

THE  
DOMINION  
BOOK  
BOOK



REVISED EDITION

# The Dominion Cook Book

CONTAINING

VALUABLE RECIPES IN ALL THE DEPARTMENTS,  
INCLUDING SICKROOM COOKERY.

By

ANNE CLARKE



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## PREFACE.

As a general rule, I do not believe in prefaces, but feeling bound to submit to the time-honored custom, I am free to confess that had I known the labor necessary to produce a *first-class* "COOKERY BOOK," I should hardly have had the resolution to commence it. However, I have done my utmost to make it useful and acceptable to the ladies of the Dominion of Canada. The recipes have been most carefully compiled, and valuable assistance has been rendered me by friends in the British Isles, France, Germany and the United States, to all of whom I tender my most sincere thanks. I also desire to record my grateful appreciation of the immense success my "COOKERY BOOK" has met with. The number of orders already received for it convinces me that I have supplied a real want, and that my book will help my sisters to lighten their toil and gladden the hearts of their families.

ANNE CLARKE.



# INTRODUCTORY OBSERVATIONS

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“THE number of inhabitants who may be supported in any country upon its internal produce depends about as much upon the state of the Art of Cookery as upon that of Agriculture ; but if Cookery be of so much importance, it certainly deserves to be studied with the greatest of care. Cookery and Agriculture are arts of civilized nations. Savages understand neither of them.”—*Count Rumford's Works*, Vol. 1.

THE importance of the Art of Cookery is very great ; indeed, from the richest to the poorest the selection and preparation of food often becomes the chief object in life. The rich man's table is luxuriously spread ; no amount of money is spared in procuring the rarest delicacies of the season. Art and Nature alike contribute to his necessities. The less wealthy have, indeed, fewer resources, yet these may be greatly increased by the knowledge of what may be called trifling details and refinement in the art of cookery, which depend much more on the *manner* of doing a thing than on the cost attending it. To cook well, therefore, is immensely more important to the middle and working classes than to the rich, for they who live by the “sweat of their brow,” whether mentally or physically, must have the requisite strength to support their labor. Even to the poor, whose very life depends upon the produce of the hard earned dollar, cookery is of the greatest importance. Every wife, mother, or sister should be a good plain cook. If she has servants she can direct them, and if not, so much the more must depend upon herself. To such we venture to give a few general hints. An old saying (to be found in one of the earliest cookery books) : “First catch your hare, etc.,” has more significance than is generally supposed. To catch your hare well, you must spend your income judiciously. This is the chief thing. In our artificial state o

society, every income, to keep up appearances, has at least half as much more to do than it can afford. In the selection of provisions, the *best* is generally the *cheapest*. Half a pound of good meat is more nutritious than three times the amount of inferior. As to vegetables buy them fresh. Above all, where an income is small and there are many to feed, be careful that all the nourishment is retained in the food that is purchased. This is to be effected by careful cooking. Cleanliness is an imperative condition. Let all cooking utensils be clean and in order. Uncleanliness produces disorder, and disorder confusion. Time and money are thus wasted, dinner spoiled, and all goes wrong. In the cooking of meat by any process whatever, remember, above all, to cook the juices *in it*, not *out of* it.

### BOILING.

In boiling put the meat, if fresh, into cold water, or, if salt, into luke-warm. Simmer it very gently until done. It is a general rule to allow a quarter of an hour to every pound of meat; but in this, as in everything else, judgment must be used according to the bone and shape of the joint, and according to the taste of the eaters. All kinds of meat, fish, flesh and and fowl, should be boiled very slowly, and the scum taken off just as boiling commences. If meats are allowed to boil too fast they toughen, all their juices are extracted, and only the fleshy fibre, without sweetness, is left; if they boil too long they are reduced to a jelly, and their nourishing properties are transferred to the water in which they are boiled. Nothing is more difficult than to boil meat exactly as it should be; close attention and good judgment are indispensable.

### ROASTING.

In roasting meat the gravy may be retained in it by pricking the joint all over with a fork and rubbing in pepper and salt. Mutton and beef may be underdone, veal and pork must be



well cooked. Young meat generally requires more cooking than old ; thus lamb and veal must be more done than mutton and beef. In frosty weather meat will require a little more time for cooking. All joints for roasting will improve by hanging a day or so before cooking.

