by fire or boiling water. The hives should be placed on a bench, with tin round the legs, to keep down rats and mice; but, as this will not keep off ants, take a green stick, twist it round in the shape of a ring, lay it on the ground round the leg of the bench, and a few inches from it, and cover it with tar. When the bees hang out, and hesitate to swarm, if you put on a top hive, they will soon fill it; when they have done so, take it off for the sake of the honey, of which perhaps you may find a great deal; put another hive on directly, and in another fortnight take it off again, and take out the honey. There are two kinds of wax, white and yellow; the first is bleached, the last is as it comes out of the hive. After the honey is taken out of the comb, the remaining part is put into a kettle with some water, in which it is melted over a moderate fire, and then pressed through a linen cloth to strain

it. Take the scum off before it is cold, and pour it into moulds. Wax is bleached, or made white, by spreading it in very thin cakes, and exposing it to the air both day and night; when quite white, the cakes are melted, and put in moulds.

TABLE ARRANGEMENTS.

On this subject little need be said, for the following reasons.

1. Under the directions for preparing various articles of cookery, an intimation is generally given, unless the case were so obvious as to render it unnecessary, for what purpose it is adapted, whether as a principal or a side dish, whether for the family dinner table, or the tasty supper, or luncheon tray.

2. The plates of family dinners for every month in the year give suitable hints, as to propriety of providing and arranging, quite sufficient for any persons of common sense and taste; and to cumber those who possess neither, with farther directions, would at best be lost labour. And,

3. It is not likely that the arrangement of a table, where any special form is to be observed, will be committed to persons who are not quite capable of filling up skeleton hints from their own taste and observation.

In general, it may be observed, that in plain dinners, when there are only soup and meat, the soup is placed at the head of the table; when fish, soup, and meat, the fish at top, soup in the middle, and meat at the bottom; when boiled and roast meat, the boiled at top; poultry and roast meat, the former at top; ham in the middle. If two kinds of roast meat, that with which the ham is eaten at top; as, for example, fillet of veal at top, roast beef at bottom—vegetables and sauce-boats to be placed straight on each side of the middle if there is no centre dish; if there is, then at cross corners.* When there are to be two or more courses, the articles suitable for the first course are, soups and stews of every kind, ragouts

* A very little experience and observation will accustom an intelligent servant to place these things so as to present the most tasty appearance, and at the same time, to avoid crowding them into the room required for plates.

CHAP. XII.

BILLS OF FARE, TABLE ARRANGEMENTS, AND CARVING.

As the seasons of each leading article have in general been stated under their respective heads, it is now only necessary to give a very brief tabular view of the various productions and appropriate supplies of the respective months.

[s] Denotes that the article is just in high season. [r] Denotes that the article is esteemed as a rarity, and if vegetable, is forced, and consequently expensive [f] Denotes foreign. [d] Denotes dried or preserved.

	Meat.	*Poultry.*	*Game.*	*Fish.*	*Vegetables.*	*Fruits—Domestic, Foreign, and Preserved.*
JANUARY ...	[s]Beef, Mutton, Veal, [rs]House Lamb, Pork (both rind Pork & Hog-meat), [r]Sucking Pig. Bacon, Ham, Tongues, and other salted & dried provisions are of course in season all the year round, but Chine or Tongue is the usual accompaniment of Pork at this season.	[s]Turkeys, Capons, Fowls, [r]Chickens, Rabbits (tame), Wood Pigeons, [s]Wild Ducks, [s]Widgeons, [s]Teal.	Hares, Partridges, Pheasants, [s]Snipes, [s]Woodcocks.	[s]Cod, [s]Soles, Flounders, [s]Plaice, [s]Turbot, Holibut, Thornback, Skate, Herrings, Sturgeons, Smelts, Whitings, [s]Sprats, Lampreys, [s]Oysters, Eels, Carp, Tench. Lobsters and Prawns may be had, but are not common, except the season be very mild.	Potatoes, Carrots, Parsnips, [s]Savoys, [s]Turnip-greens, Cabbage, Brussels and Scotch Kale, Sprouts, [r]Brocoli, Leeks, Jerusalem Artichokes, Onions, Beet, Sorrel, Chervil, [s]Endive, Spinach, Celery, Garlick, Scorroneza Parsnips, Turnips, Shalots, [r]Lettuce, [r]Cress, [r]Mustard, [r]Radishes, Salsafy, Water-cress.	Apples, Pears, Nuts, Medlars, Services, [f]Almonds, [f]Oranges, [f]Lemons, [f]Grapes, [f]Raisins, [f]Figs, [f]Prunes, [f]French-plums, [d]Greengages, [d]Apricots, [d]Jargonel Pears, [d]Cherries, [d]Currants, [d]Raspberry-cakes.
FEBRUARY..	Same as last month, with the exception of Sucking Pig.	Same as last month, with the addition of Tame Pigeons.	Same as last month.	Same as last month. Cod now goes out of season; also Sprats and Herrings. [r]Salmon.	As above. If a mild season, the vegetables, above marked as scarce and forced, are becoming rather more plentiful; and [r]Cucumbers, [r]Asparagus, [r]Mushrooms.	Same as above, excepting Nuts, Grapes, Medlars, Services. [f s]Oranges.

MARCH.. ..	Same as last month. In mild seasons, Grass Lamb may be obtained towards the end of the month.	[r]Chickens & Ducklings may be now obtained at the principal markets, but at extravagant prices. Turkeys are going out, also Wood Pigeons, Wild Ducks, Widgeons, and Teal. Young Capons and Fowls are scarce; Tame Rabbits plentiful. [s]Tame Pigeons. Eggs become plentiful.	None.	Same as last month. [r]Salmon.	[s]Broccli, [s]Coleworts, [s]Sprouts of all kinds. Spinach, Lettuce, Mustard, [s]Cress, [s]Radishes, Young Onions, [s]Escallions, Celery, Celeriac, Cardoons, early French Turnips, Carrots, Parsnips, Jerusalem Artichokes, [r]Asparagus, [r]Mushrooms, [r]Cucumbers, [r]French Beans, [r]early Potatoes.	Pears, Apples, [r]Strawberries. Foreign and preserved fruits as above. [f s]Oranges, [f s]Lemons.
APRIL.....	Beef, Mutton, [s]Veal, [s]Lamb, Pork, (if the season be mild and forward, Pork is now on the decline.) [s]Sucking Pig.	Chickens & Ducklings, [s]Pigeons, [s]Rabbits.	None properly; but Leverets are sometimes obtained and highly esteemed.	[s]Salmon. [s]Trout, Tench, Carp, Jack or Pike, Mullets, Eels, Whitings, Soles, Plaice, Turbot, [s]Smelts, Skate, [s]Lobsters, Crabs, Crayfish, Prawns, Shrimps, and fresh-water fish in general. Mackerel. Oysters through this month are on the decline, and after its close quite rejected.	Same as last month, except that Turnip-greens and Sprouts in general go out; as also old Roots, Carrots, &c. [s]Asparagus is becoming more plentiful in the open ground; also all kinds of Salad and Pot-herbs; and the forced productions of last month, in general, are now becoming more accessible.	[r]Strawberries, [r]Cherries, Apricots and Rhubarb for tarts. A few old Apples are still preserved, of which the Woodstock or Blenheim Orange is one of the most valuable. Foreign and preserved fruits as above.
MAY.....	Beef, Mutton, [s]Veal, [s]Lamb, Sucking Pig. Mutton now becomes coarse and tough, and is little used through the Summer.	Chickens, Ducklings, Turkey Poults, Green Geese, Fowls and Pullets, Rabbits.	Leverets, as above.	As above. Mackerel and Salmon in full season. Pickled Salmon.	[r]Early Potatoes, Spring Spinach, [r]Peas, [r]Cauliflowers, [r]Kidney Beans, Young Carrots, [s]Asparagus, [r]Artichokes, Turnips, Cabbage, Radishes, all sorts of Salad, young Onions, Chives, Escallions, Dutch Onions, and Pot-herbs in general. Cucumbers.	Green Apricots, Gooseberries, & Currants, for tarts. [r]Strawberries & Cherries still forced. Oranges are becoming scarce. Foreign and preserved fruits still form the chief matter of deserts.

	ral. Cucumbers.					

BILLS OF FARE, &c.—*Continued.*

	Meat.	*Poultry.*	*Game.*	*Fish.*	*egetable.*	*Fruits—Domestic, Foreign, and Preserved.*
JUNE	Same as May, with the addition of Buck Venison.	Chickens, Ducks, GreenGeese, Fowls, Plovers, Turkey Poults, Wheatears, Rabbits.	Leverets, as before.	Same as above. [s]Pickled Salmon.	[s]Peas, [r]Beans, young Potatoes, &c. as above. [s]Asparagus, [s]Cucumbers, [s]Cauliflowers, [r]French Beans.	[s]Strawberries, Cherries, Gooseberries, Currants, [r]Melons.
JULY	As above.	As above, with the addition of Tame Pigeons.	None.	As above. Mackerel on the decline. Oysters are legally sold after July 25, but are by no means in season. Soles and Smelts go out. Cod comes in about the same time.	[s]Peas, [s]Beans, [s]French Beans, [s]Cauliflowers, new Potatoes, [s]Artichokes, [s]White Cos Lettuce, [s]Cucumbers. Asparagus on the decline. Salad of all kinds in abundance, other vegetables as last month. Mushrooms, Nasturtiums.	Strawberries, [s]Gooseberries, [s]Currants, Cherries, [s]Raspberries. Codlings and June-eating Apples, Melons, [r]Apricots, [r]Plums, [r]Nectarines, [r]Peaches, [r]Pineapples, [r]Grapes.
AUGUST	As above.	As above. Pigeons.	None.	As above, with the entire exclusion of Mackerel. Salmon on the decline.	Peas and Beans on the decline. Asparagus done with. [s]Mushrooms and other vegetables as last month. [s]Vegetable Marrow, [s]Turnip Radishes, [s]French Beans, [s]Cucumbers	[s]Plums, [s]Greengages, [s]Apricots, Grapes, [s]Mulberries, [s]Morello Cherries, [s]Summer Apples in general. [s]Windsor & Sugar Pears, Jargonels, Gooseberries and Currants, [s]Melons, Damsons, Nectarines, Peaches, Pines.

SEPTEMBER	Beef, Mutton, Veal, Lamb, Pork (not to be desired except the weather is very cool), Sucking Pig.	As above. Poultry now becomes cheap. Plovers & Wheatears go out.	[s]Hares and [s]Partridges. Wild Rabbits.	Cod, Haddock, Flounders, Plaice, Skate, Thornback, Mullet, Pike, Carp, Eels, Lobster, Crabs, Prawns, Shrimps, and Crayfish. Salmon quite out.	Same as last month. For the end of this month and beginning of next, a late crop of Peas and Cape Broccoli will come in. Cucumbers on the decline.	[s]Peaches, [s]Plums, [s]Nectarines, [s]Figs, [s]Filberts, [s]Grapes, [s]Apples, [s]Pears, [s]Morello Cherries. [s]Pines, [s]Melons, Medlars, Quinces, [s]Damsons, [s]Walnuts, Services.
OCTOBER . . .	As above. Lamb scarcely distinguishable from Mutton. Pork in season, Doe Venison.	As last month, with the addition of Larks & Dotterels. Michaelmas Geese. Ducks go out.	[s]Pheasants, [s]Hares, and [s]Partridges.	Dories, Smelts, Pike, Perch, Holibut, Brill, Carp, Trout, Barbel, Gudgeon, Tench, and Shell-fish. Oysters daily improving. Muscles, Cockles.	Cucumbers and Mushrooms done with. Potatoes, Carrots, Parsnips, Onions, &c. mature. Turnip Radishes, Turnips, Lettuce, Endive, Beet, Celery, Spinach.	Apples, Pears, Nuts, Filberts, Walnuts, Bullace, Damsons, Chesnuts, Medlars, Grapes, all in full season.
NOVEMBER .	[s]Mutton, Beef, Veal, [s]Pork, Doe Venison.	As above.	As above, with the addition of Wild Ducks, Teal, Snipes, Widgeon & Grouse.	As above. [s]Oysters.	As above. The tops of Scotch and Purple Kale, or Bore Cole, and of Brussels Sprouts, yield excellent greens; also Savoy & Cabbage Plants.	As above, with the exception of Damsons. Grapes preserved in bags of gauze or flannel. All kinds of Nuts preserved in doors. Oranges come in.
DECEMPER	[s]Mutton, [s]Beef, Veal, [s]Pork, Doe Venison.	Geese, [s]Turkeys, Pullets, Wood Pigeons, Capons, [s]Fowls, Chickens.	[s]Rabbits, Hares, [s]Snipes, [s]Woodcocks, [s]Larks, [s]Pheasants, Partridges, Sea Fowl, Guinea Fowl, Wild Ducks, Teal, Widgeon, Dotterel, Dunbirds, Moor Hens, Grouse.	[s]Cod, [s]Turbot, [s]Holibut, [s]Soles, Guruts, Sturgeon, Carp, Gudgeon, Codlings, Eels, Dories, [s]Oysters.	Mature roots & greens, as above. [s]Celery, Lettuce, small Salad, and Radishes, sheltered or forced.	As above, with the exception of Damsons. [f]Almonds, Raisins, Figs, and other foreign fruit now come in new.

January.

February.

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March.

April.

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May.

June.

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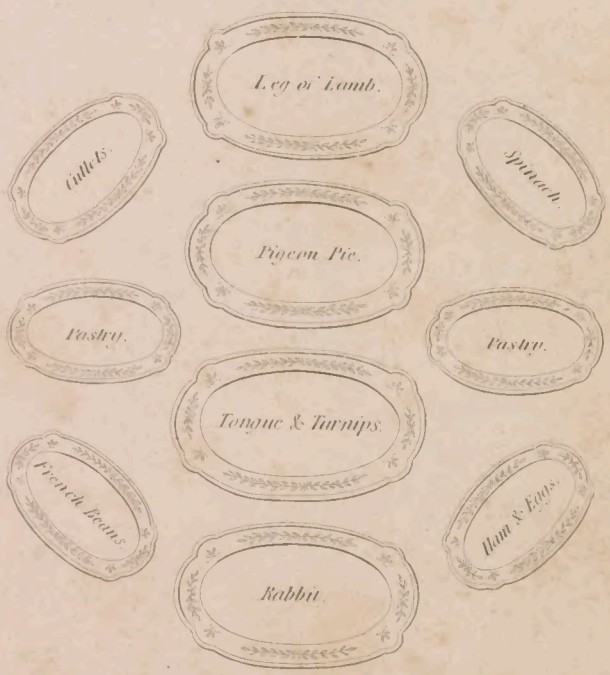
July.

August.



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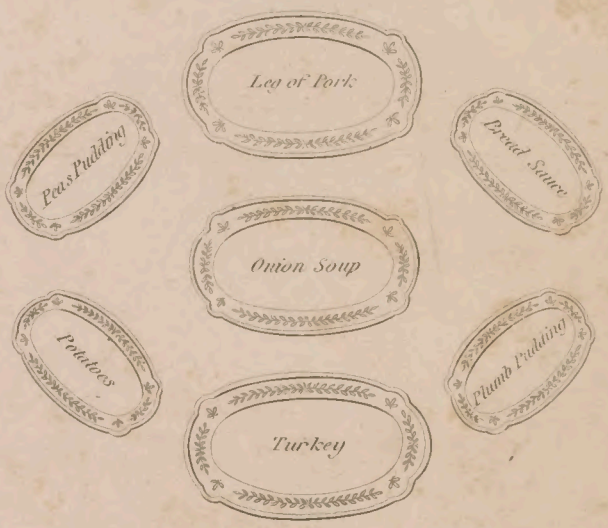

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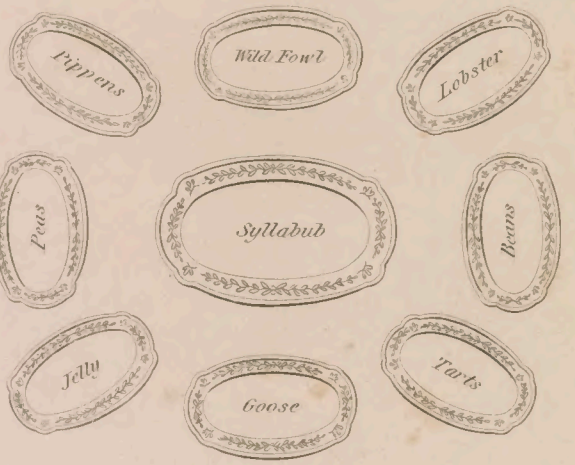

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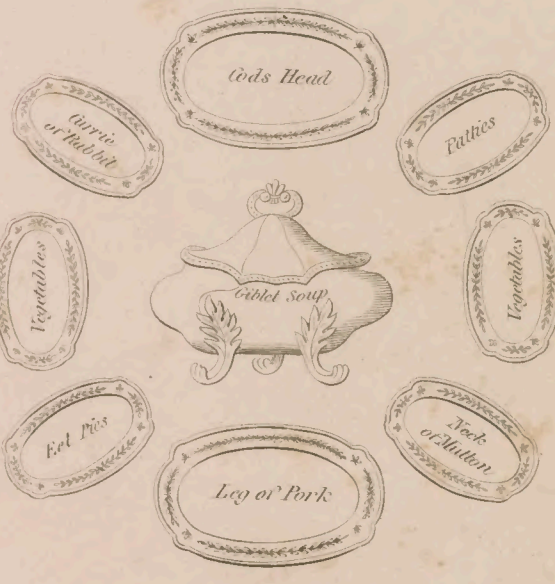

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and fricasees, boiled and roast meats; poultry and the suitable accompaniments of bacon, ham, tongue, &c. and vegetables of different kinds; also meat and pigeon pie. In large dinners there are usually two kinds of soup and two dishes of fish.

For second courses, birds and game of all sorts are suitable; shell fish, cold and potted; fish, or birds; or brawn collared, potted, or pickled. Vegetables of various kinds, stewed or in sauces; omelets, oysters stewed or scalloped; patties and tarts of fresh or preserved fruits, cheesecakes, and all kinds of sweet dishes, as creams, jellies, &c.

The great matter is to make a genteel and tasty appearance, without a vain and useless extravagance, and without cumbering and crowding the table.

When a tasty dinner is to be served, much of a good housewife's care is necessary to combine appearance with economy; with this view, in the selection and arrangement of her dishes, she will avoid having many things of a perishable kind, or that will not bear rewarming or eating cold. Nor will she forget to examine the larder, and, if possible, dish up from the remains of a former meal some little matters which may add to the appearance without adding to the expense.

In some families there is more intent on comfort than splendour; one dish at a time is sent up with its accompaniments of vegetables and sauces, and others in succession hot and hot.

Others have in succession, 1st, soup and fish, 2nd, meat and poultry, 3rd, game and made dishes, 4th, sweet dishes; but these modes are not common, nor perhaps suitable, from the consideration that scarcely any will partake of so great a variety of dishes, and that it would occasion the inconvenience to all the party in turn of waiting while others proceed.

In large dinners it is common to spread the whole at once; in which case the vegetables and sauces are usually placed on side tables and brought round by the servants; but some inconveniences attend this plan. If there are not many to attend on the company, it is probable that things will be asked for several times before all can be served; and if there are many servants they may be running one against another, and

spilling the sauces &c. on the company, the table cloth, or the carpet. It is much better to have a table of a sufficient size, and place on it no more than can be placed commodiously and elegantly.

Any of the following things may be served as a relish, with the cheese, after dinner. Baked or pickled fish done high, dutch pickled herring, sardinias, which eat like anchovy, but are larger; anchovies, potted char, ditto lampreys, potted birds made high, caviare and sippets of toast, salad, radishes, French pie, cold butter, potted cheese, anchovy toast, &c. Before serving a Dutch herring, it is usual to cut to the bones without dividing, at the distance of two inches, from head to tail.

Suppers are comparatively but little used since the practice has been adopted of dining late. A few sandwiches, tarts, jellies, cakes, &c. are usually served on the side-board. When a substantial supper is required, the principal dishes are understood to be roasted game or poultry, cold meats sliced, ham, tongue, collared and potted things, grated beef, Dutch herring, kipper, highly-seasoned pies of game, &c. &c. with soups—an addition to modern suppers which, is often found peculiarly grateful and restorative. Minced white meats, lobsters, oysters, and crayfish, dressed in various forms; sago, rice, the more delicate vegetables, poached eggs, scalloped potatoes, or potatoes in balls, or as little cakes, are all suitable articles of the solid kind. To these we may add cakes, tarts, possets, creams, jellies, custards in glasses or shapes; preserved or dried fruits, pancakes, fritters, puffs, tartlets, grated cheese, butter in little forms, sandwiches, and the catalogue of the more stimulating dishes, as anchovy toasts, devils, Welch, English, and Scotch rabbits, roasted onions, salmagundi, smoked-sausages sliced, and those other preparations, equally best adapted to the purpose.

A supper-table should neither be too much crowded, nor too much scattered and broken with minute dishes. Any larder, moderately stored, will furnish a few substantial articles for supper on an emergency. A few sweet things readily prepared, some small patties, shell-fish, and fruits, will do the rest. if the effect of contrasted colours, flavours, and forms,

be understood, and that light and graceful disposition of trifles, which is the chief art in setting off such entertainments.

CARVING.

Carving is now so commonly practised by gentlemen that the ladies may be considered in a great measure exempt. It is, however, a very desirable accomplishment. Every mistress should be competent to preside at her own table; and as expertness is best gained by experience, it would be very advantageous that young ladies, before they quit the parental roof, should be permitted to assist occasionally in doing the honours of the table. By acquiring early habits of doing these things with propriety, under the direction of a mother, they will be prepared to do them with facility and confidence at a table of their own.

To carve with ease and elegance it is essential that we be furnished with a good and suitable carving knife. These are varied in size and form according to the purposes for which they are intended. For carving a large fleshy joint, as a round of beef, &c. a long blade will be necessary; for lamb, &c. a smaller size will answer; and for poultry and game a still shorter blade, sharp pointed and somewhat curved. The knife should be as light as is compatible with the size and strength required. The edge should be very keen, and a good steel always at hand. A guard fork is generally used, and for large joints, or carving which requires the exertion of strength, it is a necessary security; but for small carving it is a needless and rather cumbersome appendage. It is the cook's business to see that the butcher properly divides the joints of necks and loins in every kind of meat, as this materially facilitates the operation of the carver. The seat of the carver should be sufficiently high to command the table, and render rising

unnecessary. For fish, a silver fish-knife or trowel is to be preferred, as preserving the flakes more entire, which contributes greatly to the beauty of its appearance.