### **BROILING.**

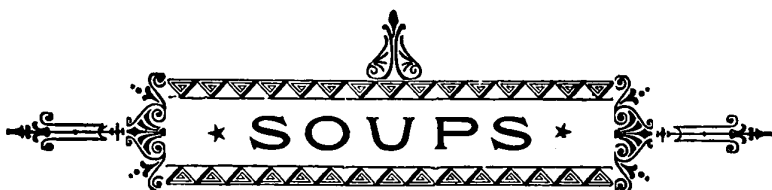
Broiling is the most nutritious method of cooking mutton and pork chops, or beef and rump steaks, kidneys (which should never be cut open before cooking), etc. Have the gridiron clean, and put over a clear fire ; put the meat on it ; "keep it turned often." This last is a common direction in books, but the reason why is never stated ; it is to keep the gravy in the meat. By letting the one side of a steak be well done before turning, you will see the red gravy settled on the top of the steak, and so the meat is hard and spoiled. This is cooking the gravy out of, instead of keeping it in, the meat to nourish the consumer. Never stick the fork in the meaty part ; you will lose gravy if you do. Be sure to turn often, and generally the chop or steak is done if it feels firm to the fork ; if not done it will be soft and flabby. It is economical to broil well. Many a very little piece of meat, nicely broiled, with gravy in it, well seasoned with pepper and salt, a very little butter on it, and served up quite hot, will make a better and more nourishing meal than four times the amount of badly cooked in the frying pan.

### **FRYING.**

Although very bad for chops or steaks, the frying pan is indispensable for some things, such as veal cutlets, lamb chops (sometimes), fish, pancakes, etc. Most meats and fish are usually fried with egg and bread crumbs. The frying pan must be kept clean. This is very essential, as the dirt that sticks to the pan absorbs the fat, prevents the meat browning, and turns it a nasty black color. Have a clear brisk fire, as

the quicker meat is fried the tenderer it is. According to what is to be fried, put little or much fat in the pan, fish and pancakes require a considerable quantity. The fat must always *boil* before putting the meat into it; if not it coddles. For veal cutlets a little butter is best and most economical, as it helps to make the gravy; but even this expense may be dispensed with, if incompatible with the income of the family, and yet the cutlets be well cooked. Most have a few slices of bacon with either cutlets or liver; the fat from this, if the bacon be not rank, will do very nicely; and if the meat be well flavored and fried quickly, and some nice gravy made to it, few persons would know the difference. Some like thickened and some plain gravy to these fried meats; some a large quantity, others very little; all these must be accommodated. To make these gravies, have ready a little burnt sugar to brown with; empty the pan of the fat, if it be, as is most likely, too rank to use; put some warm water, as much as you wish to make, in the pan; mix very smoothly sufficient flour and water to thicken it to taste; into this put as much butter as you like to use (a little will do, and more will make it richer); pepper and salt it sufficiently; stir it very smoothly into the pan, while the water is only warm; stir it well until it boils, and brown it with the burnt sugar to your taste. This will be a cheap and very nice gravy for all fried meats; and where meat is short, children are very fond of such over potatoes, haricot beans, or even bread in their plates; and not being too rich or greasy it will not disagree with them. Care must be taken after the gravy is boiled not to let it boil fast for any length of time, as all *thickened* gravies, hashes, etc., boil away very fast and dry up; neither must it stand still in the pan; a whitish scum then settles on the top and spoils the appearance of it. On the plainest and humblest table, dishes may as well look inviting.

N. B.—For all frying purposes be particular that the pan is thoroughly hot before using.



## SOUPS



1. **Crowdie, or Scotch Soup**—Ingredients—2 gallons of liquor from meat,  $\frac{1}{2}$  pint of oatmeal, 2 onions, salt and pepper.

Any kind of liquor, either salt or fresh ; remove all fat from it, and put in a stewpan. Mix the oatmeal with a quarter of a pint of the liquor, into a smooth paste ; chop the onions as finely as possible, and put them into the paste, add salt and pepper to taste. Allow the liquor to boil before stirring in the paste, boil twenty minutes, stirring occasionally to prevent it getting lumpy. N.B.—Salt to be omitted if salt liquor is used.