It is scarcely necessary to observe what innate politeness would dictate, that each person, as far as possible, should be furnished with a portion of the best parts; but, as this is often a mere arbitrary matter of custom, it may be desirable to point out what are esteemed the prime parts, which will be done under each article.

FISH.

Salmon.

The middle and upper part of this fish are most esteemed. The flakes down the back are the firmest, but those of the flank are more rich and fat. It is usual to take the slices lengthways, and to help a slice of each, with a portion of the roe, liver, or melt, though these, in large fish, are seldom eaten.

Cod.

Of this fish the head and shoulders are the most esteemed, and indeed the only parts usually served at genteel tables; the trowel should be introduced in the direction of the back bone at *a*—*c*, and slices taken in that direction as far as to *b*—*d*. The sound, which is esteemed a great delicacy, lines the back bone. It is a glutinous substance, of a somewhat darker colour than the other parts of the fish. It must of course be taken in the same direction as the above slices, only withinside of the back bone. The glutinous parts of the head are also esteemed a nicety.

Turbot.

The fish-knife is to be entered flat ways in the middle of the fish close to the bone, and to bring out as much meat as will lie on it. The middle, which is the richest meat, is the part

most esteemed. When the meat on one side is removed, the back bone is to be raised with the knife and fork and laid aside, and the under part to be then served. The fins of this fish are esteemed a titbit.

Soles

Are to be cut right through the middle, bone and all, each sole, according to its size, will divide into three or four pieces, one of which will be suitable for each person.

Mackerel.

This fish is to be slit along the back, and one whole side taken off, half of which is a fair portion to put on each plate; the upper end is most esteemed, but not too near the head, as the meat near the gills is apt to be black and ill flavoured. The bone must then be removed and the under side served. The roes of mackarel are very nice; some people prefer the soft, and others the hard, roe. It is usual, therefore, to ask the question.

Eels and Jacks,

If fried, are cut into lengths of a suitable size for helping. The thickest part is esteemed the best. If boiled, these fish are to be cut through the bone in pieces of a proper length, preference being given to the thick part.

Whitings

Are cut through the bone and served in the same manner. These are the principal fish concerning which any direction can or need be given. The same rules that apply to turbot will serve for holibut, plaice, and other large flat fish. Those for cod equally well apply for ling and haddock; and small fish fried, as smelts, perch, &c. it is obvious are to be help whole.

POULTRY AND GAME.

A Fowl.

First loosen the legs, but not remove them, then take off the wings in the direction *a*—*b* (observation will afford improvement, but it is only practice that can render expert in hitting the joint exactly at the first trial). In removing the wings, the best way is to stick your fork in the pinion ; raise and draw the wing off towards the leg. By this method the muscles separate in a much more complete form than could be cut. Then with a fork turn the legs back, and the joint in a young fowl will readily give way. The merrythought is then to be separated, by carrying the knife in the direction *c*—*c*, slipping it under and raising the bone, which is thus to be drawn off with the fork. The neck bones, whose centre joint fitted that of the wing, are next removed; the knife must be inserted at *a*, when the fork will easily effect the removal by drawing off the long bone from the back, and turning back that which adheres to the breast. The next thing is to divide the breast from the back, by cutting through the tender ribs; then lay the back upwards, stick in the point of your knife in the hollow spoon-like bone on each side of the back bone, an inch or more above the rump, and remove the sidesmen ; then, about the middle of the back bone, stick your fork and turn back the lower half, which will separate easily.

The breast, wings, and merrythought are most esteemed, though in a young fowl the legs are most juicy. The liver wing is preferred before the gizzard, or if a fowl be dressed pheasant fashion, that under which the head is placed.

A Pheasant.

The fork is to be placed in the middle of the breast, and several slices cut down in the direction from *a* to *b*, but not removed. The leg and wing on one side are to be separated, and then the slices on that side of the breast, then on the

opposite side, in like manner; afterwards proceed exactly in the same manner as with a fowl. The white meat of a pheasant, like that of a fowl, is generally preferred; but the leg has a higher game flavour.

Partridges

Are cut up in the same manner, but the bird being small, the breast and merrythought are generally not divided. The wing is considered the best; then the other white parts.

A Turkey

Is cut up in every respect the same as a pheasant, except that the meat, which in a fowl or pheasant belongs to the merrythought bone, in a turkey is divided between the neck bones. In trussing, the throat is removed, and the hollow part is filled up with a stuffing of force-meat, which falls in handsomely with the slices of the breast; these slices are to be cut lengthwise from the rump to the neck, and as they may be carried so far round as to take in nearly all the meat of the wings and part of the legs, it is seldom necessary to cut up more of the bird; if it be, a pinion, or a neck bone, is next to be helped.

Pigeons

May be cut in half, either from top to bottom, along the breast and back bone by *a*, which is on the whole preferable, or across, or in a semicircular, or almost triangular line from *b* to *c* by *a*, which is most fashionable.

A Goose.

First cut round the apron (or hollow skin extending from the end of the breast bone to the rump); then, if approved, stir into the body a glass of port wine and a large tea spoonful of made mustard. Then cut the whole breast into slices, but remove them only as required to help the company, unless there is a probability of the legs also being wanted. In that case, holding the small end of the bone, pass the knife between the leg and the carcase, and turn the leg back, when it will easily separate. It should be observed that in water-fowl the joints are wider spread and go further back. It

will be necessary therefore, in turning the leg back, to apply the force required in a somewhat different direction, in which the adage will again apply "Practice makes perfect." To remove the wing, with your fork pin down the end of the pinion, which will throw up the joint and render it prominent and visible; divide the joint, and draw off the flesh of the wing in the same manner as directed for a fowl. The prime parts of a goose are the slices off the breast, meat of the wing, and the thigh bone. The apron is considered a nicety, and a part should be helped with every slice. The goose, of all poultry, is by some persons esteemed, especially if devilled. Many people also are fond of the sidesmen and other parts of the carcase as more juicy and relishing.

If the sage and onion be generally approved, it may be drawn out at the apron with a spoon and mixed in the gravy: but if any of the company object to it, they should be helped to a slice of the breast before the seasoning is at all suffered to escape, and served with gravy from a tureen.

Duck or Mallard.

The same directions apply to the carving of ducks, except that, being so much smaller, the joints are more likely to come in use. The pinions, legs, and merrythought, are therefore raised previously to taking the slices from the breast, and afterwards removed as they are wanted; next to the slices of the breast the wing is preferred, though some give a preference to the leg as being more juicy, and as esteeming the foot a delicacy.

Woodcock, Plover, Snipe, or Curlew.

The legs and wings must be raised in the manner of a fowl, opening the head for the brains.

Crane.

After the legs are unfolded, cut off the wings; take them up, and sauce them with powdered ginger, vinegar, salt, and mustard.

Hare.

The best way of cutting it up is, to put the point of the knife under the shoulder at *a*, and so cut all the way down

to the rump, on one side of the back-bone, in the line *a—b*. Do the same on the other side, so that the whole hare will be divided into three parts. Cut the back into four, which with the legs is the part most esteemed. The shoulder must be cut off in a circular line, as *c—d—e*: lay the pieces neatly on the dish as you cut them; and then help the company, giving some pudding and gravy to every person. This way can only be practised when the hare is young: if old, do not divide it down, which will require a strong arm; but put the knife between the leg and back, and give it a little turn inwards at the joint; which you must endeavour to hit, and not to break by force. When both legs are taken off, there is a fine collop on each side of the back; then divide the back into as many pieces as you please, and take off the shoulders, which are by many preferred, and are called the sportsman's pieces. When every one is helped, cut off the head; put your knife between the upper and lower jaw, and divide them, which will enable you to lay the upper flat on your plate; then put the point of the knife into the centre, and cut the head into two. The ears and brains may be then helped to those who choose them.

Carve rabbits as directed the latter way for hare; cutting the back into two pieces, which with the legs are the prime.

BUTCHERS' MEAT.

Aitch-bone of Beef.

As the outside of boiled meat is seldom approved, a thick slice may be cut off the whole length of the joint, beginning at *a*, and cutting it all the way even, and through the whole surface, from *a* to *b*. The soft fat, which resembles marrow, lies on the back, below the letter *c*, and the firm fat must be cut in thin horizontal slices at the point *d*; but as some like the soft, and some the firm fat, it is necessary to ask which is preferred. The upper part, as it is here placed on the dish, is the fullest of gravy; but there are some who prefer a slice from the under side. The

skewer that keeps the meat properly together when boiling is shown in the plate at *a*. This should be drawn out before it is served up; or if it be necessary to leave the skewer in, it should be a silver one.

Sirloin of Beef

May be begun either at the end, or by cutting into the middle. It is usual to inquire whether the outside or the inside is preferred. For the outside the slice should be cut down to the bones; and the same with every following helping. Slice the inside likewise, and give with each piece some of the soft fat.

Brisket of Beef.

This part is always boiled, and is to be cut the long way, quite down to the bone, after having cut off the outside, or first cut, which you must never help any one to, unless they desire it, which is seldom the case. The fat cut with this slice is a firm gristly fat; but a softer fat may be found underneath.

Round, Buttock, or thick flank of Beef.

A thick slice should be cut off all round the buttock; and, thus cut into, thin slices may be taken from the top: but as it is a dish that is frequently brought to the table cold a second day, it should always be cut handsome and even.

Fillet of Veal.

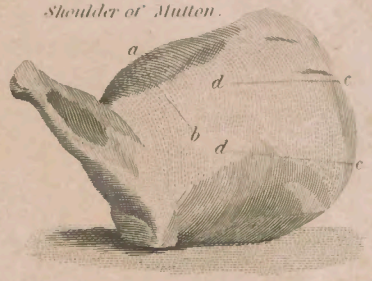
In an ox this part is the round of beef. Ask whether the brown outside be liked, otherwise help the next slice. The bone is taken out, and the meat tied close, before dressing; which make the fillet very solid. It should be cut thin, and very smooth. A stuffing is put into the flap, which completely covers it, you must cut deep into this, and help a thin slice, as likewise of fat. From carelessness in not covering the latter with paper, it is sometimes dried up, to the great disappointment of the carver.

Breast of Veal.

One part, which is called the brisket, is thickest, and has

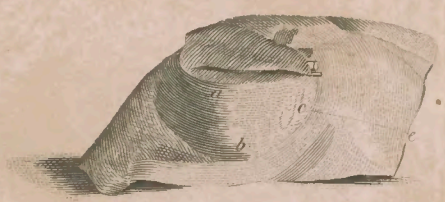
Leg of Mutton.

Shoulder of Mutton.

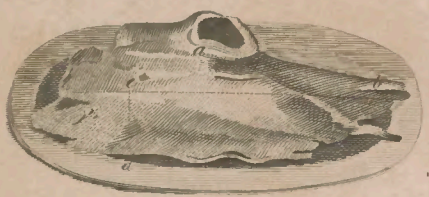


Aitch bone of Beef.

Quarter of Lamb.

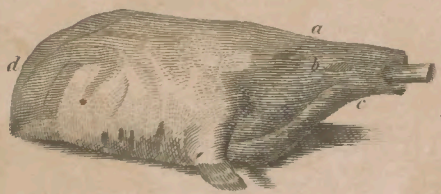


Half a Calf's Head.

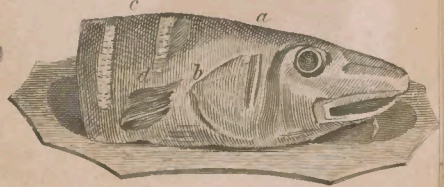


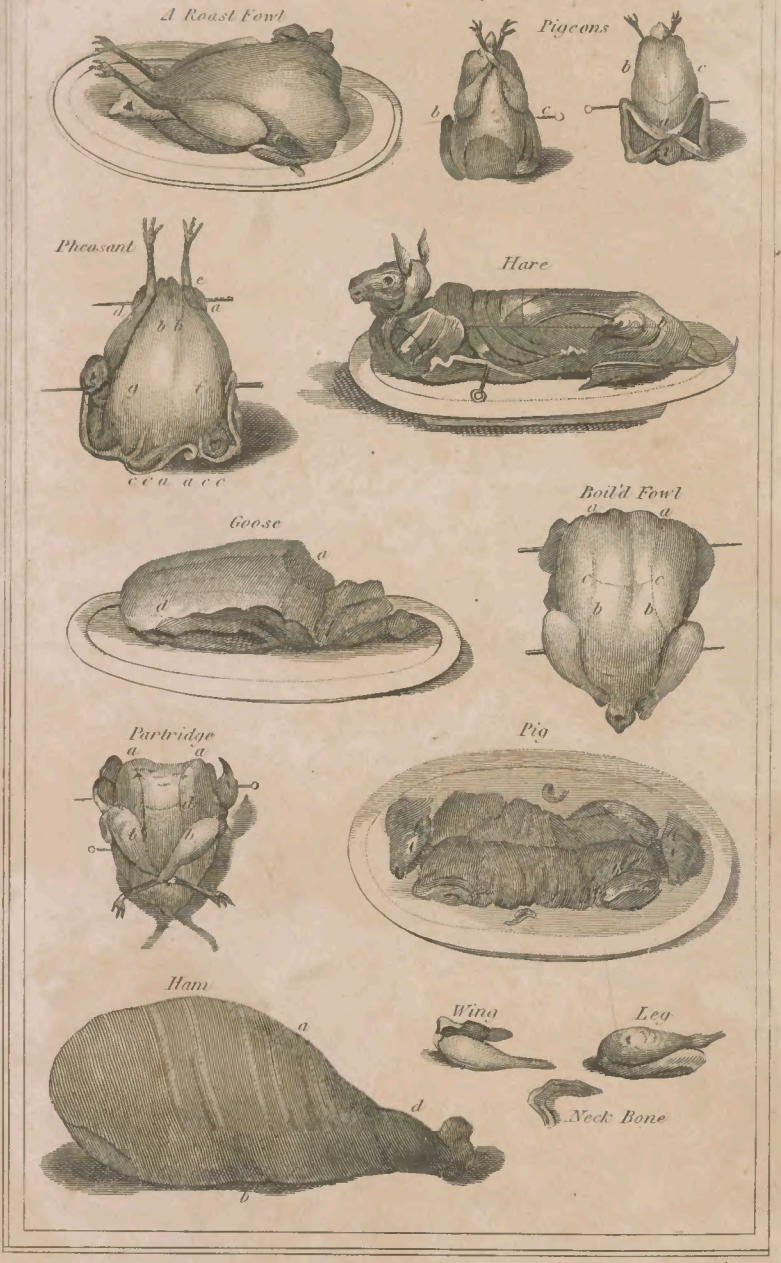
Tongue.

Haunch of Venison.



Cods Head.





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gristles; put the knife about four inches from the edge of this, and cut through it, which will separate the ribs from the brisket. The burr or sweetbread is usually dressed with this, a part of which should be helped with each slice.

Calf's Head

Has a great deal of meat upon it, if properly managed. Cut slices from *a* to *b*, letting the knife go close to the bone. In the fleshy part, at the neck-end *c*, there lies the throat-sweetbread, of which you should help a slice, from *c* to *d*, with the other part. Many like the eye, which you must cut out with the point of your knife, and divide in two. If the jaw-bone be taken off, there will be found some fine lean. Under the head is the palate, which is esteemed a nicety: the lady of the house should be acquainted with all things that are thought so, that she may distribute them among her guests.

Shoulder of Mutton.

This is very full of gravy, if properly roasted, and produces many nice bits. The figure represents it as laid in the dish with its back uppermost. When it is first cut, it should be in the hollow part in the direction of *a*—*b*, and the knife should be passed deep to the bone. The prime part of the fat lies on the outer edge, and is to be cut out in thin slices in the direction *e*. If many are at table, and the hollow part cut in the line *a*—*b*, is eaten, some very good and delicate slices may be cut out on each side of the ridge of the blade bone, in the direction *c*—*d*. The line between these two dotted lines, is that in the direction of which the edge or ridge of the blade-bone lies, and cannot be cut across.

Leg of Mutton.

A leg of wether mutton (which is the best flavoured) may be known by a round lump of fat at the edge of the broadest part, as at *a*. The best part is in the midway at *b*, between the knuckle and further end. Begin to help there by cutting thin deep slices to *c*. If the outside is not fat enough,

help some from the side of the broad end, in slices from *e* to *f*. This part is not juicy; but many prefer the knuckle, which in fine mutton will be very tender though dry. There are very fine slices on the back of the leg: turn it up, and cut the broad end; not in the direction you did the other side, but longways. To cut out the cramp-bone, take hold of the shank with your left hand, and cut down to the thigh-bone at *d*; then pass the knife under the cramp-bone in the direction *d*, *g*.

A Fore-quarter of Lamb.

Separate the shoulder from the scoven (which is the breast and ribs), by passing the knife under the direction of *a*, *b*, *c*, *d*; keeping it towards you horizontally to prevent cutting the meat too much off the bones. If grass-lamb, the shoulder being large, put it into another dish. Squeeze the juice of half a Seville orange, or lemon, on the other part, and sprinkle a little salt and pepper. Then separate the gristly part from the ribs, in the line *e*—*c*; and help either from that or from the ribs, as may be chosen.

Haunch of Venison.

Cut down to the bone in the line *a*, *b*, *c*, to let out the gravy: then turn the broad end of the haunch toward you; put in the knife at *b*, and cut as deep as you can to the end of the haunch *d*; then help in thin slices, observing to give some fat to each person. There is more fat (which is a favourite part) on the left side of *c* and *d* than on the other; and those who help must take care to apportion it, as likewise the gravy, according to the number of the company.

Haunch of Mutton

Is the leg and part of the loin, cut so as to resemble haunch of venison, and is to be helped at table in the same manner.

Saddle or Chine of Mutton.

Cut long thin slices from the tail to the end, beginning

close to the back-bone. If a large joint, the slice may be divided. Cut some fat from the sides.

A Collar of Mutton, which consists of the two necks, as the above of the two loins, may be managed in the same way.

Tongue.

A tongue must be cut across, in the line *a*, *b*, and a slice taken from thence. The most tender and juicy slices will be about the middle, or between the line *a*—*b*, and the root. For the fat and kernel with it, cut off a slice of root on the right of the letter *b* at the bottom.

Ham

May be cut three ways, the common method is to begin in the middle, by long slices from *a* to *b*, from the centre through the thick fat. This brings to the prime at first; which is likewise accomplished by cutting a small round hole on the top of the ham as at *c*, and with a sharp knife enlarging that by cutting successive thin circles: this preserves the gravy, and keeps the meat moist.

The last and most saving way is to begin at the hock-end, which many are most fond of, and proceed onwards.

Ham that is used for pies, should be cut from the under side, first taking off a thick slice.

Leg of Pork.

This joint, whether boiled or roasted, is sent up to table as a leg of mutton roasted, and cut up in the same manner. The close firm flesh about the knuckle is by many esteemed the best.

Sucking Pig.

The cook usually divides the body before it is sent to table, and garnishes the dish with the jaws and ears.

The first thing is, to separate a shoulder from the carcase on one side, and then the leg according to the direction given by the dotted line *a*, *b*, *c*. The ribs are then to be divided into about two helpings; and an ear or jaw presented with

them, and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The ribs are esteemed the finest part; but some people prefer the neck-end, between the shoulders.

CHAPTER XIII.

CALENDAR FOR THE KITCHEN AND FRUIT GARDEN.

JANUARY.

KITCHEN.

Let every thing be done that the weather will admit of. Wheel in dung, and prepare the ground for the future crops. In a warm and sheltered situation may be sown, radishes, spinach, lettuce, parsley, and early peas and beans.

FRUIT.

Prune apple, pear, and plum trees. Clear them from moss, thus: in a mild, wet, foggy day, throw quick lime over the branches; wherever it strikes it will kill the moss; scrape it from the bodies of the trees. And whenever you boil meat, take the grease, while warm, and rub the trunks of the trees often; this will cure the canker in them; or train oil may be used for the same purpose. Prune your gooseberry and currant bushes. If a gooseberry bush is left to itself, it soon gets thick and matted, and so full of wood, as to shut out the sun and air The fruit will then be of a small size, and but little of it. Nothing in this world does well without industry. Use it then even in the matter of a gooseberry bush. Thin your tree well, cut out the wood from the middle, and you will have the branches covered with fruit, and of a much larger size. The young trees should be kept down by shortening the young shoots. All trees and shrubs may be removed, provided the weather be open and mild.

FEBRUARY.

Continue the work as above, also plant garlicks, chives, eschalots, potatoe-onions and tree-onions. Make hot beds.

All pruning and training should now be finished. Advancing fruit buds shelter from frost by mats or shavings. Cut scions for grafting, and stick them in a warm border.

MARCH.

KITCHEN.

The busiest month in the year. Sowing should now be performed in the principal crops: as onions, leeks, carrots, parsnips, beets, radishes, spinach, lettuce, cabbages, brocoli, borecole, savoys, peas, beans, celery, cauliflowers. Also of small herbs; parsley, small salad, radishes, marigolds, nasturtiums, corn salad, fennel, thyme, savoury, marjoram, and hyssop. Early potatoes should be planted in the beginning of this month; choosing a warm situation. Jerusalem artichokes may now be planted; they are not choice in their situations; but will do very well in any inferior spot, as shady, or to the north, provided it be not too damp. Part roots, or replace any which may have died off in the winter, of all kinds of sweet herbs; such as thyme, marjoram, &c. Also lavender, rosemary, and rue. Plant old onions for escalions and seeding. Onions should be sown in the richest ground, in beds from three to six feet in width; rake the seed in regularly: a few may be sowed thick, or in rows to draw young in summer; let the beds be kept very clear from weeds. Carrots and parsnips may be sowed in beds of a similar size. The soil should be light, and dug very deep, to allow room for the carrots to throw their roots their full depth. They will require frequent thinning; the young carrots are much esteemed for the table; if not wanted for that purpose, they are excellent food for rabbits. Lettuce plants that have stood the winter, may now, if the weather be mild, be planted out at a foot distance. Marrow-fat, Prussian blue, and imperial-dwarf peas, and broad beans, may be planted once a fortnight through March and April, for crops in succession. Mint, balm, and sage roots may now be parted; or slips taken from the young spring shoots. Cape brocoli, for heading at Michaelmas, may be sowed from the end of March to the end of April. Borecole, and Brussels sprouts, and savoys, for autumn

FRUIT.