2. **Macaroni Soup**—Ingredients 5 cts. worth of bones, 1 tablespoonful of salt and peppercorns, 1 good sized turnip and 4 leeks, 2 carrots, 4 onions, 2 cloves, 1 blade of mace, 1 bunch of herbs, i.e. marjoram, thyme, lemon-thyme and parsley,  $\frac{1}{4}$  lb. of macaroni.

Time required about two and one half hours. Break up the bones and put them into a stewpan with cold water enough to cover them and one quart more. When on the point of boiling put in a tablespoonful of salt to help the scum to rise, then take the turnip, peel it and cut it in quarters ; then take two carrots, wash and scrape them ; take also four leeks, wash and shred them up finely ; now take four onions, peel them and stick two cloves into them ; then skim the soup well and put in the vegetables, add a blade of mace and a teaspoonful of peppercorns, then allow soup to simmer gently for two and one-half hours, then take one-quarter pound of macaroni, wash and put in a stewpan with plenty of cold water and a little salt. Allow it to boil until tender, then strain off the water and pour some cold water on, to wash the macaroni again ; then cut in small pieces and it is ready for the soup. When the soup is ready for use strain it over the macaroni.

3. **Milk Soup**—Ingredients—4 potatoes, 2 leeks or onions, 2 oz. of butter, pepper  $\frac{1}{4}$  oz. of salt, 1 pint of milk, 3 tablespoonfuls of tapioca.

Put two quarts of water into a stewpan, then take four potatoes, peel and cut in quarters, take also two leeks, wash well in cold water and cut them up ; when the water boils put in potatoes and leeks, then add the butter, salt, and pepper to taste. Allow it to boil to a mash, then strain the soup through a cullender, working the vegetables through also ; return the pulp and the soup to the stewpan, add one pint of milk to it and boil ; when boiling, sprinkle in by degrees tapioca, stirring all the time ; then let it boil for fifteen minutes gently.

4. **Tapioca Soup**—Ingredients—1 pint of white stock, 1 oz. of tapioca, yolks of 2 eggs, 2 tablespoonfuls of cream or milk, pepper and salt.

Put stock on to boil, then stir in gradually the tapioca, and allow it to simmer until quite clear, then to the yolks of the eggs add the cream or milk and stir with wooden spoon, strain into basin. Take stock from the fire to cool a little, add by degrees three tablespoonfuls of it to the liaison, stirring well all the time. Then mix all together, stir well, and add pepper and salt to taste. Warm before serving, but do not boil.

5. **Spring Vegetable Soup**—Ingredients—2 lbs. of the shin of beef, 2 lbs. of knuckle of veal, a little salt, 2 young carrots, 1 turnip, 1 leek,  $\frac{1}{2}$  head of celery, 1 cauliflower, 1 gill of peas,  $\frac{1}{4}$  of saltspoonful of carbonate of soda.

Cut the meat from the bone—do not use the fat ; break the bones in halves, do not use the marrow. Put the meat and bones into a stock pot with five pints of cold water, a teaspoonful of salt will assist the scum to rise, boil quickly and remove scum as it rises, then simmer gently five hours. Cut carrots and turnips in slices, the head of celery and leek, wash well and cut in squares, put the cauliflower in sprigs after washing. One hour before serving add vegetables ; the sprigs of cauliflower can be put in fifteen minutes before serving. Put one gill of peas, a teaspoonful of salt, a quarter of a saltspoonful of soda into boiling water and boil fifteen minutes, then put peas in tureen and pour soup over them.

6. **Good Gravy Soup**—Ingredients—1 lb. of beef, 1 lb. of veal, 1 lb. of mutton, 6 quarts of water, 1 crust of bread, 1 carrot, 1 onion, a little summer savory, 4 cloves, pepper, and a blade of mace.

Cut the meat in small pieces and put into the water, with



the crust of bread toasted very crisp. Peel the carrot and onion, and, with a little summer savory, pepper, four cloves, and a blade of mace, put in the stewpan. Cover it and let it stew slowly until the liquor is reduced to three quarts. Then strain it, take off the fat, and serve with sippets of toast.

7. **Scoth Mutton Broth**—Ingredients—2 qts. of water, neck of mutton, 4 or 5 carrots, 4 or 5 turnips, 3 onions, 4 large spoonfuls of Scotch barley, salt to taste, some chopped parsley.