Strawberries may be planted now. Keep every part well weeded; flower beds neatly trimmed; box or thrift edgings planted or repaired. Shelter wall trees in blossom, if the weather is severe. Head down young trees that are inclined to grow straggly; cutting each last year's branch to about five or six eyes or shoots. This method will cause them to shoot bushy, and in a handsome form. At the end of March, or beginning of April, according to the early or late advancement of the season, grafting may be performed. Finish pruning and training vines, and make layers of vines; slitting the bark at an eye, laying down the branch, and forking it down to the depth of six or eight inches; cover it up with mould.

KITCHEN.

and winter heading, and spring sprouts. General crops of potatoes should be planted before the end of this month; also horseradish.

FRUIT.

APRIL.

All the work of last month may be carried on, and should be completed as early as possible. Asparagus beds may be made—and of old beds the earth must be forked up, and loosened to a moderate depth, and rake the surface even. Hoe beans and peas that are up, and draw earth to the stems. If you are short of room, you may plant garden beans between your potatoe sets; and so get two crops on the same ground. You may also raise a crop of radishes on your asparagus beds. Cauliflowers plant out—also prick out lettuce plants, as they advance sufficiently. Sow York, Battersea, and sugar-loaf cabbages for autumn; and finish planting out what have stood the winter, for summer crops. Sow cauliflower seed, for a late summer and autumn crop. Sow a principal crop of celery in an open situation; and prick out early raised plants. Early in April (if not late in March) sow cucumbers in pots in your hot bed. When they have four or six leaves, transplant them into the earth of the bed; or some may be kept back till the season is farther advanced; then to be planted in a warm border, under glass or oiled lights. A little air may be admitted to the beds daily; and occasional waterings; keeping always a bottle of rain or river water within the frame, to be of a proper warmth for that purpose. A moderate warmth must be kept up in the beds, by lining with hot dung to the sides, and covering over the glasses at night with mats, straw, or furze. A little endive may be sowed now; but it is rather apt to run. Early dwarf sorts of kidney beans may be set in a warm border late in this month. Potatoes may still be planted. Peas, when six or eight inches high, must be sticked. Spinach, the round-leaved sort, may be sowed once a fort-

Thin apricots for tarts. Any branches of fruit trees, blown about by the March winds, must be attended to, and secured by training and tying; where any decayed shoots, or ends of shoots appear, prune them to the live wood. Clear all fruit trees from suckers at the roots. Dig round and between gooseberries, raspberries, and currants. Caterpillars and snails must be watched, and cleared off.

KITCHEN.

night, either broad cast, or in broad shallow drills, or between rows of young cabbage, cauliflowers, or beans. Hoe and thin early spinach. Mustard for seed, or to make flour for table use, may now be sowed, either broad cast, or in drills. Rhubarb (for tarts) may now be planted at two feet distance, as the plants are very large and spreading. To produce seed, leave some spinach, parsley, beets, celery, endive, small salading, Welsh onions, chervil, leeks, brocoli, borecole, turnips, parsnips, carrots, and other plants of last season.

FRUIT.

MAY.

Sow spinach; a few turnips for August. Hoe, weed, and thin the principal crops. Keep the ground neat between rows of peas and beans, by frequent hoeing and raking; also between potatoe rows. Stick peas before they become too tall. As soon as beans are in full blossom, top them. Water radishes daily, *when the sun is upon them*;—this is the only way to have good quick-grown radishes. Sow scarlet-runners, which are the most productive of French beans; and white runners, which are the best for pickling. Plant out cabbages and lettuces; and keep your seed beds properly thinned. Indeed this business should be carried on all the year round. If you wish to make the best of your room, have always a supply of plants to stick in any spare piece of ground—even when you cut every other cabbage in a row, you may dig and even the ground, and put another plant in. Much may be done by management and contrivance. Cucumbers may be sowed in the natural ground; choose a warm border, and very rich ground; shelter them at night, with a large garden pot, placing a bit of slate, or some such thing over the hole; or an oiled paper frame; or contrive something that will answer the purpose. Sow a good crop of celery now, for autumn and winter; keep it watered in dry weather. Prick out borecole, bro-

Gather gooseberries for tarts. Vines now require some attention in regulating the growth of their shoots; removing such as are ill placed; but carefully retaining those that are strong, well placed, and furnished with fruit. The fruit of next year will be promoted by your own pinching off the curling tendrils as they appear; excepting the one at the top of the branch. Thin fruit trees; clear off blights, crumpled leaves, and pinch off clumsy shoots. Water strawberries in blossom, and be careful to do it gently.

KITCHEN.

coli, savoys, &c. from seed beds; sow parsley; tie up seed plants, especially of leeks and onions. Plant out the young shoots forming at the head of the tree leek.

FRUIT.

JUNE.

The principal now is weeding hoeing, thinning, watering, pricking out, and transplanting; choosing for the latter showery weather; or if that does not occur, supplying the deficiency by watering and shading: but dry weather is the best for hoeing. Several early crops will be coming off this month, and the ground should be prepared for sowing or planting in succession. Turnips should now be sown for a full crop; also turnip radishes. If you choose to sow beans or peas for a late crop, they should be soaked in water a few hours, if the weather is dry. Red beets, thin to a foot distance. Cape brocoli, borecole, savoys, brocoli-sprouts, for winter use, should now be planted out. Also sow celery seed, to plant out in autumn, for spring crops. Plant out celery in trenches for whitening; dig the trenches a yard asunder, nine or ten inches wide, six or eight inches deep; dig in some manure in each trench; make all smooth and even; plant a row of celery in each; and keep it well watered. Sow principal crops of endive. Gather herbs for drying. Transplant leeks, trim the long stringy roots, and place them at from six to nine inches apart; leeks make a very pretty bordering; and so take scarcely any room. Thin lettuce to a foot asunder; plant out a good crop to the same distance, and well water. Sow some more lettuce seeds for a succession. Cucumbers will now require plenty of air and water, and shading from the heat of the sun; the glasses had better still be kept over them at night, unless the weather should be very warm and settled. When the plants grow large, and run over a considerable surface of ground, it is a good way

This is the time for budding or inoculating apricots, peaches, nectarines, cherries, plums, &c.

KITCHEN.

to spread some clean dry straw or reeds for them to run upon. If onion crops have failed, they may be replaced the beginning of this month, by procuring from some neighbour, who is thinning his bed, a quantity of strongish plants of young onions, and preparing beds of rich, well dunged ground, in which plant them, in roots, five or six, by three or four inches apart. Insert the root part only, a moderate depth, and keep them well watered. Hoe and earth cauliflowers; give water in dry weather; and as the young heads appear, turn down some of the leaves, to defend from sun and rain.

FRUIT.

JULY.

Earth up celery as required—in doing this, be careful not to bury the hearts of the plants, by raking down too much earth at once. More celery should be planted out; and to make the best of the ground, cabbages, coleworts, and savoys, may be planted between rows of beans, which will soon come off; and endive and lettuce between celery trenches. Plant out full crops of brocoli, both purple and white, in rich ground; also cauliflowers for the Michaelmas crop in October and November. Sow lettuce, radishes, black Spanish radishes, prickly spinach, and Welsh onions. Sow early Russian cabbage seed for spring—this sort is not apt to run, and if brought pretty forward before Christmas, will afford fine young cabbages in March and April. Some people sow the common onion now, for next year's crop. Cucumbers will want plentiful watering now, every day or two, in a morning or afternoon; they need no longer be covered at night, and the frame or glasses may be raised up with bricks at the corners, to give the plants free scope for running. Dig up the ground as fast as it is cleared; and dung such as requires it, for autumn and winter crops. Plant out lettuce and well water, and thin those that are to remain where sowed. Leave some best full

Still trim and train vines, and thin the leaves over the fruit; but do not leave it bare. Gather walnuts for pickling and preserving;—and fruit in general as it ripens; shelter ripe fruits from flies and wasps

KITCHEN.

grown plants, such as acquire a full cabbaged growth, before they run up to stalk; otherwise the seed is not to be depended on to produce good full plants in return. Sow French turnips—the best for broth. Finish thinning all carrot, parsnip, and onion beds. Water regularly in dry hot weather; and be sure to destroy all weeds, before they come into flower; for the seeds soon succeed the flower; and you will have plenty next year without allowing them to scatter. Watch all seeds as they ripen, and gather them in in dry weather. Early potatoes will now be in perfection.

FRUIT.

AUGUST.

Earth up celery, peas, beans, &c. Prick out young plants, such as brocoli, savoys, &c. if not done last month. Sow cabbage seed for a full crop of young plants to stand the winter, and for early and first general crops, next summer, any or all of the following sorts:—Early York, sugarloaf, Battersea, Deptford, Antwerp, large late sorts, and red cabbage. Observe, the time for sowing, is from the third to the tenth of this month, neither earlier or later: both that the plants may not run in the spring, and yet acquire proper strength to stand the winter. Clear asparagus beds of weeds; but suffer the asparagus to run to stalk and seed. Water cucumbers every day in dry weather. Pickling cucumbers may be gathered. Plant out endive in full crops, for autumn and winter; and whiten such as is full grown, by laying on it tiles or slates. Take up eschalots and garlic as the leaves wither. Onions arrived to full growth, and the stalks and leaves withering, may now be taken up, spread to dry and harden, and then housed. They keep much best roped, and hung up; but be sure to save some for duck onions. Small button onions use for pickling. Throughout this month, lettuce seed of any sort may be sown for autumn, winter, and spring. There is no sort stands the winter better than the brown,

Unbind buds that have taken on inoculated trees. Pinch off shoots that appear below buds or grafts. Trim and train wall trees; but the principal work is that of gathering in fruits.

KITCHEN.

or Bath coss. The latter, in particular, grows very large; and if tied up a few days before using, becomes equal to the white coss; which every body knows is the nicest of all lettuce, but the most uncertain, and apt to run. Nasturtiums, kidney beans, radish pods, &c. for pickling, should be gathered as they advance to a proper size; if suffered to remain too long, they become harsh and unuseable. Parsley may be sowed early in this month if required; also short top, salmon, and turnip radishes. Sow spinach; the prickly seed and the round seed answer very well mixed together. When the leaves are an inch or more in breadth, thin the bed, and clear it well from weeds. You may gather n October and November; but the chief of the crop will come in in spring. If you choose you may thinly scatter in your winter spinach bed, a little seed of green cabbage lettuce, to cut in winter, or for early spring salads. Be attentive to gather in seeds as they ripen; and to sow, and prick out, as occasion requires, in cabbages, coleworts, cauliflowers, &c.

FRUIT.

SEPTEMBER

Still sow, (if required) spinach, turnips, Welsh onions, and radishes. Prepare ground for planting. Finish clipping evergreens. Sow a little carrot seed; if it lives it will come in early. Parsnip seed, sowed now, answers very well. Cauliflowers, of August sowing, for next year's early and main crops, should now be pricked out into beds of rich earth, about three inches asunder. Attend to thinning, pricking out, final planting, earthing, and hoeing, as required in cabbages, celery, lettuce, turnips, endive, &c. Weeding is always required, if you would have a garden neat or profitable. If you have any late cucumber plants, they will now require night covering. Geraniums and myrtles should be taken out of the ground, and taken in doors at night if the weather is cold. Plant out the last crop of leeks, early in this

Gather fruit as it ripens, for use or store. Most kinds of fruit may be preserved a considerable time on the tree by the use of nets, wool, or crape. Plant suckers of roses, lilacs, gooseberries, currants, raspberries, &c. and cuttings of honeysuckles, gooseberries, and currants.

KITCHEN.

month, and hoe others. Parsnips and potatoes may now be taken up for use as wanted, but not wholly for keeping; they will improve by remaining in the ground at least another month. Slips of sage, mint, thyme, and other herbs, may now be planted out. Gather seeds as ripe. Water, (as required,) all newly pricked-out small plants.

FRUIT.

OCTOBER.

In this month, all sowing and planting should be finished for this year; as many crops are now cleared off, the ground should be filled up for winter to the best advantage. Hand weed or hoe between the various advancing crops. At the end of this month, asparagus beds may be dressed for the winter, by cutting down the stalks now done growth; hoe off all weeds into the alleys, which then mark out the proper width, dig each alley along regularly between the beds, bury the weeds in the bottom, and spread a good portion of the earth evenly over each bed. Manure will be required every two or three years, and this is the season for applying it. Use principally rotted dung; after clearing away the stalks and weeds as above, forking it carefully into the beds, and digging it into the alleys; then spreading some of the earth of the alleys regularly over the beds as you advance in the digging. At the latter end of this month begin using the tops of borecole, Scotch kale, Brussels sprouts, &c.; which, early in spring, will produce a plentiful crop of fine sprouts. The main crop of carrots may be dug up at the end of this month; cut off the tops close, and preserve the roots in dry sand, or sandy earth for winter use. Jerusalem artichokes also are now of full growth, to dig up for use as wanted, or take up a quantity to house for winter. Carefully hand weed, but do not thin your young winter crop of onions. Red cabbage and red beet-root are now fit for use. Savoys will also be just coming in. Those greens on which you depend much

Apples and pears, now becoming ripe, should be carefully gathered with the hand: if shaken down and bruised, they will not keep. The best way of keeping them is on shelves, covered with clean dry straw. Walnuts and chestnuts, when fully ripe, which may be known by the outer husk opening gradually, should be gathered. Currant and gooseberry cuttings, and raspberry shoots, may now be planted. Raspberries now require pruning; they are very wild ugly plants if neglected; but very neat and productive if attended to—the same stem never bears two years; but after bearing dies, and should be cut away close to the ground. There will probably be seven or eight new shoots; these must not all remain; they would only encumber one another, and hinder the bearing; three good strong shoots are enough to leave; if not strong, four, or at most five. If you want to increase your stock, carefully take up the whole bunch, and separate the roots. If otherwise, cut all shoots, more than the number above directed, close to the ground; tie what are left together, and shorten them, taking off about a quarter of the whole length, more or less according to the height of them. Dig away all straggling suckers, and clean and dig neatly between the plants thus dressed.

KITCHEN.

for sprouts, be sure you gather the heads in proper time, as that strengthens the plant for sprouting.

FRUIT.

NOVEMBER.

Sowing is only required in peas, beans, and small salad; but these require a very warm aspect; the small salad, hand-glasses. If the weather continues mild, you may plant out, as occasion requires, cabbages, lettuce, endive, &c. Clear all beds from weeds, and hoe and loosen the surface of the earth round each plant; this will encourage their growth, and at the same time destroy slugs, and other destructive vermin. The milder the season is, the more these creatures abound. They may be destroyed by scattering fresh lime over the beds which they infest. Earth up celery, and hoe earth to the stems of brocoli, &c. Plant garlic and eschalots—now or in February. Cut down old rank parsley, if any remain, that it may shoot out afresh. Savoys are now in full perfection. Any vacant ground should be dug in trenches two feet wide, and one or two spades deep, burying all the old leaves and other rubbish, and laying the earth of each trench in a rough ridge, to improve by the weather. If any potatoes remain out, they should now be got in. Jerusalem artichokes and horse radish, a portion of each should be got in, and laid up in sand, lest a hard frost should prevent their being dug up afterwards. All roots should be clean and dry before they are laid up; and should be often looked at and turned, and any that are decayed be removed.

Almost any sort of trees may be transplanted through this and the three following months, choosing open weather.

DECEMBER.

If you choose to venture early crops of peas and beans, it may yet be done. Hoe and earth between plants. If you have any cauliflower or lettuce under glasses, give them air freely in mild weather; but keep the glasses down at night, and in frost, snow, or much rain, pick off all decayed leaves; stir the earth gently, and

This month is almost a repetition of the last; all fruit trees may now be pruned, and shrubs trimmed that are straggling beyond their bounds.

KITCHEN. FRUIT

search for slugs. Earth up celery in dry open weather; and whiten endive by tying up, or laying tiles on it. Keep digging and trenching in open weather, and the ground will thus be improved, and when wanted for use, requires no farther trouble than merely to level down the ridges. Dry frosty weather is the time for bringing in manure, or, which is the same thing, moving it from the heap to the garden.

CHAP. XIV.

HINTS ON HEALTH.

On the death of a certain celebrated physician, who had lived to an extreme old age, in the enjoyment of excellent health, and whose practice had been long, extensive, and successful, a sale of his effects took place.—One article of great interest was a ponderous volume, which the bidders were not permitted to open, but which they were informed contained, in his own manuscript, the principles and rules on which he had constantly practised. A spirited bidding took place, and the book was at length knocked down at a high price. The successful bidder hastened home, with his purchase, eager to commence the study of so valuable a work. On examining the book, he found nothing more written than the following Maxims of Health:—

"Keep the head cool,
The feet warm,
Take a light supper,
Rise early."

At first he felt disposed to complain of imposition, but to avoid the laugh, which he knew would go against him among the unsuccessful bidders, he suppressed all mention of the circumstance, and professed himself well pleased with his bargain; and so in the end he had good reason to be: for

the sound good sense of these precepts commended themselves to his approbation, and led him to abandon many imprudences by which his health had been injured: he scrupulously adhered to these simple rules; his health gradually improved, and in a good old age he bequeathed the volume to his children, enforcing the contents on their attention and observance, declaring that, though he had purchased it at so high a price, it had been the cheapest and most profitable volume he ever possessed.

These simple rules may indeed be justly denominated, *A Complete Family Physician.* Were they constantly observed, comparatively very little medicine would be required. As each of them implies much more than it expresses, a word or two may be useful to the reader, and will supersede the necessity of a multitude of prescriptions.

1. "Keep the head cool." All tight bandages on the head are very prejudicial, especially to infants, and by their use many a constitution is early ruined, and incurable diseases induced. The less of any kind that is worn on the head by day or night, the better. As a proof of this, where shall a thousand healthier children be found than those belonging to Christ's Hospital School? and they are exposed to all weathers without any covering for the head, they have indeed a small cap, about six inches in diameter, but it is uniformly either carried in the hand, or kept in the pocket. The writer of this being fully persuaded, that to keep the hair thin and the head uncovered, is highly conducive to health; has brought up a large family without suffering one of them to wear a night cap, and has had the pleasure, not only of witnessing the beneficial effects of that practice, but also of knowing that the principle is corroborated by the highest professional authority. The celebrated Dr. Armstrong of the Fever Hospital, and author of a valuable work on Fever, advised a parent to keep the hair of her children thin, and to accustom them to sleep without night-caps, observing that such a practice would render them far less susceptible of infectious diseases; for that there is a tendency in the human body to throw off in perspiration any thing offensive or injurious which may have been received,

but that in persons whose hair was thick, and the head additionally covered with a close night cap, the perspiration, instead of evaporating, is confined and absorbed into the body.

To keep the head cool, it is absolutely necessary to avoid intemperance and excess of every kind, to exercise moderation in every pursuit and every enjoyment, and to maintain habitual self control over the passions and temper. The great eater and the great drinker have generally a burning forehead and cloudy brain. The passionate man, the inordinate player, and even the excessive student, are strangers to that placid coolness of front, which is the attendant of moderation, regularity, and equanimity, and the sure prognostic of health.

2. "Keep the feet warm." This implies proper activity and exercise, which are absolutely necessary to keep up a free and regular circulation in the whole system, and without which stagnation will be sure to prevail in some parts, and undue velocity and irritation in others. It also requires proper care in avoiding damp feet, or in immediately providing against the injurious effects attendant on them. After exposure to wet, the clothes, and especially shoes and stockings, should be immediately changed, and the feet rubbed to a glow with coarse cloths or with a flesh brush, or if near bed time, they may be soaked in warm water and the person go immediately to bed and drink freely of some warm diluting liquid. If the feet are habitually or occasionally cold, it is a proof that there is something amiss which ought to be ascertained and rectified. Coldness of the feet often proceeds from indigestion and a disordered state of the stomach and bowels. The same course therefore above suggested for keeping the head cool, will at the same time tend to keep the feet properly warm: viz. moderation, activity, and equanimity—an intemperate, an indolent, or an ill-tempered person is never really healthy; and, as it is in the power of every one to avoid those vicious habits, and even to resist and break them off when acquired, in that sense, and to that degree, every man is the disposer of his own health, and a proportionate responsibility lies upon him.

3. "Take a light supper." It is a symptom of ill health, when the relish for food is keenest at a late hour in the day, and an indulgence of that irregular appetite tends to increase the evil. Hence, in the days when substantial and luxurious suppers were in fashion, the adage was in common currency,

"After dinner sit awhile,
After supper walk a mile."

After a hearty meal of animal food a short period of comparative repose is beneficial, but not by any means the total repose of sleep. The process of digestion will indeed be carried on during sleep, but by that sleep nature will not be refreshed and invigorated; the slumbers will be disturbed by dreams or nightmare. In the morning, languor and drowsiness will prevail, and the individual will, in all probability, rise at a late hour, feeble, sullen, and irritable, with a burning forehead, cold feet, and a total disinclination to active pursuits and moderate enjoyments. One moderate meal of animal food daily is sufficient for nourishment and conducive to health. It should be taken several hours before retiring to rest at night, and should be succeeded by a few minutes of comparative repose, and then a few hours of activity, after which a slight repast may be taken, of such a nature as will not require much exercise of the digestive powers, at a time when they, in common with the wearied system in general, should be resigned to complete repose.

4. "Rise early." There is no habit more conducive to health and excellence of every kind than that of early rising. It has been remarked, that all who have attained to great longevity, in whatever other habits they might differ, have all sustained the character of early risers.

Our physician has furnished no precept for going early to bed; but it may be fairly considered as included in the others. He who has risen early in the morning, and by proper activity kept all the functions of nature in proper play, and has received only a sufficiency of such nourishment as nature required and could assimilate, will feel at night such a natural degree of weariness as will render rest desirable to recruit the fatigues of the past, and prepare him for the exertions of the coming day. The sleep of such an individual will be sweet,

and he will awake refreshed. It is scarcely necessary to say to such an one that, when once he has beheld the bright morning beam, it would be both useless and injurious to turn again on his pillow, and seek "a little more sleep, a little more slumber, a little more folding of the hands to sleep;" for he will feel no disposition to do so. The cheerful morning is as inviting to him, as it is unwelcome to the sluggard, and the intemperate. His first waking indicates that he has taken the rest which nature required, and the elasticity of his frame and the buoyancy of his spirits confirm the same; he rises with cheerfulness; and, with vigour and perseverance, proceeds to the duties of the day; thus healthfully, usefully and happily living a life of reason and moderation;—it may be added, of instinct too; for the brute creatures in a natural state, though endued with no higher a principle than instinct, shame a great majority of the human race, in that they are content with the food, the drink, the sleep that nature requires, and wish no more.