Soak a neck of mutton in water for an hour; cut off the scrag, and put it into a stew-pot with two quarts of water. As soon as it boils skim it well and then simmer it an hour and a half; then take the best end of the mutton, cut it into pieces (two bones in each), take some of the fat off, and put as many as you think proper; skim the moment the fresh meat boils up, and every quarter of an hour afterwards. Have ready four or five carrots, the same number of turnips, and three onions, all cut, but not small, and put them in soon enough to get quite tender; add four large spoonfuls of Scotch barley, first wetted with cold water. The meat should stew three hours. Salt to taste, and serve all together. Twenty minutes before serving put in some chopped parsley. It is an excellent winter dish.

8. **A Roast Beef and Boiled Turkey Soup**—Ingredients—Bones of a turkey and beef, 2 or 3 carrots, 2 or 3 onions, 2 or 3 turnips,  $\frac{1}{2}$  doz. cloves, pepper, salt, and tomatoes, 2 tablespoonfuls of flour, some bread.

Take the liquor that the turkey is boiled in, and the bones of the turkey and beef; put them into a soup-pot with two or three carrots, turnips and onions, half a dozen cloves, pepper, salt, and tomatoes, if you have any; boil it four hours, then strain all out. Put the soup back into the pot, mix two tablespoonfuls of flour into a little cold water; stir it into the soup; give it one boil. Cut some bread dice form, lay it in the bottom of the tureen, pour the soup on to it, and color with a little soy.

9. **Veal or Lamb Soup**—Ingredients—Knuckle of veal, 2 onions, 5 or 6 turnips, some sweet marjoram, salt and cayenne pepper, flour, 6 or 8 potatoes, a few dumplings, 1 tablespoonful of burnt sugar.

Take a knuckle of veal, crack the bone, wash, and put it on to boil in more than sufficient water to cover it. After boiling some time, pare, cut, and wash two onions, five or six turnips, and put in with the meat. When this has boiled one hour add some sweet marjoram, rubbed fine, with salt and cayenne pepper

to taste. Then take flour, which mix with cold water to the consistency of cream, and add to the soup while boiling. Care must be taken not to make it too thick. Then pare and cut into small pieces six or eight potatoes, which add about half an hour before being served; and about ten minutes before sending to table put in a few dumplings. As veal makes a white soup, the color is much improved by adding a tablespoonful of burnt sugar. This soup may be thickened with rice, if preferable.

10. **French Soup**—Ingredients—1 sheep's head, 3 qts. of water, 1 bunch of sweet herbs, 1 teacupful of pearl barley, 6 onions, 1 turnip, 1 carrot, few cloves, mushroom catsup, butter and flour.

Take one sheep's head, remove the brains, and steep it as before. Put it into a saucepan with three quarts of water, one teacupful of pearl barley, six onions, one turnip, one carrot, a bunch of sweet herbs, and a few cloves. Let it simmer gently for about five hours, then remove the head; strain and rub the vegetables through a sieve, or leave them whole, according to taste; Let it stand all night, and when cold take off every particle of fat; cut up the meat from the head into small pieces and warm it up in the soup. Season to taste, add a little mushroom ketchup, and thicken with butter and flour. This will be found very little inferior to mock turtle soup.

11. **Greek Soup**—Ingredients—4 lbs. of lean beef, 1 lb. of lean mutton, 1 lb of veal, 4 ozs. of lean ham, 4 carrots, 4 onions, 1 head of celery, a little soy, a few allspice and a few coriander seeds, some pepper and salt, 10 qts. of water.

Cut up the beef, mutton, and veal into small pieces and throw into a stewpan with ten quarts of cold water; add a little salt, and then place on the stove to boil; take off the scum, add a little cold water, and take off the second scum; then cut up the carrots, onions and celery and throw in the pot; add a little more salt, a few allspice and coriander seeds; let it simmer six hours, color the soup with a little soy, and strain it through a fine cloth; take off any fat that may be on the soup with a sheet of paper; before sending to table boil the soup, and place in the tureen a little fried lean ham cut into small pieces.

12. **Giblet Soup**—Ingredients—3 sets of ducks' giblets, 2 lbs. of beef, some bones, shank bones of two legs of mutton, 3 onions, some herbs, pepper and salt, carrots, 3 qts. of water,  $\frac{1}{4}$  pt. of cream, 1 oz. of butter, 1 spoonful of flour.