Some constitutions require more rest than others, but it may be laid down as a general rule, that more than eight hours sleep is neither necessary or beneficial to any adult. Any individual in health may easily ascertain the portion of sleep he requires by going to bed at a stated hour, and uniformly rising as soon as he awakes, however early that may be; after a few days, or at most weeks, of steady adherence to this plan a habit will be acquired of taking just the rest that nature requires, and regularly awaking, out of one sound and refreshing sleep, to new vigour and activity. It is generally and justly admitted that the earlier this rest is taken the more satisfying and beneficial it will be found. There is great truth in the common adage "one hour before twelve o'clock is worth two afterwards." It must not, however, be imagined that the reverse of this proposition is fact, and that two or three hours rest in the morning is worth one at night. Nothing can be farther from the truth. However injurious may be the want of night sleep, the indulgence in day slumbers is not at all less so; and in case of having been deprived of early rest one night it will be found more beneficial to rise at the usual hour next morning, and make

good the deficiency by retiring to rest earlier at night, rather than irregularly to prolong the morning's repose.

Deeply, however, as we are impressed with the conviction, that a steady attention to the above rules would ensure a much greater share of health than is generally enjoyed, it must be admitted that, even under the most favourable circumstances, the human frame is liable to the attacks of disease and accident, and that it is desirable to possess a knowledge of the rational and beneficial course to be pursued when these occasions arise: a word or two of caution to domestic practitioners shall precede a few prescriptions for their use.

1. A habit of taking medicine should be most carefully avoided. In the present age, when medical publications lay open so many things that were formerly secrets in the medical profession, almost every valetudinarian gets hold of these publications, fancies he traces his own likeness in every case there described, furnishes himself with the various remedies prescribed—perhaps prescribed in various publications, and on different systems and modes of treatment. His table is strewed with medical books, and pills for this disease, and drops for that, and powders for the other; and the consequence is, he never gets well. Nervous people should never set up for their own doctors, except it be in adopting the four simple prescriptions above given; and if, after a fair trial, they do not effect a cure, let them seek the best professional advice and abide by it.

2. Great caution should be used in resorting to any advertised medicine. The more wonderful the cure said to be effected by it, the more strongly is it to be suspected. If these medicines sometimes succeed, it is perhaps because their inventors, who have no character to lose, administer active drugs in such quantities as no regular practitioner would venture upon. In desperate cases, and with peculiar constitutions, the success may be very decided and striking, and this serves to hawk in hundreds of newspapers and advertisements; but there is no advantage in advertising the number of cases in which they fail, or in which they produce, instead of the benefits promised, consequences the most injurious: and on these subjects their proprietors are silent. It is the grossest

impudence to pretend, and the grossest folly to believe, that one medicine can cure a vast round of diseases; or cure even one disease in every constitution and in different circumstances.

3. There are many cases in which an uneducated person ought never to interfere, even with most simple and apparently rational prescriptions, except it be in the utter impossibility of immediately procuring the best medical advice. Perhaps the delay of a day or a night, and the trial of some simple domestic remedy, before the doctor is sent for, may cost the life of the patient. Domestic remedies ought never to be resorted to except under the following cases.

1. When the case is obviously of so simple and trifling a kind as to require merely rest, or a little attention to the state of the bowels; or, in a word, something so self-evident and obvious to common sense, that it is really not worth troubling a doctor.

2. When a seizure is so sudden and alarming, that the patient is in danger of perishing before a doctor can arrive unless some one at hand has a notion of giving assistance.

3. When a medical man has to be sent for to a considerable distance, it is a good thing if some intelligent person in the mean time has been preparing the way for the more easy and expeditious exertion of his endeavours. Instead of this, it is too often the case that he finds the patient surrounded by people in a state of petrified stupidity, or else, who are very busy in doing the most absurd and improper things, and such as render all his endeavours fruitless. Bearing in mind these principles, we proceed to give a few particular directions for the domestic treatment of diseases, and recipes for the preparation of medicine.

On taking Cold.

If the feet are wet, let the clothes be removed, the feet be rubbed dry with a coarse cloth, then immersed in warm water for ten or twelve minutes; the water should be moderately warm, just so as to feel pleasant; if it chills, let a little warmer be added, so that that the feet may be taken out quite warm, then rubbed dry and wrapped in a flannel or warm cloth; and

let the person immediately get into bed and drink freely of thin gruel, (without any addition of beer, wine, or spirits,) barley water, bran tea, camomile tea, or other infusion of herbs, by which means it may be hoped that perspiration will be restored and mischief prevented. It may be well also to encourage the perspiration, by lying in bed an hour or two later, and taking some warm tea in bed; but on rising, care must be taken to avoid sudden chills, and all feverish diet must be avoided.

If the bowels are confined, a dose of any simple opening medicine may be taken; but if the warm water and warm liquid should fail to restore perspiration, or if the simple medicines directed should fail to open the bowels, and either shivering, pain, or burning heat should continue, let no time be lost in calling in the best advice.

If, in consequence of a cold, a troublesome tickling cough comes on, the first attempt to get rid of it should be by promoting perspiration; this may be done by drinking freely of treacle posset, orange or vinegar whey, barley water, with gum arabic, raisins, or figs; bran tea, or marsh-mallow tea. But if hoarseness, tightness of the chest, pain in the side, or difficulty of breathing should continue, or come on, it will be highly necessary to obtain regular advice, lest what was at first considered a mere cold should terminate in consumption, or inflammation of the lungs. A Burgundy pitch plaster should be applied between the shoulders or at the chest; this should be renewed as soon as it becomes flabby and wrinkled.

Great benefit has sometimes been derived from wearing at the chest a hair skin or rabbit skin, properly prepared; but this, if once taken to, must be constantly worn, at least as long as any tenderness remains; and if ever it is left off, it must be in warm settled weather. All persons who are tender on the lungs should use worsted stockings, and wear flannel next the skin. It is generally recommended to those who wear flannel next the skin, not to sleep in it; in this case it should be hung every night in a room where there has been a fire through the day.

Butter milk is often serviceable to consumptive persons, but it should be drank constantly and persevered in a long time.

SORE THROAT.

A sore throat is sometimes relieved by wearing a piece of flannel or black ribbon, which has been dipped in a mixture of oil and spirits of hartshorn; but this is not always proper. There can never arise any harm from wearing a bit of flannel round the neck, only taking care to leave it off gradually. A blister round the throat is often of great service in a sore throat; and when the inside of the throat is swollen, and perhaps ulcerated, so that no food can be swallowed, and even liquids are returned through the nose, there is nothing better than frequently to draw in steam, by holding the mouth over a jug or coffee pot, filled with hot vinegar, or vinegar and water.

In all feverish complaints, especially if attended with sore throat, the mouth and throat should be frequently washed with a mixture of vinegar and water; this is delightfully refreshing, and will of itself sometimes cure a slight sore throat.

But none of these remedies are to be depended on without proper attention to the state of the bowels. They should be kept constantly open by means of some simple medicine. It will also be necessary that the person who has as bad a sore throat as is here supposed, should keep constantly in bed, and drink frequently of barley water, in which nitre has been dissolved; but most persons who can have access to proper advice, will be inclined to resort to it before the complaint has proceeded so far; and these hints are given chiefly for the direction of persons who cannot immediately obtain it.

Gargles.

If a softening gargle be wanted, as is the case when in a sore throat the person finds a quantity of phlegm collected which he cannot throw up, the following may be used. Take an ounce of marsh mallow roots, and three or four Turkey figs, boil them in a quart of milk and water till nearly half reduced; then strain the liquor on a table-spoonful of honey, and add half an ounce of volatile sal ammoniac.

If a sharp scouring gargle be wanted, and one that shall brace the throat and palate, the following is recommended: Take a handful of sage leaves, and a handful of red rose leaves; pour over them a pint of boiling water; in half an hour pour it off, and stir in two spoonfuls of honey, half a pint of vinegar, and the same of port wine.

Or this is a very good gargle. Sweeten a pint of Bran tea, with honey, and add an ounce of tincture of myrrh.

Head-ach.

Persons who are liable to head-ach should keep the hair very thin by frequent cutting, or even shaving; the head should be kept cool, often washed, and all tight bandages avoided.

Cold Feet.

Those who suffer from cold feet, will find great advantage in wearing socks made of oiled silk (the same as is used for making umbrellas). The two last mentioned complaints belong rather to the sedentary than the active, and as these pages may fall into the hands of those whose employments or inclinations confine them to the desk, the shop board, or the work table, for their benefit these hints are inserted.

Sick Head-ach.

If a person is suffering with head-ach and sickness, which appear to proceed from the stomach being overloaded with food which it cannot digest, relief must be sought by unloading it. This may be done by an emetic, or if that be not at hand, or not approved, the purpose may be answered as well by taking a good quantity of camomile tea; take half a pint every quarter of an hour, till either your stomach is thoroughly relieved by vomiting, or the head-ach and feeling of sickness are removed without. At night a dose of salts, or senna, or rhubarb and magnesia should be taken.

If an emetic is necessary and cannot be procured, the following will answer the purpose, and is always at hand. Two tea-spoonfuls of flour of mustard, mixed both in about two

table-spoonfuls of warm water; to be repeated in a quarter of an hour if it has not operated. The only objection to this is, that it is heating to the stomach. If camomile flowers are to be had, they are preferable, and will generally answer the end of an emetic, if the stomach is in a state to require it.

Bowel Complaints.

If a person is afflicted with a violent pain in his bowels, attended with frequent sickness, obstinate costiveness, and tenderness of the flesh, the best advice should be immediately sought for, as he is probably suffering from a dangerous and rapid complaint, inflammation of the bowels; but in case of any delay in obtaining medical advice, relief may be attempted by giving a large dose of castor oil, and applying a warm poultice large enough to cover the whole of the bowels.

In case of a violently disordered state of the bowels, very different treatment is required, according to different circumstances and symptoms; sometimes it is necessary to promote, and at other times to check, the discharge; therefore it will generally be best, if possible, to obtain regular medical advice. If this cannot be done, and the sick person, or those around him, must follow their own best judgment, the following remarks may be some guide. It should be noticed whether the frequent motions relieve the person, or whether he appears to be exhausted by them, his hands and his feet cold, and his countenance shrunk. In the first case, the discharge is most likely an effort of nature, to relieve itself of what is injurious, and ought not to be checked, but rather assisted by means of warm broth or gruel; a small quantity of rhubarb may be taken with advantage; it should be dried some minutes before the fire, and as much of the powder taken two or three times a day as will lie upon a sixpence, in a table-spoonful of simple peppermint water. By simple is meant that which is distilled from the herb alone, without the addition of any kind of spirit.

But if the person appears to be greatly exhausted, something must be done to support his strength and moderate the discharge. This is one of the few cases in which we should recommend an advertised medicine, Dalby's carminative;

which may be taken according to the directions given with the bottle. The food also should be nourishing; such as rice gruel, with a small quantity of good wine and spice, or beef-tea, thickened with rice.

Tooth-ach.

For tooth-ach, ear-ach, or face-ach, a flannel bag may be filled with camomile flowers, or feverfew, wrung out of boiling water, sprinkled with spirits of hartshorn, or sal volatile, and applied very warm over the ear, or cheek, as the pain may be: or for the tooth-ach, or head-ach when confined to the temple: relief may sometimes be found by shaving thin the outer rind of a lemon, and sticking a piece, as large as a half crown, on the cheek below the ear for the tooth-ach, or for the head-ach on the temple. The tooth-ach is sometimes relieved by the steam of henbane seeds, but it should be remembered that they are poisonous, and care taken accordingly.

Rheumatism.

Rheumatism is of two kinds, very different from each other, and requiring very different treatment; one is attended with a great degree of fever; the other, to which old people are most liable, is of a very cold nature, and rather resembles the palsy; those who have been afflicted with the latter kind, having perhaps found relief from hot applications, and hearing of some neighbour, in the height of youth, strength, and fulness, seized with rheumatism, and suffering violent agonies, strongly recommend to him the use of the same powerful application which had done them so much good, and which is a certain cure for the rheumatism; but this is a very great mistake, and sometimes a very dangerous one; almost the only points in which the treatment of these two kinds of rheumatism agree, are those of avoiding bleak and damp air, and keeping the bowels open.

A person who is seized with acute rheumatism, should by all means seek proper medical advice. It may arise from an inward disorder which requires great skill and minute attention to ascertain. It may be of the same nature as an inflammatory fever, and require bleeding and other lowering

treatment. In either case, strong outward applications can not do any good, and may do serious injury; and where a mistake is so easily made, the only security against it is in the advice of one, whose professional skill and experience qualify him to judge, not only between things that are opposite to each other, but between those in which there are many points of close resemblance, but at the same time some of essential difference.

If, however, any circumstance should render it impossible to obtain medical advice, or even if some time must needs elapse before it can be obtained, it will at all events be prudent to abstain from meat, beer, and every thing of a heating nature, and to open the bowels with some cooling medicine. Some relief may probably be afforded by the application of colewort leaves, applied at night and morning, in the same manner as is directed for dressing a blister. The warm bath also is likely to be beneficial, but great care must be taken to avoid chilling afterwards.

For the chronic or cold rheumatism in elderly people, flannel is one of the best remedies, or rather preventatives. It may be useful to rub the limb most affected with soap liniment, or camphor liniment, or even with the bare hand. Stone bottles filled with hot water, or bricks which have been boiled, will be found very comfortable for keeping the feet warm. Mustard whey is a very proper drink; the person should freely use mustard, horseradish, and other hot pungent plants; a table-spoonful of white mustard seed may be taken in a glass of warm water or ale, two or three times a day.

Scorbutic Humours.

Persons who are liable to scorbutic humours should avoid salt meat, fat and luscious things, and spirituous liquors; they should eat all kinds of vegetables, especially greens and salads, lettuce, endive, dandelion, sorrel, watercress, and others; they should, as much as possible, live upon milk, using whey or buttermilk as their ordinary drink; cyder also is very beneficial, and sweet wort, which may be prepared in the following manner. Put a handful of malt in a large teapot, add to it as

much water that has boiled, but is now somewhat cooled, as will thoroughly moisten it; let it stand on the hob (but not too near the fire) for an hour or more, then fill up the tea-pot with boiling water; and when it has become cool enough pour it off and drink it.

The Itch.

Cleanliness generally keeps off such filthy disorders, and when they do appear, cleanliness is absolutely essential to their cure. Sometimes, however, such a misfortune may accidentally occur to the cleanliest people, and a great mortification it must be to them; however, it is not likely to last as long with them, or be as difficult to cure as where it is nourished and fed by filthiness. Persons should be on their guard against taking quack medicines, which are in general either useless or pernicious. The old fashioned medicine, sulphur and treacle, is perhaps one of the best; and persons thus affected should wash themselves every night going to bed with warm milk, in which the roots of white hellebore have been boiled. The roots may be got either at the druggists, or at the physic herb-shops in Covent-garden market; they are better used fresh, and should be cut in pieces.

Of Fainting away.

This is often occasioned, especially in delicate persons, by fear, grief, or other strong affections of the mind; by loss of blood, over fatigue, breathing a close confined air, and other causes. When such a circumstance occurs, it is wrong to crowd round the person, and tease him with irritating applications, such as burnt feathers, hartshorn, &c. The first thing to be done, is to let in a stream of fresh air, or remove the person to where it can be enjoyed; let him be placed in a lying posture with the head a little raised; let all tight strings and bandages be loosened; not more than one or two persons should stand near; a few drops of cold water may be sprinkled in the face, and vinegar applied to the temple and nostrils. When the person begins to revive, he should, as soon as possible, swallow a little cold water, with a few drops of spirits of hartshorn, or sal volatile, or even cold water alone.

Faintness is sometimes accompanied with hysterics, or a convulsive kind of crying and laughing; this should be treated much in the same way, excepting that as it is often occasioned or aggravated by wind on the stomach, relief may be obtained by supporting the person a few moments in a standing posture, by which means the wind is dispersed; it may be useful also gently to rub the stomach with the palm of the hand.

A common fainting or hysteric fit is generally pretty well understood; but should you see a person apparently in full health, in an instant deprived of sense and motion, and lying insensible to all ordinary attempts to arouse him, let medical help be immediately called for; in the mean time let the person be placed in a sitting posture; see that neither the neck cloth, or any other string or bandage obstructs the circulation; and if he should discover any disposition to vomit, let it be promoted by the use of any emetic medicine which may be at hand, or by tickling the inside of the gullet with the fine end of a feather, or by pouring down large quantities of warm water.

The Piles.

Persons afflicted with, or even liable to, this troublesome complaint, should be careful to keep their bowels gently open by means of an electuary of sulphur, cream of tartar, and magnesia, in equal parts, made up with treacle or honey; or the following may be tried: Take of Copayva from ten to twenty drops in milk three times a day; and either of the following ointments may be used occasionally; hog's lard and sulphur; or, two parts of goulard ointment and one part of powdered galls.

Of Accidents.

If a person is seen to fall into the water, while some are employed in getting out the body, let others be immediately dispatched in different directions for medical aid; not a moment is to be lost in such a case; if one doctor is not at home, another may, and all will be ready, immediately on hearing of the accident, to fly to the spot and render their best assistance.

As soon as the body is taken out of the water, let the wet clothes be taken off, and the body thoroughly dried by rubbing with cloths, then wrapped in a warm blanket and carried to the nearest house, keeping the face upwards, and the shoulders a little raised. Having placed it on a bed or mattrass made thoroughly hot with a warming pan, rub it diligently, but gently, with warm cloths or flannels all over, but especially over the belly, chest, and limbs; after a little time, the warmth of the body should be still farther promoted, by by placing it in a moderately warm bath of water, brewer's grains, sand, ashes, or any other matter most readily obtained. Or if there be not a sufficient quantity of these things at hand to immerse the whole body, flannel bags filled with them may be applied to the hands, feet, and under the armpits; or cloths made hot by a warming pan, or heated bricks, or bottles filled, or bladders half filled, with hot water, or blankets and flannels wrung out of hot water, may be wrapped round the body and renewed as they become cold.

While these operations are going on, the pipe of a pair of bellows should be applied to one nostril, the other nostril and the mouth being closed; blow gently, till the breast be a little raised, then let the mouth be left free, and an easy pressure be made on the chest. This imitation of natural breathing should be repeated until signs of life appear, and then gradually discontinued. If bellows are not at hand, blow in the same manner with your breath through a quill, a reed, a small pipe, or a piece of stiff paper curled up like a funnel. When breathing begins, touch the inside of the nostrils with a feather dipped in spirits of hartshorn, or sharp mustard, or blow some pepper or snuff into them.

If no medical gentleman has arrived to give directions, it will be right to administer an injection* without delay; it should be composed of a pint of warm water, mixed with a wine glass full of any kind of spirits, or a table-spoonful of

* If the apparatus for this purpose is not at hand, a substitute may be contrived with a tobacco pipe and a leather glove; or twenty things that are at hand will be thought of and contrived if any one be present with their wits about them.

spirits of hartshorn, or essence of peppermint, or a large tea-spoonful of flour of mustard. When the person recovers so far as to be able to swallow, give him, by spoonfuls, a little warm wine, or spirits mixed with water. When life is completely restored, the sufferer should remain at rest in a warm bed, taking warm and nourishing drinks, by which perspiration may be promoted and strength sustained. Though success may not seem to attend the efforts used, they should nevertheless be persevered in for four hours at least; and if they should prove successful, they must not be too speedily suspended; several persons have been lost from being quitted too soon after recovery had commenced. All violent and rough usage is to be avoided, such as shaking the body, rolling it over a cask, holding it up by the heels, also rubbing it with salt or spirits, or injecting the smoke of tobacco.—The above directions are compiled from the publications of Humane Societies, by which all these rough means are strictly forbidden.

If apparent death is occasioned by hanging, the same treatment is to be observed as in apoplexy, keeping the head raised, and endeavouring to promote circulation through the neck, until some one arrives who can render more effectual aid by bleeding.

For suffocation by noxious vapours, especially those of burning charcoal, the same treatment is to be observed as in the case of fainting.

If opium, laudanum, nightshade, or poisonous fungus mistaken for mushrooms, or any other stupifying poison have been taken, or even spirituous liquors in such a quantity as to produce the like effect (that of sickness, giddiness, stupor, and drowsiness), give instantly a table-spoonful of flour of mustard in water, and repeat it with large draughts of warm water till vomiting takes place; or give large draughts of warm water, or milk and water mixed with oil, or melted butter or lard. If the person becomes so insensible as not to be easily roused, give the mustard in vinegar instead of water, dash basons of cold water at the head, and rub and shake the body actively and constantly. If the poison be of a metallic kind, as arsenic, antimony, mercury, or when any unknown sub-

stance or matter has been swallowed, and there have ensued heat of the mouth and throat, violent pain of the stomach, and vomiting, immediately drink plentifully of warm water, in which common soap is dissolved or scraped; from three or four ounces to half a pound may be taken.

When oil of vitriol, spirits of salt, or aquafortis have been spilt upon the skin, immediately wash the part with large quantities of water, adding to it, as soon as they can be procured, soap, potash, soda, or chalk.

Of Wounds.

All the good that can be done by any outward application is to keep the parts soft and clean, and to defend them from the air. Not only no good, but a great deal of mischief is done by the application of hot balsams, tinctures, and oils. Provided a wound does not bleed excessively, it heals all the better for being allowed to bleed freely. In case therefore of a common cut, the best way is merely to tie it up with dry lint or rag, or lay on a piece of common adhesive plaster, and in nine cases out of ten, it will heal without difficulty.

But if the bleeding is excessive, especially if it appears to start from one or two particular points, it may be right to apply to them a little dossil of lint, and press it down with the finger till the bleeding stops; if it cannot thus be stopped, and the blood jumps out by pulses, it becomes necessary to prevent it from passing into the part, until the open vessel is safely closed. This must be done in the following manner: Suppose the cut is in the arm, take a round pincushion, or any thing of that form and degree of hardness, place it on the middle part, of the inner side, of the upper part of the arm; over it, tie a piece of strong tape, leaving room to slip underneath, on the opposite side from the cushion, a piece of stick (a cedar pencil will do as well as any thing); by twisting this round and round, the tape may be tightened till the bleeding stops. A piece of stiff leather or folded cloth should be placed underneath to prevent the skin being injured by the tight twisting of the tape. In the same manner, if the wound is in the leg, this apparatus may be applied to the

hollow part on the inside, and about the middle of the thigh; by which the bleeding from any part of the limb below this application may be checked, until proper assistance can be obtained.

But though there may have been no difficulty in stopping the bleeding, the part may become inflamed. The best application in this case is a bread and water poultice; and if the person is also in a feverish state of body, some opening medicine may be necessary, and all heating food must be abstained from. If the wound is in such a part as that a poultice cannot be conveniently applied, it may be frequently fomented with warm water, and dressed twice a day with the leaves of the herb plaintain, prepared in the same manner as colewort leaves for dressing a blister; they are at once cooling, cleansing, and healing.

If, in consequence of a wound, a gathering should take place, and prove obstinate to heal, the difficulty generally arises from the state of the blood; to correct this, it may be advisable to take the old fashioned electuary of brimstone and treacle, and at the same time an infusion of gentian, or Columba root, or camomile flowers with cloves; or a preparation of bark; and dress the wound twice a day with chewed bread and butter, applied warm from the mouth.

In case of a violent blow, keep rags well wetted with a mixture of vinegar and water, constantly applied to the part, wetting them again as they become dry; or a piece of the thickest brown cartridge paper, dipped in spring water and bound on the part; keeping it often wetted afresh, will answer very well. A recipe will be given to bruise oil and ointment, which are very valuable to keep in a family; if applied immediately after a blow, they very soon abate the swelling, remove the tenderness, and disperse the discoloured blood.

In case of a sprain, let the foot be laid up (or the arm slung), so that no weight bear upon it, and apply a cold poultice of vinegar and oatmeal, to be renewed twice or thrice a day. If the inflammation be considerable, apply five or six leeches.

In case of a person's clothes being set on fire instead of

throwing open the door and running into the road (as is too often done by the sufferer in the extreme of terror, or by those around him, who, instead of rendering aid, run out to seek it), it is of the first importance that the person should endeavour to command sufficient presence of mind to throw himself on the ground, and roll in a carpet, blanket, curtain, cloak, coat, or whatever other thick woollen article may be at hand. If any other persons are present, they should assist in doing this, and be particularly careful to keep all doors and windows shut.

For a Burn or Scald.

Let the clothes be taken off with great care and tenderness; then apply spirits of turpentine, or lay on a thick plaster of fresh yeast, renewing it as often as it becomes hot or dry; or dash the part with cold water in which some yeast has been stirred—or with vinegar—or with strong brine—or with the liquid which runs from potatoes sliced thin and sprinkled with salt—or cut a large cucumber in slices and lay it on the part. A medical gentleman has lately published the following recipe, which he recommends as the very best application for a burn or scald. Half a pint of clear lime water, quarter of a pint of olive oil, and a table-spoonful of spirits of turpentine, to be beaten up into a thin ointment, which is to be applied frequently upon fine rags, or lint, so as to keep them always moist. If the accident happens in a town, these things may be easily obtained; but in a country village, or lone house, it is desirable to know some remedy that may be immediately within reach; for that reason the above several simple yet approved remedies are mentioned, that in case one may not be at hand, another which is may be resorted to without loss of time.

For any kind of Sting or venomous Bite.

Apply cucumber, honey, or yeast, as directed for a burn. If the bite be of a dangerous kind, as that of an adder, give immediately a tea-spoonful of spirits of hartshorn in a wine-glass of cold water, and forty drops more, every fifteen

minutes, till the violent symptoms abate, or till medical advice is procured: for a child the dose must be lessened according to its age.

For swallowing a Wasp.

Make a strong brine of common salt and water—or, mix vinegar, oil, and honey in equal parts, a spoonful or two of either of these got down immediately after the accident will generally be successful.

A boil may be drawn to a head with a plaster of flour and honey, renewed night and morning till it bursts; then dress it with colewort or plaintain leaves till it has healed; or you may use a poultice of linseed powder—or a Turkey fig boiled in milk—or a boiled turnip—or onion—or a poultice of bread and water, in which is shred the root of the large white garden lily—or scrape the fat of raw bacon and apply; this latter will serve both to draw and heal it.

For a Whitlow.

Hold your finger in a tea-cupful of distilled vinegar five or six minutes, and repeat the same five or six times. The same applied to any wound occasioned by a rusty nail prevents its festering.

To wash Lime or Dirt out of the Eyes.

The eye should be immediately syringed with warm water, so as to wash out every particle of lime or mortar, even from underneath the upper eyelid, which may be done by setting the point of the syringe (or squirt) under the outer edge of the upper lid; the eye should be kept constantly open, and on no account covered with a bandage; but a green shade, like the front of a bonnet, may be worn, and the eye frequently fomented with water for several days by means of a large sponge. If the inflammation should not subside after washing the eye, it will be proper to apply five or six leeches as near the eye as possible; the person should also take a little cooling physic.

Certain Cure for the Cramp.

An effectual preventative for the cramp in the calves of the legs, which is a most grievous pain, is to stretch out the heel of the leg as far as possible, at the same time drawing up the toes towards the body. This will frequently stop a fit of the cramp after it has commenced; and a person will, after a few times, be able, in general, to prevent the fit coming on, though its approach be between sleeping and waking. Persons subject to this complaint should have a board fixed at the bottom of the bed, against which the foot should be pressed when the pain commences.

The Thrush in Infants.

The thrush, will be seen in small white spots, resembling curdled milk; they begin on the tongue, and in the corners of the mouth, and inside of the cheeks, and spread over the palate and throat, as far as can be seen; the child generally suffers from gripes and frequent stools of an unnatural appearance, and which occasion great soreness of the part. While the spots are white, no attempt should be made to get them off. If the child can suck, no food whatever should be given it besides the breast; but a tea-spoonful of the following liquid may be often put into its mouth;—The white of a raw egg beat up with a little fine loaf sugar powdered, and mixed with two or three table-spoonfuls of cold water. Or it has been found very successful to wash the mouth frequently with liquor made in the following manner: Take a turnip or two, and an equal weight of mutton, cut them up into small pieces, and stew a long time in a small quantity of water. This is both cleansing, healing, and nourishing, and is particularly useful when a child is very weakly, or cannot suck. It is also very useful when a grown person in illness has, or is supposed, to have the thrush. In three or four days the spots turn yellow; the mouth may then be gently rubbed with a little borax, finely powdered, and mixed with about eight times its weight of honey, or fine sugar. If the mouth should become so much crusted, that the child cannot suck, it should be fed with warm cow's milk, not thickened, but to

six spoonfuls of milk may be added half a one of white wine; and the mother should have her breasts drawn for a day or two. Half a drachm of manna may be given, dissolved in a little warm water; or four grains of calcined magnesia, that is, about as much as will cover a sixpence.

Stuffing of the Head, or Snuffles.

A very troublesome complaint, which renders it difficult for a child to breathe or suck. A little salad oil, or fresh butter, should be rubbed on the bridge of the nose at night, which will loosen the filth, and admit of its being thoroughly cleansed in the morning.

Oppression of the Chest and Hoarseness.

Apply a plaster of coarse brown paper, spread with deer's suet, or old tallow, and dipped in rum; at the same time giving, occasionally, a tea-spoonful, or dessert-spoonful, according to the child's age, of syrup of violets, and oil of sweet almonds. If these should not afford speedy relief, it may be necessary to apply a leech or two to the chest; but on this you will seek better advice; however, prevention is better than cure. If proper attention were paid to the management of infants, we should not hear of half the number suffering and dying of inflammation of the lungs.

Sickness.

Sickness at the stomach in young infants is sometimes occasioned by a disordered state of the milk, or by having taken food that remains undigested. Nurses should carefully avoid all violent passions and agitations of the mind, a too long confinement of the milk, and such food as is unwholesome for themselves, and as they find, by experience, renders the milk unwholesome; such, for instance, as veal or pork underdone, pickled vegetables, or cold sour unripe fruits. When an infant becomes suddenly pale, with a blackness round the mouth, dullness of the eyes, and the flesh cold and flabby, if the mother feels conscious that in some way her milk may be disordered, even though the child should not attempt to retch, she may be sure that it must do so before it can be relieved,

and should endeavour to promote it. Sometimes this may be done by merely setting the child upright, or rather stooping forward, rubbing the stomach, and keeping it in gentle motion; but if in a few minutes the child should not be relieved either by vomiting or stool, it will be proper to give it a tea-spoonful of ipecacuanha wine, and repeat it in ten minutes if the first has not operated. If after the second dose, the uneasiness should continue, and yet vomiting not be produced, she should give it the breast. If it will suck, most likely the whole contents of the stomach will be speedily discharged, and the infant presently relieved. It is very likely, however, that its bowels will be afterwards disordered, and require the same attention as will be directed in the next paragraph.

The bowels of infants being very tender, are often disordered in different ways. Sometimes they suffer from violent cholic pains. In this case the feet are drawn up, the child screams excessively, and discovers great pain on being touched, ever so tenderly, about the belly. When the disease occurs, if it be slight, give a dose of castor oil; this alone will frequently give relief; if it should not, there is no better medicine than Dalby's carminative.

Under a violent fit of pain of the kind described, great relief is often afforded by the use of the warm bath. Indeed it is so generally serviceable in case of violent pain, or sudden illness of almost any kind, the cause of which is not immediately known, that no house where there are young children should at any time be without hot water. It has been the means of saving many a life in infancy. It may also be of service, in violent pains of the bowels, to rub the part gently with a little spirits, or liniment, in the palm of the hand before a fire.

Some children suffer from costiveness. During infancy, from two to four motions a day are proper; but if a child have regularly one proper evacuation, and is thriving and hearty, it will not be needful to interfere; less than this ought not to be suffered without an attempt to procure it. Castor oil is as good a medicine as any for this purpose: or the laxative syrup mentioned in the list at the end of this chapter.

—or a small piece of yellow soap may be introduced in the same manner as the apparatus for an injection—or a stiff parsley stalk, on the end of which has been rubbed a bit of butter or lard.

Sometimes children are troubled with a looseness; if this (as is often the case) be occasioned by teething, it will be right to give the child a laxative medicine, as rhubarb and magnesia, or castor oil. If it appears that the stomach as well as the bowels are out of order, it may be well first to give an emetic, then a dose of castor oil, and then Dalby's carminative, according to the directions, until the disorder is quite removed. The same course may be observed, omitting the emetic, when an infant passes clay-coloured stools of a most offensive smell; its bowels should be gently rubbed with spirits or soap liniment. When children are at all, or in any way, disordered in the bowels, there are three things that require especial care, viz. First, To avoid cold. Second, Diet. Third, Cleanliness. The best food they can take, if they must have any beside the breast, is either arrowroot, or a piece of top crust of bread (quite free from crumb), boiled a long time in water, with a small bit of cinnamon; it should boil till it becomes a perfect jelly, and be sweetened with loaf sugar. When a child who is griped suffers unusual pain in passing its stools, the following will be found beneficial: Dissolve one ounce of gum arabic in a small quantity of water, and frequently give the child a little warm milk, mixed with as much of the gum as will make it taste rich and sticky; it may be sweetened with a little loaf sugar.

Of Teething.

All children suffer more or less during the period of teething. But their sufferings are often increased, and even their lives endangered by improper management; such as feeding them upon strong heating meat, or even highly sweetened food, and allowing them to drink beer, wine, or spirits. Most children who have been thus treated, die either while cutting their teeth or under the attack of diseases which must be expected for all children, measles, hooping cough, &c. The best general direction that can be given, on behalf of teething

children, is, that particular attention be paid to their general health; that they be properly managed in point of air, exercise, cleanliness, and food; that the bowels be kept regularly open, and that every thing of a heating or irritating nature be carefully avoided.

If a child is in violent pain, and very feverish in consequence of teething, it will probably be relieved by putting it into a warm bath. If he can be induced to take hold of any thing, a piece of wax candle, fresh liquorice root, crust of bread, or an ivory or bone ring, should be put into his hand, with which he may rub the gums, and thus assist the tooth in forcing its way through. If the child will not do it himself, the mother should gently rub the gums with her finger, and a little honey or syrup of saffron.

If the child be very weak, and his bowels disordered, he ought to be fed twice a day with beef tea, taken out as much as possible in the open air when the weather will admit, washed plentifully with cold water, and sponged with cold water and vinegar.

A Burgundy pitch plaster is sometimes serviceable, worn between the shoulders the whole time of teething.

It is often necessary to lance the gums; this is but a momentary operation, and often affords immediate relief.

If the child should not only be very feverish, but drowsy and heavy in his head, some opening medicine must be given; and if, after its operation, and the use of the warm bath, relief is not obtained, a leech or two, according to the strength of the child, may be applied under the ear. It may be necessary to apply a blister on the nape of the neck; but if a child should suffer so much as to require these remedies, in all probability medical advice will be sought, and it is needless to give any farther directions.

Of Convulsions.

When an infant suddenly turns pale, his eyes and features distorted, his limbs agitated, or suddenly stretched out, his hands clenched, and he sometimes lies in a lifeless miserable state; at others violently screaming: the first thing to be done is completely to strip the infant, and carefully examine

every part of his person, in order to ascertain whether the illness may arise from any accidental cause. Then as quickly as possible put him into a warm bath, as warm as the hand can easily bear it; if he does not soon recover, some spirits of hartshorn may be added to the water. If the vessels of the neck appear full, and the stomach oppressed, a wetted feather should be forced into the upper part of the throat, so as if possible to produce vomiting. The warm bath in general affords alleviation, and therefore should always be resorted to without delay, especially if the fit is attended with paleness and chills; but if the skin be burning hot, relief is sometimes obtained by sponging the face and neck with cold water and vinegar.

When the fit is off, the child's mouth should be examined, and the gums lanced over those teeth which appear the most advanced; some opening medicine should be given; and amber oil, or oil and hartshorn, rubbed over the back bone every six or eight hours.

A Cold.

When a child has a severe inflammatory cold, an emetic should be given; its bowels kept properly open; it should be put in a warm bath every night while the cold lasts, and should be rubbed with amber oil over the sides of the chest every six or eight hours.

The Croup.

The croup generally begins in a hoarse barking cough; afterwards an alarming difficulty of breathing comes on at night, and the breathing and cough are attended with a peculiar kind of sound; a great quantity of thick phlegm is collected, which can seldom be thrown off. As this is a very fatal complaint, and often very rapid in its progress, proper advice should be sought on the first appearance of it; but when that cannot be had, if a child has discovered the slightest degree of the above symptoms, care should be taken to have warm water in the house, and a light burning. There should also be close at hand, a little of the very coarsest brown sugar, mixed with fresh butter. If the child wakes with hoarseness,

cough, or difficulty of breathing, give a tea-spoonful of this mixture; it will very possibly soften the throat, loosen the phlegm, and thus give relief; if so, it may be repeated through the night as often as occasion requires; if it should occasion sickness, it will be all the better. It often has given immediate relief in a croupy cough and cold, which though not nearly so dangerous as the true croup, have sometimes been mistaken for it, and occasioned great distress and alarm to parents, especially if at a distance from medical advice. If these simple means should not afford relief, the child should be put into a warm bath, and after remaining in for at least ten minutes, should be rubbed perfectly dry, wrapped in flannel, and put to bed in a moderately warm room. If the butter and sugar have not produced vomiting, or if evident relief has not been afforded, some medicine should be immediately given which will both vomit and purge. Calomel is the most approved and efficacious, but it is too hazardous to be recommended in a work like this. An emeti of antimonial wine, and a dose of castor oil, if those medicines are within reach, may be ventured upon; but, let it be repeated, only under the absolute impossibility of obtaining proper advice. If upon vomiting being produced, relief is obtained, it will not be necessary to use any other powerful means; but if this should not be the case, several leeches, and afterwards a blister, must be applied to the chest. While the disease lasts, if the child be not weaned, he should take nothing besides the breast; otherwise nothing more than liquids, such as barley water, apple or orange whey, milk and water, or toast and water; as he recovers, the food must be of a more nourishing kind, but given in small quantities, and often repeated; arrowroot, sago, milk thickened with isinglass; and when all fever has ceased, chicken broth or beef tea. Great care must be taken to avoid cold and damp.

There is a complaint very much resembling the croup, to which some children are liable during teething; a crowing noise very much like that of croup comes on suddenly, and the child appears in danger of suffocation, but the cough, if any is not hoarse, and the breathing between whiles is free; by these marks it may be distinguished from the regular

croup. The best method to pursue in this case is, to watch the gums, and lance them as required; to open the bowels freely with sal polychrest, or rhubarb and magnesia; to give Dalby's carminative every four or five hours; and to rub the outside of the throat every six hours with oil of amber, or oil and hartshorn.

Cutaneous Eruptions.

Teething children are frequently liable to a disagreeable breaking out over the face; a like circumstance sometimes follows measles, or any other complaint of a lowering tendency. In either case proper attention must be paid to the general health; but for an application to the part, nothing is more safe and efficacious than tripe liquor; it should be obtained from the tripe boilers, fresh and warm, as often as possible; this will be perhaps twice or three times a week; what remains after the first using must be kept in a cool place, and a little made warm for use when required. The part affected should be well washed at least every night and morning.

Chilblains.

To avoid them, be careful never to sit in wet shoes—never to come near the fire when very cold—to take plenty of exercise, and, if needful, to wear gloves and socks of oiled silk or wash leather. If they appear, let them be rubbed every night with soap liniment, or with a red onion cut in half, and sprinkled thickly with common salt. If they break, let a thin plaster of the following ointment be applied once or twice a day. One ounce of deer's suet or hog's lard, one ounce of bee's wax, and half an ounce of oil of turpentine, melted and stirred well together.

Worms.

To prevent them, avoid unwholesome food, especially, in infancy a sloppy pap often given to children, made by sopping bread in tea, or hot water, and generally sweetening it most unmercifully; and for children, all sweet or sour trash, gingerbread, sugarplums, unripe fruits, &c. If a child is suspected of having worms, give it six or eight common raisins

every morning fasting; after some days, give it a dose of sal polychrest, according to its age, and in three days another; or, if it be preferred, castor oil or senna tea will answer the latter purpose. Tea made of rue, camomile flowers, or worm crude, are beneficial; but it is very difficult to get children to take them in sufficient quantity, and with perseverance enough to do much good. The following recipe for the cure of worms is strongly recommended. Twenty grains of worm seed, and twenty grains of rhubarb, well mixed in a tea-cupful of treacle; a table-spoonful to be given every morning early and fasting; continue for a week, then leave off a week, then go on again till all symptoms of worms have ceased.

Measles.

When a child appears heavy, drowsy, and feverish, sneezes often, the eyes and nose run, and are red and inflamed, it may be supposed that he is sickening for the measles. The first thing to be done is to clear out his stomach and bowels. by means of an emetic and purgative suited to his age; after which he should be put into a warm bath, carefully dried and kept in bed. It is necessary that he should be kept in one temperature, or degree of warmth, but it is not necessary or beneficial that that should be at all warmer than is agreeable to a person in health. In cold weather a small fire in the room may be desirable, but it would be improper when the weather is warm; the light should be shaded from the eyes (which are extremely tender), but curtains should not be drawn round the bed. No solid food must be thought of, but plenty of warm drink given, such as barley water, bran tea, orange or apple whey, grit gruel, &c. The measles appear at first on the breast, back, and forehead; they resemble flea bites, and are not raised above the skin; they gradually spread over the whole skin, and about two days after they have so spread, begin to change to a brownish red, which continues distinct during the third day; after that it gradually turns pale, and the skin becomes covered with branny scales, like fine oatmeal. Sometimes there is a great degree of hoarseness, cough, and difficulty of breathing, and generally

considerable fever. If the fever should be high, with tightness and pain in the forehead, and dryness of the throat, great relief is often afforded by drawing in the steam of hot water. The warm bath may be frequently used, at least every night; and between whiles the steam may be drawn in, as recommended for a sore throat. If the cough and oppression of the chest are considerable, another and more active purgative must be given, and a blister applied on the chest. It was formerly common to bleed in measles, but is very seldom practised now; even leeches should not be applied unless considered absolutely necessary by a skilful medical man. The measles of themselves tend very much to weaken the frame and impoverish the blood, and this effect had not need be aggravated. When the eruption begins to decline, the skin should be sponged two or three times a day with warm milk and water, and two or three doses of physic should be given at the distance of every third or fourth morning. The food must now be light, yet nourishing; milk, with isinglass or gum arabic, puddings, and if there be little or no cough, beef tea, and a small quantity of meat. A mutton chop lightly broiled, or a slice out of a joint of roast mutton, is the best meat that can be given to an invalid. If the child be weak, as is almost always the case, it will be right to give him strengthening medicines, and a small quantity of port wine every day. To a child five years old and upwards, may be allowed a table-spoonful of wine, in which he should dip a bit of bread or biscuit. It does much more good taken so, than hastily drank off. A child recovering from illness, will be greatly relieved and strengthened by being frequently sponged with cold water and vinegar.

The scarlet fever much resembles the measles, and requires in ordinary cases much the same treatment. If the heat of the skin be very great, it may be frequently sponged with cold water and vinegar. If the throat is sore, it should be frequently gargled; and if the head is very much affected, a leech or two, according to the age of the child, may be applied to each temple. The physicking and strengthening may be carried on the same as in the measles. These directions will suffice in slight attacks; where the disease appears violent, the best medical advice ought to be obtained.

Hooping Cough.

For this disease, gentle emetics should be given frequently; the bowels kept properly open; the food should consist of milk and vegetables; new flannel should be constantly worn next the skin. Garlic ointment, or oil of amber, and spirits of hartshorn, should be rubbed every night and morning on the back bone, pit of the stomach, soles of the feet, and palms of the hands. The child should not on any account be exposed to a keen or damp air; but change of air is very beneficial, if it can be taken without exposure to cold. Great relief has been obtained in the hooping cough by the use of alum, though it does not deserve all that has been said of it; with some children it produces decided, and almost immediately beneficial effects, but with others it takes no effect at all. For those parents who choose to try it, the dose is a grain for each year of the child's age, to be given, finely powdered, with a little sugar, or barley water, three times a day. Much depends upon its being given with regularity and perseverance.

Rickety Complaints.

Rickety children are pale, feverish and bloated, weak in the joints, and disproportionately large in the head and belly. The too frequent cause of this complaint is neglect of wholesome food, cleanliness, and good nursing. If such be the cause, the cure must be chiefly sought in an opposite course; a strengthening diet, the cold, or tepid bath, with salt in the water, and dry rubbing of the whole body daily, and plenty of air and exercise. If this be not the cause, the indisposition of the child cannot be accounted for; the advice of some professional man should immediately be obtained.

FAMILY MEDICINES.

In family preparations of medicine care should be taken to procure the drugs from a regular and respectable druggist, on whom reliance can be placed. He should always be re-

quested to write distinctly on each packet the English name and quantity of the drug it contains. Drugs kept in small quantities for domestic use should be kept in phials closely corked or with glass stoppers. Apothecaries' scales and weights should be used in making up medicines, and great care taken to ascertain the exact dose that is proper to be taken. Rash and ignorant persons often advise you to take a pennyworth of this or a little of that, or a spoonful of the other. It need scarcely be said that such vague directions deserve no confidence or notice. The correct dose ought always to be specified by weight or measure; otherwise serious mischief may result from taking an improper dose even of a valuable medicine.

Laxative Medicines.

Castor Oil.—In purchasing this, always ask for cold drawn. The dose of this, for a child, is from half a tea-spoonful to a dessert-spoonful; for a grown person, from a dessert spoon to two table-spoonfuls.

Senna Tea.—On half an ounce of senna and one ounce of figs, tamarinds, or raisins, pour a pint of boiling water; let it stand for four or five hours, then strain it off; a small tea-cupful may be taken every hour till it operates; or the same ingredients may be boiled in a pint and a half of water, till reduced to a pint, and then strained off; in this case a smaller dose will suffice.

Salts.—Epsom, Glauber, or Cheltenham Salts.

As many fatal mistakes have occurred by persons taking spirits of salt, oxalic acid, or other poisonous drugs, supposing them to be the safe and proper medicinal salts, here is a simple test by which to try them. Before wetting the salts, take a small pinch and throw it in the fire; if it is the proper thing, it will dissolve like snow; but if you see it spirtle, and send up a blue flame (like a match) you may be sure it is something amiss. Another thing by which you may ascertain, is this; medicinal salts have a bitter and soapy taste; but the poisonous salts have a sharp acid burning taste. The best way of taking salts is, to dissolve an ounce in a pint of

water, and take a wine-glassful every morning, if that be the design, or every half hour till it operates.

Rhubarb and Magnesia.

For a grown person; a large tea-spoonful of magnesia, and as much rhubarb as will lie on a sixpence; to be mixed in a glass of cold water, or simple peppermint water. The best way of mixing it is, to lay the powder at the top of the liquid, let it stand till it has all settled, and then stir it up.

Sal polychrest and rhubarb make a very good laxative medicine for children who are weak in the stomach and bowels. Take one drachm of sal polychrest, and two scruples of rhubarb in powder; mix them, and make into twelve powders; one or two to be taken daily. This is the dose for a child about five years old.

Opening Electuary.

A very useful family medicine, particularly good for those who are troubled with asthma or rheumatism.—One ounce of senna powder, half an ounce of flour of sulphur, two drachms of powdered ginger, half a drachm of saffron powder, four ounces of honey. The size of a nutmeg to be taken night and morning.

Another Electuary.

Equal parts of sulphur and cream of tartar mixed up with treacle. If an equal part of magnesia be added, it forms the electuary recommended for the piles.

Laxative Syrup.

Take one ounce of senna leaves, and having carefully picked out every bit of stalk, pour over them one pint of boiling water; let this boil till one half remains, then pour the whole into a china bason, and covering it up, set it aside for twenty-four hours; strain it off through a linen rag, and adding four ounces of treacle, put it over a fire till it becomes so much heated as to be thoroughly mixed together. When cold, cork it up for use, and keep it in a cool place. This syrup is chiefly intended for children; the dose may be from

a tea-spoonful to a table-spoonful, according to the age and strength of the child; if not active enough, powdered jalap may be added.

Calomel Powder.

Of calomel four grains, of jalap twelve grains, of ginger four grains. This is a dose for a grown person; for a child it must be proportionably lessened. It must be taken in jelly, honey, treacle, or sugar; not in any liquid; and during its operation all cold must be avoided. This medicine is good for indigestion, and irregularity of the bile.

Dr. Baillie's Prescription for Sick Headaches.

Turkey rhubarb, finely powdered, three grains; pure soda powder dried, ten grains; sal volatile, fifteen drops. To be taken between breakfast and dinner in a glass of warm water.

Electuary for the Rheumatism.

Communicated by an eminent Surgeon for the benefit of his poor neighbours.—Powdered gum-guaiacum eight grains, flour of sulphur two drachms, powdered rhubarb fifteen grains, cream of tartar one drachm, powdered ginger thirty grains, nutmeg eight grains. To be made into an electuary with two ounces of clarified honey; a tea-spoonful to be taken night and morning.

Powder for the Rheumatism.

One ounce of Turkey rhubarb, half an ounce of gum-guaiacum, one ounce of sulphur, one ounce of flour of mustard, one ounce of nitre; all beaten very fine in a mortar, a tea-spoonful taken in a glass of warm water two or three times a day; when the pain has abated less will do.

Emetics.—Ipecacuanha Powder.

Dose for a grown person, fifteen or twenty grains, to be taken in sugar and warm water; for a child, from three to fifteen grains. Ipecacuanha or antimonial wine, two table-spoonfuls at first, and another in ten minutes, if the first

has not operated; for a child, from two tea-spoonfuls to a table-spoonful (according to its age), every quarter of an hour, till vomiting takes place.

Flour of mustard will act as an emetic.—Camomile tea, also, when the stomach is in a state to require it.

COUGH MEDICINES.

Essence of Malt, for a Cough or Hoarseness.

Two quarts of the very strongest sweet-wort, set over a slow fire, in a very clean tin saucepan, with the lid on, till it boils; then take off the lid, and stir it frequently, not taking off the scum, but stirring it down. When it has become so thick a syrup as with difficulty to drop from the spoon, it is done; when cold, put it into bottles, and cork it tight. Take two tea-spoonfuls twice a day, and the last thing at night.

Vegetable Syrup for the same purpose.

Boil two table-spoonfuls of linseed in a pint of soft water, till reduced to one half; strain it, and add one pint of lemon-juice,* and three pounds of the coarsest brown sugar. Let it simmer altogether over a slow fire, for upwards of two hours, skimming it as the scum rises. This is supposed to be Godbold's celebrated and very expensive syrup. Whether or not it is so, it has been found very successful in relieving hoarseness or husky cough.

For a dry tickling Cough.

One ounce of spermaceti in powder, one table-spoonful of honey, a table-spoonful of simple peppermint-water, and the yolk of a new-laid egg; beat these up together, and take a spoonful often.

Honey and vinegar, simmered together, have often been found beneficial in an asthmatic cough. Or the following:—Sugar-candy, bruised, oil of sweet almonds, and lemon-juice mixed together.

* At the season when lemons are very expensive, the same purpose may be answered by using good white-wine vinegar.

Cough Drops.

For Hooping Cough, and for coughs in general, when not attended with any great degree of fever.—Oxymel of squills, paregoric elixir, antimonial wine, and sal volatile, in equal parts. The dose for a grown person is two small tea-spoonfuls at going to bed, and one tea-spoonful twice a day besides; for children, according to their age.

Syrup for cough and soreness of the stomach, chiefly used for infants.—Syrup of white poppies, oil of sweet almonds, of each one ounce, antimonial wine one drachm. It may be made with syrup of violets instead of syrup of poppies; and, unless the child is very restless, will answer quite as well. The dose is from a tea-spoonful to a dessert-spoonful (according to the child's age), two or three times a day.

White emulsion, for cough and soreness of the stomach.—Six ounces (that is, twelve table-spoonfuls,) of boiling water, sweetened with loaf sugar; when cold, put it in a large phial, and add two ounces of the oil of sweet almonds, and as much sal volatile as will cause the oil to mix with the water, so that when you shake the bottle you will no longer see the oil, but the whole will appear white like milk. A table-spoonful of this may be taken frequently. If the cough is very troublesome, or the stomach very sore, half an ounce of tincture of tolu may be added, or half an ounce of paregoric elixir; but not if the person is feverish.

Strengthening Medicines.

Bark may be prepared for use, either by boiling or pouring boiling water over it, in the following ways:—An ounce of bark (bruised) boiled in a pint and a half of water, till reduced to a pint; then strain off, and add a tea-spoonful of weak spirits of vitriol; or, take one ounce of bark in powder, and one ounce of tincture of myrrh; pour on them a pint of boiling water; let them stand in a bottle two or three days, frequently shaking it; after this, it may be taken; pour off the liquor clear from the sediment, and take a wine-glassful twice a day. This is a good medicine for children after the measles, or any other lowering disease; the quantity, of course, must be

reduced according to their age. For a child of six or seven years old, a table-spoonful will be a proper dose.

For a weak stomach and want of appetite.—One ounce of camomile flowers, half an ounce of dried Seville orange or lemon-peel (that is, the yellow rind quite free from the inner white); pour on them a quart of boiling water, and take a wine-glassful the first thing in the morning, and twice in the day beside.

Another.—*For nervous weakness and lowness of spirits.*—One ounce of red rose leaves dried, two drachms of gentian roots, and two drachms of orange-peel (as above), cut in small pieces; pour over them a quart of boiling water; let it stand two or three hours, then strain off, and add a tea-spoonful of weak spirits of vitriol. A glass of this may be taken twice or thrice a day.

Daffy's Elixir, or Tincture of Senna.

One gallon of aquæ vitæ, half a pound of raisins, one drachm of saffron, two ounces of anniseed, two ounces of coriander seeds, two ounces of sweet fennel, to each two ounces of parsley, two ounces of the best Turkey rhubarb, two ounces of Spanish juice, two ounces of senna, two ounces of elicampane. To stand in a gentle warmth for two or three weeks, shaking it often; then stand two or three months; then filter, and add half a gallon more spirit to the drugs. After standing six weeks or two months, strain off the spirit; boil the drugs in a little water; squeeze and mix the liquor with the above half gallon of spirit, and it will make a useful family medicine.

The first tincture is far stronger than the bought Daffy's, and is very useful, administered with an equal quantity of warm water; and ought never to be taken genuine but in very urgent cases, free from fever.

Recipe for the Hooping Cough.

Honey four drachms, liquorice roots four drachms, flowers of benzoin, opium one drachm, camphire two scruples, oil of anniseed half a drachm, salt of tartar one ounce. Digest them together three weeks in a quart of rectified spirits of wine, closely stopt, often shaking it. Dose, sixty drops for an adult three times a day, especially morning and evening; from twenty

to thirty, for children of fourteen; ten, to one of four years: three, to one of one year and under.

For Gravel or Stranguary.

One spoonful of honey, one spoonful of oatmeal. Pour to them a quart of boiling water, stirring the mixture well; let it cool, and drink half at night going to bed, and the other half in the morning, fasting. Stir it well before drinking; repeat this every day constantly, making the drink fresh every day.

To make an improved Tincture of Bark.

Red bark, grossly powdered, one ounce; of snake root, in powder, six drachms; saffron, one drachm and a half; cochineal, ten grains; orange-peel, one ounce and a half. Steep the above articles in one pint of the best brandy, and you will have a tincture equally good as the famous Dr. Huxham's.

Injections.

A common injection, from half a pint to a pint of thin gruel, or warm milk and water; a piece of hog's lard, or two table-spoonfuls of oil, and the same of common salt, or coarse brown sugar. If this be not considered sufficiently opening, instead of the oil or lard, two or three table-spoonfuls of castor-oil; and instead of the common salt, one ounce of Epsom salts may be used. For children, a smaller quantity of all the ingredients will suffice; and when children have long suffered from sluggishness and irregularity of the bowels, and various powerful medicines have failed to set them to rights, this common injection, repeated about three times, at the distance of one or two days, has been found to clear the bowels, and bring them into proper and regular action.

Sometimes, in cases of extreme relaxation of the bowels, an injection of starch and laudanum is ordered; a quarter of a pint of thin starch, moderately warm, and from twenty to sixty drops of laudanum may be used.

In some cases of extreme weakness, or inability to swallow, through quinsey, or other complaints of the throat, life has been sustained for a considerable time by means of injections of beef tea or other nourishing liquids; but in all such cases,

whatever is necessary should be done under the direction of professional skill, and let those directions be implicitly followed.

OUTWARD APPLICATIONS.

Poultices.

When there is any inflammation, the best poultice that can be made is of bread and water; they should be either boiled together, or boiling water poured over the bread (just as much as the bread will suck up), then covered up close, till it is cool enough to apply.

Bread and milk poultice may be made just in the same manner; it is sometimes preferred, when there is not much inflammation, but a slow gathering of matter which requires to be drawn to a head. A bit of fresh lard, or a tea-spoonful of olive oil, may be added to it.

There is no good purpose of a bread and milk poultice, that is not better answered by the old fashioned bread and butter poultice, and it will often succeed in cleansing and healing a sore, when several other poultices and applications have been tried in vain. This poultice is particularly useful for a sore that has been long kept open, owing to the blood being in a poor state.

Linseed poultice is made by mixing an equal quantity of bread crumbs and linseed powder, and gradually stirring to it as much boiling water as will bring it to a proper consistency.

A roasted onion is a very good poultice, or an onion boiled in a very small quantity of water or milk; when quite soft, crumble in as much bread as will soak up the liquid, and beat it all up together.

A Fig Poultice.

Get the finest Turkey figs; according to the size of the poultice required, boil one, two, or more, in new milk; when they have become very tender, and the milk has nearly boiled away, pour off what remains, and with that well wash the sore; beat up the figs, and lay them on as warm as can be

borne. This must be renewed morning and evening; so indeed should all poultices.

Lily-root Poultice.

Take five or six cloves of the root of the large white garden lily, or more if a very large poultice is required; shred them very small, and boil them in water; when tender, crumble in bread enough for the poultice.

Vinegar and oatmeal poultice for a sprain need not be boiled, only mixed smoothly together. It should be large.

Poultice for a bad Breast.

If, after a lying-in, any stoppage of the milk occurs with inflammation, hardness, and pain, which there is reason to believe cannot be removed without suppuration (or drawing to a head and breaking), it must be promoted by poultices; either a bread and water poultice applied warm, or, if that be not sufficiently drawing, a linseed poultice is generally recommended. Some people prefer a fig, or onion poultice; or the following one made of common herbs, which has this advantage, that if it be not absolutely necessary to bring it to a head, this poultice will assist it in dispersing. Get the inner rind of elder, and of the female or blossoming elm; mallow, groundsel, plantain, and houseleek (or silgreen), of each a handful; have ready a saucepan with about a quart of boiling water, put them in, make it boil up quickly, and boil till the herbs are tender, just as you would greens; then strain it off, save the liquor, chop up the herbs fine; the elder and elm rind, except just in the spring of the year, will be too harsh to chop up, but all the others will easily: take a part of the liquor, and boil a large piece of crumb of bread till quite swollen and tender; stir in a part of the herbs, and a scrap of raw fat bacon, and apply this poultice warm to the breast. The quantity of herbs and liquor will serve three or four times.

Fomentations

May be made by boiling the herbs directed, straining them off, and wringing out flannels or cloths in the liquor in which they were boiled, and applying them hot to the part in pain. For example: take two ounces of white poppy heads, and two ounces of camomile flowers—or fever-

few—or wormwood tops—or one ounce of elder flowers· boil them in three pints of water till reduced to a quart. This is a good application for any violent pain; great care must be taken to avoid cold.

The same end may be answered, by filling two flannel bags with the herbs; have a saucepan of boiling water on the hob; wring out one bag and apply; leave the other in; when the first bag begins to chill, change them, and so go on till the pain is relieved; then have ready a piece of dry flannel, which apply instead, to prevent cold being taken.

Oil and Ointment for Bruises.

Take of camomile flowers, lavender, and southernwood tops, of each three handfuls, wormwood, red sage, and rosemary tops, of each two handfuls; red rose-buds, one handful, shred all very fine. Put the ingredients in a new stone pipkin, with a quart of best salad oil. Let them stand two months or more, stirring them often. Then boil it up in the same vessel. Let it boil a quarter of an hour, then add a quarter of a pint of the best French brandy. Boil it up again, strain it off through a sieve, and it will be fit for use. The ointment is to be made by adding some lard to the ingredients after the oil is strained off. Let it simmer about ten minutes, then strain clear into gallipots.

To prepare colewort (or young cabbage plant) leaves, for dressing a blister.—Choose fine, young, quick grown leaves; with a small knife draw off the strings from the backs; roll them two or three times with the rolling pin till quite smooth; then hold them, one by one, before the fire till the steam draws out, and the leaf looks moist, and of a bright green all over; as you do each leaf, shut it up close in your left hand, and so go on till you have done them all; keep them still in your left hand while you remove the blister, then spread them over the part; take care that every part of the sore be covered; then spread a fine linen rag, and as long as the blister discharges freely, put a soft thick napkin also. Let this dressing be renewed twice a day till the place is quite healed, and no ointment whatever applied. If the skin should become stiff and harsh, a little salad oil may be applied with a feather or rubbed gently in with the tip of the finger.

If a blister (or any other case in which a dressing of colewort leaves is ordered) should appear inflamed, the leaves of the well-known herb plantain (the seeds of which are got for Canary and other birds) may be prepared and applied in the same manner.

Eye Waters.

Those who have any weakness or complaint in the eyes should carefully avoid tampering with them, and either taking to glasses, or using medicinal washes at the recommendation of ignorant people. The following may be used without injury, and may in some slight cases afford relief; but no great benefit is to be expected from them. Breast milk frequently milked into the eye from the nipple; rose-water, or elder flower water; weak green tea, or camomile tea, or rosemary tea.

Embrocation.—For a Sore Throat.

Olive oil one ounce, spirits of hartshorn half an ounce, or if the skin will bear it, equal parts of each.

Embrocation.—For the Hooping Cough.

Oil of amber and spirits of hartshorn, of each half an ounce; volatile sal ammoniac five grains. This is very powerful, and for very young children, the sal ammoniac should be left out, and the spirits of hartshorn lessened, or indeed the oil of amber used alone; as much however of the spirits should be used as can be borne without blistering the skin. The same may be used for children in convulsions.

Strengthening Mixture.

Peruvian bark, grossly powdered, one ounce; water, a pint and a half; simmer them together a few minutes, then strain off, and add tincture of bark, two ounces; diluted nitric acid. one drachm and a half (or ninety drops). The dose is a wine-glassful three times a day.

Draught.

For a person whose strength is exhausted by frequen bleeding at the nose.—In a spoonful of mucilage of gum arabic (see p. 611.) mix ten drops of rectified spirit of turpentine; then add of simple mint water, an ounce and a half This draught should be repeated every sixth hour till the return of hemorrhage appears to be effectually prevented.

Anodyne Balsam, or Soap Liniment.

To an ounce of which is added half an ounce of laudanum. In violent pains occasioned by teething, this may be rubbed on the back bone; or for violent tooth ache, or face ache, a piece of flannel wet with this may be applied to the cheek, or a little of it held on in the palm of the hand.

Remedy for the Ring-worm.

Fine starch reduced to powder, and kept constantly applied on and around the parts affected with the ring-worm, will soon cure that teazing and infectious cuticular distemper.

On the head the ring-worm sometimes comes to running sores, which must once or twice a day be washed with soap and water, and dressed with basilicon ointment, keeping the rest of the head dry and constantly covered with powdered starch. The body must be kept gently open with sulphur and cream of tartar.

Cure for Corns.

Place the feet for half an hour, two or three nights successively, in a pretty strong solution of soda or lees of potash. The alkali dissolves the indurated cuticle, and the corn falls out spontaneously, leaving a small excavation which soon fills up.

Another.—Bind a common muscle to the part affected, allowing it to remain on all night. The best mode of applying it is to take off one half of the shell, leaving the other to keep together the moisture and strength of the muscle.

Sir Astley Cooper's Chilblain Liniment.

Spirits of wine one ounce; liquor of subacete of lead, half an ounce.

Sir Charles Wheeler's Recipe for the Hot Black Balsam.

Very efficacious in cases of Scrofula.—Sold only by Strickland, Druggist, High Street Coventry, at 5d a pot.

Take pot marjoram, St. John's wort, mullen, scurvy grass, ground ivy, lavender, angelica, bettony, fennel, lovage, red and green sage, wormwood, rue, penny-royal, sweet marjoram, hyssop, vervain, yarrow, nep, motherwort, adder's tongue, dragon, thyme, sarder's sentorie, rosemary, bay leaves, southernwood, wild sage, English tobacco, self-heal, balm, mint,

Solomon's seal, crosswort, feverfew, night-shade, rebgrow, hound's tongue, plantain, arsemart, broom flowers, smallage, melelot, camomile, germander, golden rod, groundsel, nettles, dockroot, savine, comfrey, pelewort, some stone horse dung. Take five or six handfuls of each of the above ingredients, or as many of them as you can procure, beat them in a mortar, some with May butter, part with goose grease, part with deer's suet, part with boar's grease, part with skimmings of the pot, some with neatsfoot oil, and some with salad oil—then put them into an earthen pot for two months at least, or longer; then boil them in a pan four hours; then strain them, and to fourscore pounds weight of the juice and fat, put six pounds each of rosin, bees-wax, colophony, and black pitch, two pounds of white pitch, two quarts of oil of turpentine, three pounds of liquid storax, and three quarters of a pound of the gum elemi. Let all these boil easily for half an hour, skimming it very well, and then pot it for use.

N. B. You need not wait till you can get all the herbs together, but beat them with the fat, &c. and put them into the earthen pot as you can get them.

CHAPTER XV.

MISCELLANEOUS RECIPES AND DIRECTIONS.

Tooth Paste.

One large or two small cuttle fish; one ounce of bole armenic; half an ounce of burnt alum; half an ounce of Peruvian bark; a quarter of an ounce of cinnamon, all finely powdered and sifted through muslin; then mixed with as much honey as will make it into a soft paste.

Tooth Powder.

To one ounce of fine powder of bark, and one ounce of gum myrrh, add three fourths of an ounce of bole armenic; mix these ingredients well together, and they will produce an excellent tooth powder, valuable in itself, and highly approved of by many gentlemen of the faculty.

For Chapped Hands.

Every time after washing drop on them a little honey, and rub them together till the stickiness is entirely removed. The same may be applied to sore lips.

To make Lip Salve.

Take an ounce of white wax and ox marrow, three ounces of white pomatum, and melt all in a bath heat; add a drachm of alkanet, and stir it till it acquire a reddish colour.

To make the celebrated Pomade Divine.

Beef marrow twelve ounces, steeped in water ten days, and afterwards in rose-water twenty-four hours; flowers of benjamin, pounded storax, and Florentine orris, of each half an ounce; cinnamon, a quarter of an ounce; and clove and nutmeg, a quarter of an ounce. The whole to be put in an earthen vessel, closely covered down, to keep in the fumes, and being suspended in water made to boil three hours; after which, the whole is to be strained and put into bottles.

Pomade Divine.

Take of beef marrow, one pound and a half, well cleaned from the bones and skin: put it into an earthen vessel with spring water, which must be changed twice a day for ten days; drain it well, and let it lie twenty-four hours in a pint of rose-water: then dry it in a clean cloth, add storax, benjamin, cypress and orris root, in fine powder, of each one ounce; cloves and nutmegs, two drachms; and half an ounce of cinnamon; carefully mix them with the marrow. Put the mass into a silver cup with a cover, tie it close down with a fine cloth, and immediately over it lay on a paste made with the white of eggs and flour, and upon that another piece of cloth. The cup must be suspended in a copper of boiling water for three hours; afterwards pass the liquor through muslin into the cups you intend to keep it in, and tie it down the next day. During the preparation, it should not be touched but with a silver spoon.

To make soft Pomatum.

Take what quantity of hog's lard you choose to make; cut it down in small pieces, and cover it with clear spring water, changing it every twenty-four hours for eight days; when it is quite white, put it into a pan, and melt it over a clear fire; when it is all melted, strain it, and put to it some essence of lemon to perfume it; so keep it for use.

To make hard Pomatum.

For hard pomatum, blanch the hog's lard in the same manner, as also some mutton suet, and boil them together with a little white wax; scent it with essence of lemon or lavender, then make round paper cases, and when cold turn down the other end, and keep it for use.

Genuine Windsor Soap.

To make this famous soap for washing the hands, shaving, &c. nothing more is necessary than to slice the best white soap as thin as possible, melt it in a stew-pan over a slow fire, scent it well with oil of caraway, and then pour it into a frame or mould made for that purpose, or a small drawer, adapted in size and form to the quantity. When it has stood three or four days in a dry situation, cut into square pieces, and it is ready for use. By this simple mode, substituting any more favourite scent for that of caraway, all persons may suit themselves with a good perfumed soap at the most trifling expense. Shaving boxes may be at once filled with the melted soap, instead of a mould.

To make Jessamine Butter, or Pomatum.

Hog's lard melted, and well washed in clear water, laid an inch thick in a dish, and strewed over with jessamine flowers, will imbibe the scent, and make a very fragrant pomatum.

Essence of Soap for Shaving or Washing Hands.

Take a pound and a half of fine white soap in thin slices, and add thereto two ounces of salt of tartar; mix them well together, and put this mixture into one quart of spirits of wine, in a bottle which will hold double the quantity of the ingredients; tie a bladder over the mouth of the bottle, and prick a pin through the bladder; set it to digest in a

gentle heat, and shake the contents from time to time, taking care to take out the pin at such times to allow passase for the air from within; when the soap is dissolved, filter the liquor through paper, to free it from impurities; then scent it with a little hergamot or essence of lemon. It will have the appearance of fine oil, and a small quantity will lather with water like soap, and is much superior in use for washing or shaving.

Method of extracting Essences from Flowers.

Procure a quantity of the petals of any flowers which have an agreeable fragrance; card thin layers of cotton, which dip into the finest Florence or Lucca oil; sprinkle a small quantity of fine salt on the flowers, and lay them, a layer of cotton, and a layer of flowers, until an earthen vessel or a wide-mouthed glass bottle is full. Tie the top close with a bladder, then lay the vessel in a south aspect to the heat of the sun, and in fifteen days, when uncovered, a fragrant oil may be squeezed away from the whole mass, little inferior (if that flower is made use of) to the dear and highly valued otto or odour of roses.

To make Washballs.

Shave thin two pounds of new white soap into about a tea-cupful of rose-water; then pour as much boiling water on as will soften it. Put into a brass pan a pint of sweet oil, four penny-worth of oil of almonds, half a pound of spermaceti, and set all over the fire till dissolved; then add the soap, and half an ounce of camphor that has first been reduced to powder by rubbing it in a mortar with a few drops of spirits of wine, or lavender-water, or any other scent. Boil ten minutes; then pour it into a basin, and stir till it is quite thick enough to roll up into hard balls, which must then be done as soon as possible. If essence is used, stir it in quick after it is taken off the fire, that the flavour may not fly off.

To make Milk of Roses.

To one pint of rose water, add one ounce of oil of almonds, and ten drops of the oil of tartar.

N. B. Let the oil of tartar be poured in last.

Another way.—Two ounces of rose-water, a tea-spoonful of oil of sweet almonds, and twelve drops of oil of tartar must be put into a bottle, and the bottle well shaken till the whole combines.

Wash for the Skin.

Four ounces of potash, four ounces of rose-water, two ounces of pure brandy, and two ounces of lemon juice; put all these into two quarts of water, and when you wash, put a table-spoonful or two of the mixture into the basin of water you intend washing in.

To increase the Growth of Hair.

Hartshorn beat small, and mixed with oil, being rubbed upon the head of persons who have lost their hair, will cause it to grow again as at first.

To promote the Growth of Hair.

Mix equal parts of olive oil and spirits of rosemary, and add a few drops of oil of nutmeg. If the hair be rubbed every night with a little of this liniment, and the proportion be very gradually augmented, it will answer every purpose of increasing the growth of hair, much more effectually than can be attained by any of the boasting empirical preparations which are imposed on the credulous purchaser.

To make Eau de Luce.

Take of spirits of wine one ounce, spirit of sal-ammoniacum four ounces, oil of amber one scruple, white Castile soap ten grains. Digest the soap and oil in the spirits of wine, add the ammoniacum, and shake them well together.

To make Hungary Water.

Take a quantity of the flowers of rosemary, put them into a glass retort, and pour in as much spirits of wine as the flowers can imbibe; dilute the retort well, and let the flowers macerate for six days, then distil it in a sand heat.

Pot Pourri.

Put into a large China jar the following ingredients in layers, with bay-salt strewed between the layers; two pecks of damask roses, part in buds and part blown; violets, orange-flowers, and jasmine, a handful of each; orris root sliced, benjamin and storax, two ounces of each; a quarter of an ounce of musk; a quarter of a pound of angelica-root sliced; a quart of the red parts of clove-gilliflowers; two handfuls of lavender flowers; half a handful of rosemary flowers; bay and laurel leaves, half a handful of each; three Seville oranges, stuck as full of cloves as possible, dried in a cool oven, and pounded; half a handful of knotted marjoram; and two handfuls of balm of Gilead dried. Cover all quite close. When the pot is uncovered, the perfume is very fine.

A quicker sort of Sweet Pot.

Take three handfuls of orange-flowers, three of clove-gillyflowers, three of damask roses, one of knotted marjoram, one of lemon-thyme, six bay-leaves, a handful of rosemary, one of myrtle, half one of mint, one of lavender, the rind of a lemon, and a quarter of an ounce of cloves. Chop all; and put them in layers, with pounded bay-salt between, up to the top of the jar. If all the ingredients cannot be got at once, put them in as you get them; always throwing in salt with every new article.

TO DESTROY VERMIN OF DIFFERENT KINDS.

To destroy Beetles.

Take some small lumps of unslaked lime, and put into the chinks or holes from which they issue, it will effectually destroy them; or it may be scattered on the ground, if they are more numerous than in their holes.

Another way.—The simplest and most effectual way of destroying beetles is by means of red wafers. As it has become usual to substitute vermilion for red lead in the composition of wafers, it will be necessary to ask particularly for such as have been made with red lead. Strew these in the neighbourhood of the crevices from which these insects issue, and their future incursions will be speedily prevented. Cock roaches may be destroyed by the same means.

For destroying Bugs and Worms in Wood.

An eminent physician has discovered that by rubbing wood with a solution of vitriol, insects and bugs are prevented from harbouring therein. When the strength of this remedy is required to be increased, there need only be boiled some coloquintida apples in water in which, afterwards, vitriol is dissolved, and the bedstead with the wood about them, and the wainscotting, being anointed with the liquor, will be ever after clear of worms or bugs. The wall may be likewise rubbed with the composition, and some of it may be dropped into the holes where these insects are suspected to be harboured. As to the walls, they require only to be washed over with the vitriol water.

To destroy Crickets.

Mix some roasted apples with a little white arsenic powdered, and put a little of this mixture into the holes or cracks in which the crickets are; they will eat it and perish.

To destroy the Insect which attacks the Apple Tree, commonly called the White Blight, or American Blight.

To a strong decoction of the digitalis or foxglove add a sufficient quantity of fresh cow-dung to give it such a consistence as may enable you to apply it with a painters' brush to those parts of the bark of the tree which afford a harbour for this destructive insect. The insect is generally destroyed by the first application, though in some instances it may be necessary to repeat it. It has been remarked that the insect never returns in future years to those parts of the tree which have been thus treated.

To destroy Earwigs and Woodlice.

A very simple way of ensnaring them, and by which they may be taken alive in great quantities, is to place four inch cuts of reeds, bean halm, or strong wheat straw, among the branches, and also lay a number on the ground, at the bottom of the wall. In these the insects take refuge at day-break, as they depredate chiefly in the night; and any time through the day they may be blown into a bottle with a little water in it, and so be drowned. Or, a cheaper way is to burn the straw, and scatter fresh on the ground.

The Use of Garlic against Moles, Grubs, and Snails.

Moles are such enemies to the smell of garlic, that, in order to get rid of these troublesome and destructive guests, it is sufficient to introduce a few heads of garlic into their subterraneous walks. It is likewise employed with success against grubs and snails.

To prevent Slugs from getting into Fruit Trees.

If the trees are standards, tie a coarse horsehair rope about them, two or three feet from the ground. If they are against the wall, nail a narrow slip of coarse horsehair cloth there, about half a foot from the ground, and they will never get over it, for if they attempt it, it will kill them, as their bellies are soft, and the horsehair will wound them.

To destroy Wasps and Flies instantly.

Wasps and flies may be killed very fast, by dipping a feather in a little sweet oil, and touching their backs with it; they will instantly die. When intent on the fruit, and half-buried in the excavations they have made, they are easily come at, and are not apt to fly about. Insects of different kinds are easily killed by oil; it closes up the lateral pores by which they breathe.

To destroy Rats or Mice.

Mix flour of malt with some butter; add thereto a drop or two of oil of aniseed; make it up into balls, and bait your traps therewith. If you have thousands, by this means you may take them all.

Another way.—Equal parts of oil of amber and ox gall; oatmeal sufficient to make a stiff paste; roll it up in balls and lay about. Place near the balls flat pans with water. The rats eat this mixture greedily, and then drink till they die.

To destroy Bugs.

Take of the highest rectified spirits of wine (viz. lamp spirits), that will burn away dry, and leave not the least moisture behind, half a pint: new distilled oil, or spirits, of turpentine, half a pint; mix them together, and break into it, in small bits, half an ounce of camphor; which

will dissolve in a few minutes; shake them well together, and with a sponge, or a brush, dipt in some of it, wet very well the bed or furniture wherein these vermin harbour and breed, and it will infallibly kill and destroy both them and their nits, although they swarm ever so much. But then the bed or furniture must be well and thoroughly wet with it (the dust upon them being first brushed and shook off), by which means it will neither stain, soil, nor in the least hurt the finest silk or damask bed that is. The quantity here ordered of this curious neat white mixture, which costs about a shilling, will rid any one bed whatever, though it swarms with bugs. Do but touch a live bug with a drop of it, and you will find it die immediately; if any should happen to appear after once using, it will only be for want of well wetting the lacing, &c. of the bed, or the foldings of the linings or curtains, near the rings, or the joints or holes in and about the bedstead, or head-board, wherein the bugs or nits nestle and breed, and then their being well wet altogether again, with more of the same mixture, which dries in as fast as you use it, pouring some of it into the joints or holes where the sponge or brush cannot reach, will never fail absolutely to destroy them all. Some beds, that have much wood-work, can hardly be thoroughly cleaned without being first taken down; but others that can be drawn out, or that you can get well behind to be done as it should be, may.

Note.—The smell this mixture occasions will be gone in two or three days, which is yet very wholesome, and to many people agreeable. You must remember always to shake the liquor together very well whenever you use it, which must be in the daytime, not by candlelight, lest the subtlety of the mixture should catch the flame as you are using it, and occasion damage.

Easy Method of preserving Animal Food sweet for several Days in the Height of Summer.

Veal, mutton, beef, or venison may be kept for nine or ten days perfectly sweet and good, in the heat of summer, by lightly covering the same with bran, and hanging it in a high and windy room; therefore a cupboard full of small holes, or a wire safe, so as the wind may have a passage through, is recommended to be placed in such a room, to keep away the flies.

To preserve Meat by Treacle.

This experiment has been successfully tried in the following manner: A gentleman put a piece of beef into treacle, and turned it often. At the en of a month he ordered it to be washed and boiled, and had the pleasur to find it quite good, and more pleasant than the same piece would have been in salt for that time. But the expense of this method must confine it to the opulent.

To clean Marble.

Take a bullock's gall, a gill of soap lees, half a gill of turpentine, and make it into a paste with pipe-clay; then apply it to the marble, and let it dry a day or two: then rub it off; and, if not clean, apply it a second or third time until it is clean.

To clean Alabaster or Marble.

Beat pumice stones to an impalpable powder, and mix it up with vermice; let it stand for two hours, then dip into it a sponge, and rub the marble or alabaster, wash it with a linen cloth and fresh water, and dry it with clean linen rags.

To paint a Fender Green.

Quarter of a pound of varnish green; to do the bottom a quarter of a pound of black paint with a little varnish in it; a sixpenny sash tool Do the green first, then wash it in turpentine; then do the black, wash it again in turpentine, and hang it up for future use.

To take Mildew out of Linen.

Take soap, and rub it well; then scrape some fine chalk, and rub that also in the linen; lay it on the grass; as it dries wet it a little, and it will come out at twice doing.

To prevent the Freezing of Water in Pipes in the Winter Time.

By tying up the ball-cock, during the frost, the freezing of pipes will often be prevented; in fact, it will always be prevented where the main pipe is higher than the cistern or other reservoir, and the pipe is laid in a regular inclination from one to the other, for then no water can remain in the pipe; or if the main is lower than the cistern, and the pipe regularly inclines, upon the supply's ceasing, the pipe will immediately exhaust itself into the main. Where water is in the pipes, if each cock is left a little dripping, this circulation of the water will frequently prevent the pipes from being frozen.

Easy Method of purifying Water.

Take a common garden pot, in the midst of which place a piece of wicker work; on this spread a layer of charcoal of four or five inches in thickness, and above the charcoal a quantity of sand. The surface of the sand is to be covered with paper pierced full of holes, to prevent the water from making channels in it. This filter is to be renewed occasionally. By this process, which is at once simple and economical, every person is enabled to procure pure limpid water at a very trifling expense.

Method of preserving Grapes.

Take a cask or barrel, inaccessible to the external air, and put into it a layer of bran, dried in an oven, or of ashes well dried and sifted. Upon this, place a layer of grapes well cleaned, and gathered in the afternoon of a dry day, before they are perfectly ripe. Proceed thus with alternate layers of bran and grapes, till the barrel is full, taking care that the grapes do not touch each other, and to let the last layer be of bran; then close the barrel, so that the air may not be able to penetrate, which is an essential point. Grapes, thus packed, will keep nine or even twelve months. To restore them to their freshness, cut the end of the stalk of each bunch of grapes, and put that of white grapes into white wine, and that of the black grapes into red wine, as you would put flowers into water, to revive or keep them fresh.

To preserve Potatoes from the Frost.

If you have not a convenient store-place for them, dig a trench three or four feet deep, into which they are to be laid as they are taken up, and then covered with the earth taken out of the trench, raised up in the middle like the roof of a house, and covered with straw, to carry off the rain. They will be thus preserved from the frost, and can be taken up as they are wanted.

To preserve Hazel Nuts in great Perfection for many Months.

Hazel nuts may be kept a long time in full kernel by burying them in earthen pots, well closed, a foot or two in the ground. They keep best in gravelly or sandy places.

Plate Powder.

In most of the articles sold as plate powders, under a variety of names, there is an injurious mixture of quicksilver, which is said sometimes so far to penetrate and render silver brittle, that it will even break with a fall. Whitening, properly purified from sand, applied wet, and rubbed till dry, is one of the easiest, safest, and certainly the cheapest of all plate powders: jewellers and silversmiths, for small articles, seldom use any thing else. If, however, the plate be boiled a little in water, with an ounce of calcined hartshorn in powder to about three pints of water, then drained over the vessel in which it was boiled, and afterwards dried by the fire, while some soft linen rags are boiled in the liquid, till they have wholly imbibed it, these rags will, when dry, not only assist to clean the plate, which must afterwards be rubbed bright with leather, but also serve admirably for cleaning brass locks, finger-plates, &c.

Another way.—Eight ounces of whitening dried and sifted; one ounce of killed quicksilver. Beat them together in a mortar with a sufficient quantity of spirit of wine to bring them to a consistency. The powder to be rubbed well on with the hand and cleaned off with a soft wash leather.

To make Portable Balls for removing Spots from Clothes in general.

Take fuller's-earth perfectly dried, so that it crumbles into powder, moisten it with the clear juice of lemons, and add a small quantity of pure pearlashes; then work and knead the whole carefully together, till it acquires the consistency of a thick elastic paste; form it into convenient small balls, and expose them to the heat of the sun, in which they ought to be completely dried. In this state they are fit for use in the manner following:—First, moisten the spot on your clothes with water, then rub it with the ball just described, and suffer it again to dry in the sun; after having washed the spot with pure water, it will entirely disappear.

The Fumes of Brimstone useful in removing Spots or Stains in Linen, &c.

If a red rose be held in the fumes of a brimstone-match, the colour will soon begin to change, and, at length, the flower will become white. By the same process, fruit-stains or iron-moulds may be removed from linen or cotton cloths, if the spots be previously moistened with water. With iron-moulds, weak muriatic acid is preferable, assisted by heat; as by laying the cloth on a tea-pot or kettle, filled with boiling water.

To remove Spots of Grease from Paper.

Take an equal quantity of roch alum, burnt, and flour of brimstone, finely powdered together; wet the paper a little, and put a small quantity of the powder on the place, rubbing it gently with your finger, and the spot will disappear.

Substitute for Salt of Sorrel, for removing Ink Spots and Iron-moulds.

Take six parts of crystals of tartar, in powder, three parts of alum, likewise pulverized, and use them in the same manner as salt of sorrel.

Expeditious Method of taking out Stains from Scarlet, or Velvet of any other Colour.

Take soap wort, bruise it, strain out its juices, and add to it a small quantity of black soap. Wash the stain with this liquor, suffering it to

dry between whiles, and by this method the spots will in a day or two entirely disappear.

To take Spots effectually out of Silk, Linen, or Woollen.

Spirits of turpentine, twelve drops, and the same quantity of spirits of wine; grind these with an ounce of pipe-maker's clay, and rub the spots therewith. You are to wet the composition when you do either silk, linen, or woollen with it; let it remain till dry, then rub it off, and the spot or spots will disappear. True spirits of salts, diluted with water, will remove iron-moulds from linen; and sal-ammoniac, with lime, will take out the stains of wine.

To take the Stains of Grease from Woollen or Silk.

Three ounces of spirits of wine, three ounces of French chalk, powdered, and five ounces of pipe-clay. Mix the above ingredients, and make them up in rolls about the length of a finger, and you will find a never-failing remedy for removing grease from woollen or silken goods.

N. B.—It is to be applied by rubbing on the spot either dry or wet, and afterwards brushing the place.

Easy and safe Method of discharging Grease Spots from Woollen Cloths.

Fullers' earth, or tobacco pipe-clay, being put wet on an oil spot, absorbs the oil as the water evaporates, and leaves the vegetable or animal fibres of cloth clean, on being beaten or brushed out. When the spot is occasioned by tallow or wax, it is necessary to heat the part cautiously by an iron or the fire, while the cloth is drying. In some kinds of goods, blotting paper, bran, or raw starch, may be used with advantage.

To take out Spots of Ink.

As soon as the accident happens, wet the place with juice of sorrel or lemon, or with vinegar, and the best hard white soap.

To take Iron-moulds out of Linen.

Hold the iron-mould on the cover of a tankard of boiling water, and rub on the spot a little juice of sorrel and a little salt, and when the cloth has thoroughly imbibed the juice, wash it in lees.

To take out Spots on Silk.

Rub the spots with spirit of turpentine; this spirit exhaling, carries off with it the oil that causes the spot.

To take Wax out of Velvet of all Colours except Crimson.

Take a crummy wheaten loaf, cut it in two, toast it before the fire, and while very hot, apply it to the part spotted with wax. Then apply another piece of toasted bread hot as before, and continue this application till the wax is entirely taken out.

To extract Grease Spots from Paper.

Scrape finely some pipe-clay, the quantity of which may be easily determined on making the experiment; lay thereon the sheet or leaf, and cover the spot in like manner with the clay; cover the whole with a sheet of paper; then apply, for a few seconds, a heated ironing box, or any substitute adopted by laundresses. On using Indian rubber to remove the dust taken up by the grease, the paper will be found restored to its original degree of whiteness and opacity.

To discharge Grease from Leather.

Apply the white of an egg to the spot, and dry it in the sun or

mix two table-spoonfuls of spirits of turpentine, half an ounce of mealy potatoes, and some of the best Durham mustard. Apply this mixture to the spot, and rub it off when dry; a little vinegar added renders it more efficacious.

Camp Vinegar.

Take a large head of garlic peeled and cut in slices, half an ounce of cayenne pepper, two spoonfuls of India soy, two spoonfuls of walnut pickle, four or five anchovies sliced small; put these into a pint of vinegar with fifteen grains of cochineal, shake it every day for at least a fortnight (if shaken daily for six weeks it is much better), pour it off clear into bottles for use. It will keep for years.

To make excellent Ink.

Take a pound of the best Aleppo galls, half a pound of copperas, a quarter of a pound of gum-arabic, and a quarter of a pound of white sugar-candy. Bruise the galls, and beat the other ingredients fine; and infuse them all in three quarts of wine or rain water. Let this mixture stand hot by the fire three or four days; and then put it on a slow fire so as to boil. Stir it frequently, and let it stand five or six hours, till one quarter of it be evaporated. When cold, strain it through a clean coarse piece of linen; bottle, and keep it for use.

To make Ink.

One ounce of bruised galls, half an ounce of copperas, a quarter of an ounce of gum-arabic, and one pint of water. Shake it frequently for a week.

Red Ink.

Take a quarter of a pound of the best Brazil wood (get it in the log if possible, and rasp or shave it yourself), one ounce of cream of tartar, and one ounce of alum; boil these ingredients in a quart of clear water till half is consumed, then add to the ink, when filtered hot, one ounce of gum-arabic and one ounce of fine sugar. A little salt added will prevent it from becoming mouldy.

To make Indian Ink.

Put six lighted wicks into a dish of oil; hang an iron or tin concave cover over it so as to receive all the smoke; when there is a sufficient quantity of soot settled to the cover, then take it off gently with a feather upon a sheet of paper, and mix it up with gum tragacanth to a proper consistence.

N. B. The clearest oil makes the finest soot, consequently the best ink.

To revive old Writings which are almost defaced.

Boil gall nuts in wine; then steep a sponge into the liquor, and pass it on the lines of the old writing: by this method the letters which were almost undecypherable will appear as fresh as if newly done.

To make Pounce.

Gum-sandarac, powdered and sifted very fine, will produce an excellent preventative to keep ink from sinking in the paper after you have had occasion to scratch out any part of the writing.

Another way.—Cuttle-fish bone, properly dried, one ounce; best rosin, one ounce; and the same quantity of burnt alum, well incorporated together, will make very good pounce, equal, if not superior, to any bought at the shops.

Composition that will effectually prevent Iron, Steel, &c. from rusting.

This method consists in mixing, with fat oil varnish, four-fifths of well rectified spirits of turpentine. The varnish is to be applied by means of a sponge; and articles varnished in this manner will retain their metallic brilliancy, and never contract any spots of rust. It may be applied to copper, and to the preservation of philosophical instruments; which, by being brought into contact with water, are liable to lose their splendour, and become tarnished.

To prevent polished Hardware and Cutlery from taking Rust.

Case-knives, snuffers, watch-chains, and other small articles made of steel, may be preserved from rust, by being carefully wiped after use, and then wrapped in coarse brown paper, the virtue of which is such, that all hardware goods from Sheffield, Birmingham, &c. are always wrapped in the same.

To clear Iron from Rust.

Pound some glass to fine powder, and having nailed some strong linen or woollen cloth upon a board, lay upon it a strong coat of gum-water, and sift thereon some of your powdered glass, and let it dry; repeat this operation three times, and when the last covering of powdered glass is dry, you may easily rub off the rust from iron utensils, with the cloth thus prepared.

Method of extinguishing Fires in Chimnies.

Stop with a wet blanket the upper orifice of the tunnel; but the surest and readiest method is to apply the blanket either to the throat of the chimney, or over the whole front of the fire-place. If there happens to be a chimney board or a register, nothing can be so effectual as to apply them immediately: and having by that means stopped the draught of air from below, the burning soot will be put out as readily and as completely as a candle is put out by an extinguisher, which acts exactly upon the same principle.

To extinguish Fires speedily.

Much mischief arises from want of a little presence of mind on these alarming occasions: a small quantity of water, well and immediately applied, will frequently obviate great danger. The moment an alarm of fire is given, wet some blankets well in a bucket of water, and spread them upon the floor of the room where the fire is, and afterwards beat out the other flames with a blanket thus wet; two or three buckets of water thus used early will answer better than hundreds applied at a later period. Linen thus wet will be useful, but will not answer so well as woollen.

To extricate Horses from Fire.

If the harness be thrown over a draught-horse, or the saddle placed on the back of a saddle-horse, they may be led out of the stable as easily as on common occasions. Should there be time to substitute the bridle for the halter, the difficulty towards saving them will be still further diminished.

To clean Boot-tops, or any Tanned Leather.

Boil one quart of milk, let it stand till cold; then take one ounce of oil of vitriol; one ounce of spirits of salt; shake them well together, and add one ounce of red lavender. You may put half a pint of vinegar, with the white of an egg beat to a froth.

Blacking Balls for Shoes.

Mutton-suet, four ounces; bees-wax one ounce; sugar-candy, and

gum-arabic, one drachm each, in fine powder; melt these well together over a gentle fire, and add thereto about a spoonful of turpentine, and ivory and lamp-black sufficient to give it a good black: while hot enough to run, you may make it into a ball, by pouring the liquor into a tin mould; or let it stand till almost cold, you may mould it in what form you please by the hand.

A celebrated Blacking Cake for Boots and Shoes

Take one part of gum tragacanth, four parts of river water, two parts of neat's-foot, or some other softening, lubricating oil, two parts of superfine ivory-black, one part of Prussian blue in fine powder, or indigo, four parts of brown sugar-candy; boil the mixture; and when the composition is of a proper consistency, let it be formed into cakes of such a size that each cake may make a pint of liquid blacking.

Blacking.

One quart of vinegar, two ounces of oil of vitriol, four ounces of ivory-black, half a pound of coarse brown sugar, half a table-spoonful of salad oil, one quart of small beer.

To make a quart of Blacking.

Four ounces of ivory-black, four ounces of treacle, a table-spoonful of sperm oil, one drachm of gum-arabic powder, one drachm of green copperas, one ounce (in weight) of oil of vitriol, one pint and a half of sour small beer.

Proper method of mixing.—Put the ivory-black, treacle, copperas, gum, and oil, into a basin or any earthen vessel, and mix them well together, then pour in half the beer, then add the vitriol and keep stirring the blacking as you pour it in, and then add the other half of the beer, stirring it till all the ingredients are well mixed. After it has stood a few hours, bottle it, and keep it well corked.

N. B.—If sour be cannot be had, use half vinegar and water, it will do as well.

Recipe to make Blacking.

Four ounces of ivory-black, six ounces of treacle, one pennyworth of sweet oil, one pennyworth of oil of vitriol, a pint and a half of small beer. Stir the oil, treacle, and blacking well together, then add the small beer; when it is all well stirred together, then add the oil of vitriol.

Preparation for cleaning Harness.

One pound of logwood, two ounces of copperas, quarter of a pound of nut-galls, half an ounce of gum-arabic, one ounce of prussian blue, three quarts of soft water. Simmer it over the fire till reduced to one half.

To polish Mahogany.

Put a quart of cold drawn linseed oil into a jar, set it in the chimney corner for twelve hours, and keep it afterwards in a bottle closely corked Put this oil on the table with a linen cloth, rub it well, change the cloths frequently, and continue rubbing till the table is without a spot; after this process is completed, once a fortnight will be often enough to polish the tables, provided they are constantly, but gently rubbed with soft linen cloths.

To clean Mahogany Furniture.

Three pennyworth of alkanet root, one pint of cold drawn linseed oil, two pennyworth of rose pink; put these into a pan, and let them stand all night; then take some of this mixture, rub it over the tables or chairs,

and let it remain one hour; then take a linen cloth and rub it well off, and it will leave a beautiful gloss on the furniture. If the pinky shade occasioned by the alkanet root and pink is disagreeable, they may be omitted in part or entirely.

German Furniture Gloss, or Polishing Wax for Mahogany, &c.

Cut in small pieces a quarter of a pound of yellow wax; and, melting it in a pipkin, add an ounce of well pounded colophony, or black rosin. The wax and colophony being both melted, pour in, by degrees, quite warm, two ounces of oil or spirits of turpentine. When the whole is thoroughly mixed, pour it into a tin or earthen pot, and keep it covered for use. The method of applying it to the furniture, which must be first well dusted and cleaned, is by spreading a little of this composition on a piece of woollen cloth, and well rubbing the wood with it; and, in a few days, the gloss will be as firm and fast as varnish.

To wash white Lace.

A quarter of a cake of white wax, six lumps of sugar, and a dessert-spoonful of made starch, to be mixed with a quart of soft water. Tack the lace very slightly in a thin cloth, dipped in cold water, then let it lie in a strong lather for one day; change the water, and leave it in a second lather all night. Put the above materials into a saucepan, boil the lace in it for ten minutes, then throw it into cold water, and when nearly dry iron it.

Nankeen Dye.

Half an ounce of annatto, one ounce of potash; scrape the former, and boil both in four quarts of water till reduced to two; then boil the linen in it an hour, and afterwards rinse in two or three waters. This quantity will be sufficient for a gown. Prepared in larger quantities, this makes a beautiful dye for the linings of furniture.

Pink Dye.

The calico must be washed extremely clean, and be dry. Then boil it in two gallons of soft water, and four ounces of alum; take it out, and dry in the air. In the mean time boil in the alum-water two handfuls of wheat-bran till quite slippery, and then strain it. Take two scruples of cochineal, and two ounces of argal finely pounded and sifted; mix with it the liquor by little at a time. Then put into the liquor the calico; and boil till it is almost wasted, moving it about. Take out the calico, and wash it in chamber-lye first, and in cold water after; then rinse it in water-starch strained, and dry it quickly without hanging it in folds. Mangle it very highly, unless you have it callendered, which is best.

Blue Dye.

Let the calico be washed clean and dried; then mix some of Scot's liquid blue in as much water as will be sufficient to cover the things to be dyed, and put some starch to it to give a light stiffness. Dry a bit to see whether the colour is deep enough; then set the linen, &c. into it, and wash it; then dry the articles singly, and mangle or callender them.

Mason's Washes for Stucco.

Blue.—To four pounds of blue vitriol, and a pound of the best whiting, put a gallon of water, in an iron or brass pot. Let it boil an hour, stirring it all the time. Then pour it into an earthen pan; and set it by for a day or two till the colour is settled. Pour off the water, and mix the colour with whitewasher's size. Wash the walls three or four times according as is necessary.

Yellow.—Dissolve in soft water over the fire equal quantities separately of umber, bright ochre, and blue black. Then put it into as much white wash as you think sufficient for the work, some of each, and stir it all together. If either cast predominates, add more of the others till you have the proper tint. The most beautiful white wash is made by mixing the lime and size with skimmed milk instead of water.

Easy Method of Dyeing Yellow or Green.

The plant called weld, or dyer's weed, affords a most beautiful yellow dye for cotton, woollen, mohair, silk, and linen, and is that which is most commonly used by dyers for that purpose, as it gives the brightest dye. Blue cloth, dipped in a decoction of it becomes green. The yellow colour of the paint, called Dutch pink, is got from this plant; the tinging quality resides in the stems and branches, and it is cultivated in sandy soils, because rich soils are apt to lessen its value, by making the stalk hollow.

Bookbinder's Paste.

Mix wheaten flour first in cold water, then boil it till it be of a glutinous consistence; this method makes common paste. Mix a fourth, fifth, or sixth of the weight of the flour of powdered alum, and if required stronger, and a little powdered resin.

To make Size.

Half an ounce of common glue, one ounce of isinglass, half a pint of water; let it boil till dissolved, then strain through a piece of muslin.

A most excellent Glue.

Beat an ounce of isinglass to shreds: dissolve it gradually in a pint of brandy, by means of gentle heat, and then strain the solution through a piece of fine muslin. The glue thus obtained should be kept in glass closely stopped. When required for use, it should be dissolved with moderate heat, when it will appear thin, transparent, and almost limpid. When applied in the manner of common glue, its effect is so powerful as to join together the parts of wood stronger than the wood itself is united. This glue dries into a very strong, tough, and transparent substance, not easily damaged by any thing but aqueous moisture, which renders it unfit for any use where it would be much exposed to wet or damp air.

To make Lip Glue, for joining Paper, Silk, or thin Leather, &c.

Take of isinglass and parchment glues, of each one ounce; sugar-candy and gum-tragacanth, each two drachms; add to them an ounce of water, and boil the whole together till the mixture, when cold, is of the consistence of glue; then form the same into small rolls, or any other figure that may be most convenient, and it will be fit for use.

This glue may be wet with the tongue, and rubbed on the edges of the paper, silk, or leather, that are to be joined; and on being laid together, and suffered to dry, they will be united as firmly as any other part of the substance.

Excellent Cement for broken China

May be made from a mixture of equal parts of glue, white of egg, and white lead.

Cement to mend broken China or Glass.

Garlic stamped in a stone mortar; the juice whereof, when applied to the pieces to be joined together, is the finest and strongest cement for that purpose, and will leave little or no mark if done with care.

To stop Cracks in Glass Vessels.

The cracks of glass vessels may be mended by daubing them, with a

suitable piece of linen, over with white of egg, strewing both over with finely powdered quick-lime, and instantly applying the linen closely and evenly

Cement for Wood or Paper.

Dissolve some isinglass in a small quantity of gin or proof spirit, by a very gentle heat; and preserve it in a bottle for use.

Another way.—Dissolve, isinglass two parts, and gum-arabic, in like manner with the preceding, and keep it in a bottle for use.

Chinese Method of Mending China.

Take a piece of flint-glass, beat it to a fine powder, and grind it well with the white of an egg, and it joins china without rivetting, so that no art can break it in the same place. You are to observe, that the composition is to be ground extremely fine on a painter's stone.

To clean Looking-glasses.

Remove the fly stains, and other soil, by a damp rag; then polish with woollen cloth and powder blue.

To preserve Gilding and clean it.

It is not possible to prevent flies from staining the gilding without covering it; before which blow off the light dust, and pass a feather or clean brush over it; then with stripes of paper cover the frames of your glasses, and do not remove it till the flies are gone.

Linen takes off the gilding, and deadens its brightness; it should therefore never be used for wiping it.

Some means should be used to destroy the flies, as they injure furniture of every kind, and the paper likewise. Bottles hung about with sugar and vinegar, or beer, will attract them; or fly-water put into little shells placed about the room, but out of the reach of children.

To clean Paint.

Never use a cloth, but take off the dust with a little long-haired brush, after blowing off the loose parts with the bellows. With care, paint will look well for a length of time. When soiled, dip a sponge or a bit of flannel into soda and water, wash it off quickly, and dry immediately, or the strength of the soda will eat off the colour.

When wainscot requires scouring, it should be done from the top downwards, and the soda be prevented from running on the unclean part as much as possible, or marks will be made which will appear after the whole is finished. One person should dry with old linen as fast as the other has scoured off the dirt and washed the soda off.

To clean Paper Hangings.

First blow off the dust with the bellows. Divide a white loaf of eight days old into eight parts. Take the crust into your hand, and beginning at the top of the paper, wipe it downwards in the lightest manner with the crumb. Do not cross nor go upwards. The dirt of the paper and the crumbs will fall together. Observe, you must not wipe above half a yard at a stroke, and after doing all the upper part, go round again, beginning a little above where you left off. If you do so do it extremely lightly, you will make the dirt adhere to the paper. It will look like new if properly done.

To clean Floor-cloths.

Sweep, then wipe them with a flannel; and when all dust and spots are removed, rub with a waxed flannel, and then with a dry plain one; but use little wax, and rub only enough with the latter to give a little smoothness as it may endanger falling

Washing now and then with milk, after the above sweeping and dry-rubbing them, give as beautiful a look, and they are less slippery.

To dust Carpets and Floors.

Sprinkle tea-leaves on them, then sweep carefully. The former should not be swept frequently with a whisk brush, as it wears them fast; only once a week, and at other times with the leaves and a hair brush. Fine carpets should be gently done with a hair handbrush, such as for clothes, on the knees.

To clean Carpets.

Take up the carpet, let it be well beaten, then laid down, and brushed on both sides with a hand-brush; turn it the right side upwards, and scour it with ox-gall, or with a mixture of scraped potatoes and water, and soap and water very clean, and dry it with linen cloths. Then lay it out on the grass, or hang it up to dry.

To clean Tin Covers, and Patent Pewter Porter Pots.

Get the finest whiting, which is only sold in large cakes, the small being mixed with sand; mix a little of it powdered, with the least drop of sweet oil, and rub well, and wipe clean; then dust some dry whiting in a muslin bag over, and rub bright with dry leather. The last is to prevent rust, which the cook must be careful to guard against by wiping dry, and putting by the fire when they come from the parlour; for if but once hung up without, the steam will rust the inside.

To clean Britannia metal goods.

Take a piece of fine woollen cloth, put on it as much sweet oil as will prevent its rubbing dry; with this rub them well on every part; then wipe them smartly with a soft dry linen rag, until they are quite clean, and rub them up with soft wash-leather and whiting. This method will preserve the colour as long as the articles endure. They will be still improved if, immediately before applying the wash-leather and whiting, they be washed in boiling soap suds, as this will effectually remove the oil, and cause the embossed work to look brighter.

To take Stains out of Black Dresses.

Boil a handful of fig leaves in two quarts of water, till reduced to a pint. Strain, and apply with a sponge.

To prevent the creaking of a Door or Window.

Rub a bit of soap on the hinges of the door or line of the window.

To preserve Geraniums through the Winter.

Before the frost sets in, take the plants out of the ground, shake the mould from the roots, cut down the tops, and lay the stems in a box of dry sand, to be kept in a warm cellar through the winter. A vast number of plants may be preserved in a bushel or two of sand, filling the box with alternate layers of sand and geraniums, and taking care that every part of the geraniums be covered. When spring sets in, take them out, plant them in suitable pots of rich mould, or in borders of the garden, and they will soon shoot forth in full vigour, and blossom finely.

To pickle Nasturtiums.

These should be gathered daily, while quite young, and immediately put into a jar with cold vinegar and covered over; thus adding nasturtiums and vinegar till the jar is full, then tie down. They require no other addition whatever.

LAWS CONCERNING MASTERS AND SERVANTS.

A servant, through carelessness, setting fire to a dwelling-house or out-house, is liable to a penalty of twenty pounds, and six month's confinement in the house of correction. Where servants are hired by the year, they cannot be discharged before the expiration of that time, without their own consent, or some reasonable cause, to be allowed by a magistrate. All hiring, without stipulation of time, is hiring for a year. If a servant refuses to serve his term, he may be committed till he gives security to fulfil his engagement, or he may be sent to the house of correction. A yearly servant shall not be discharged for sickness or any other disability by the act of God, nor shall his wages be abated. A master detaining a servant's wages, or not allowing him sufficient food, is a cause for his leaving the place, by appeal to a magistrate. If a master or mistress refuse to give a character to a servant, an action will lie; and so likewise, if they say any thing wrong, whereby such servant is prevented from getting another place. On the other hand, the fabrication of a false or fictitious character by a servant, is punishable by imprisonment in the house of correction. If a servant, who is hired for a term, quit his place without consent before the end of it, he loses his wages. A servant hired for a month cannot be discharged till the whole wages be paid, unless for some reasonable cause shewn before a magistrate. If a servant, after warning, is insolent, and refuses to do his duty, he may be committed to prison, but without forfeiting his wages, even for the time he is in confinement. If any servant shall purloin, or make away with his master's goods, to the value of forty shillings, it is felony. If masters, on hiring servants, deliver into their custody valuable articles of property, and tell them, before witnesses, that they must be responsible for the same, the law will oblige them to replace whatever may be lost, except the casual breaking of china or glass, which are necessarily liable to accidents. Whatever trespass a servant commits by order of his employer, the master is answerable for. A servant may also stand up in the defence of his master or mistress, and attack any person that assaults them, without being liable to a prosecution for so doing. If a master deliver the key of a room to a servant, and he steals therefrom to the value of a shilling, it is felony. If any goods be delivered to the care of a servant above eighteen years old, and he go away with them, or convert them to his own use, it is felony. Servants pawning the goods of their masters, without orders, shall forfeit twenty shillings, together with the value of the property, or be sent to the house of correction for three months. Such goods may be searched for by a warrant, and shall be restored to the owner. A servant setting fire carelessly to the house of his master, is liable to pay, on the oath of one credible witness, a penalty of one hundred pounds, or be committed to prison and hard labour for eighteen months. A female servant who marries, is obliged to abide the stipulated time; and if both man and wife are servants by the year, they must continue in place till the expiration of that term. Should a woman with child hire herself for a term, and the master she hires with know not of her condition, he may discharge her, but not without the consent of a magistrate. If she prove with child during her servitude, he may do the same; but if he do not discharge her before a justice of the peace when he knows of it, and keeps her, he is bound to provide for her till her delivery, and one month after, when she is to be sent to her place of settlement.

ADDENDA.

FOOD FOR INFANTS.

[*Omitted page 602.*]

As to the food of infants, the mother's milk is always preferable, when circumstances will admit; but where this cannot be enjoyed, or is insufficient to the nourishment of a child, the nature of its food must be regulated by the state of its bowels and its general health. At first, there is nothing better than equal parts of gruel and cows milk, very little, if at all, sweetened.—Sugar is apt to turn acid on the stomach of an infant, and to occasion fever. Food, in which is either sugar or milk, must by no means be re-warmed, otherwise it becomes very injurious.

Flour Pap.

For this purpose the flour should be tied in a bag and boiled for a considerable time, or else dried in an oven. It may then be made thick with water in the same manner as gruel, and cooled and thinned with new milk.

Bread Pap.

For this purpose the top crust of a loaf is best; it should be soaked an hour or two in cold water, then simmered over the fire till it becomes like a thick jelly, when it may be beaten up and moderately sweetened; and if approved, cooled with milk.

Rusks, or Tops and Bottoms,

Are much used as food for infants—(by far the best are obtained a Leman's, Threadneedle Street.) They may be prepared exactly in the same manner as bread pap. Some people boil down enough to serve a day or two, and re-warm it as occasion requires; but the trouble is not great to boil fresh every time of feeding, and the food is much more wholesome and agreeable.

Biscuit Powder

Is procured at the same place, and may be prepared in much the same manner. When children are weaned, and for some time afterwards, their diet should consist chiefly of milk.—This may be thickened with either flour, rice, oatmeal or bread. The two former are preferable when their bowels are relaxed—the latter when they are confined.

A little broth will sometimes suitably vary their diet, which may be thickened in the same manner as milk.

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