Thoroughly clean three sets of ducks' giblets, cut them in pieces and stew with two pounds of beef, some bones, the shank bones of two legs of mutton, three small onions, some herbs, pepper and salt to taste, and carrots, for three hours in three quarts of water. Strain and skim, add one quarter pint of cream mixed with one ounce of butter kneaded with a spoonful of flour and serve with the giblets. (Only the gizzard should be cut).

13. **Calf's Head Soup**—Ingredients—7 lbs. of shin of beef, a little lean ham, 5 qts. of water, 1 oz. of salt, savory herbs, 1 onion, some celery, 3 carrots, 2 turnips, a little mace, 8 or 10 cloves, some peppercorns,  $\frac{1}{2}$  calf's head, 8 ozs. fine rice flour,  $\frac{1}{4}$  teaspoonful of cayenne, some pounded mace, some forcemeat.

Stew seven pounds of shin of beef with a little lean ham in five quarts of water till reduced one half, adding, when boiling, one ounce of salt, savory herbs, one onion, some celery, three carrots, two turnips, a little mace, eight or ten cloves, some peppercorns. It should gently boil seven hours and then be set aside for use. In this stock stew half a boned calf's head, rolled and tied with a string, half an hour; let it cool in the liquor, strain and skim and heat five pints in a large saucepan with the flesh of the head cut into dice; use all the skin and tongue but only part of the flesh. Simmer till quite tender, stirring in eight ounces of fine rice flour, one quarter teaspoonful of cayenne, pounded mace, and some more broth or water if thicker than batter. Boil ten minutes, and serve the soup with fried forcemeat.

14. **Mullagatawny Soup**—Ingredients—Some good butter, 3 or 4 large onions, limbs of a rabbit or fowl,  $5\frac{1}{2}$  pts. of boiling stock, 2 tablespoonfuls of currie powder, and 3 of browned flour, a little cold stock and meat, part of a pickled mango, some carefully boiled rice, the juice of a lemon.

Slice and fry in some good butter three or four large onions; put them in a saucepan with a little butter, and brown in it the limbs of a rabbit or fowl well floured. Add one quart of good boiling stock, and stew gently one hour. Pass the stock and onions through a strainer, add one and a half pints more stock, put it in a clean pan, and when boiling add two tablespoonfuls of currie powder mixed with three of brown flour, a little cold stock and meat, and simmer twenty minutes. Part of a pickled mango cut into shreds is often served with the soup,

and some like the taste of freshly grated cocoa nut, but it is by no means generally admired. Send to table with carefully boiled rice. The juice of a lemon added before serving is an improvement.

15. **Oyster Soup A La Reine**—Ingredients—2 or 3 doz. small oysters, some pale veal stock, 2 qts. of stock, mace, cayenne, 1 pt. boiling cream.

Two or three dozen small oysters to each pint of soup should be prepared. Take the beards and simmer them separately in a little very pale veal stock thirty minutes. Heat two quarts of the stock, flavor with mace and cayenne, and add the strained stock from the oyster beards. Simmer the fish in their own liquor, add to it the soup and one pint of boiling cream. Put the oysters in a tureen, pour over the soup, and serve. If not thick enough thicken with arrowroot or butter mixed with flour.

16. **Chicken Soup** (Brown)—Ingredients—1 or 2 fowls, a bunch of herbs, 1 carrot, 1 onion, 2 oz. of lean ham, 2 oz. of butter, pepper and salt, 2 qts. of good stock, and a little roux, a few allspice, a little grated nutmeg and mace.

Cut up the carrot and onion, and fry in two ounces of good butter a nice light brown, add the ham and fowl cut up small, taking care to break up the bones with a chopper, add the stock and boil until the fowl is cooked to rags; thicken with a little roux, add the allspice and mace and a little grated nutmeg, color with a little soy, add seasoning to taste. Serve with the soup some plain boiled rice.

17. **Beef Gravy Soup**—Ingredients—Some beef water, 2 oz. of salt to every gal. of water, 4 turnips, 2 carrots, some celery, 4 young leeks, 6 cloves, 1 onion,  $\frac{1}{2}$  teaspoonful of peppercorns, some savory herbs.

Various parts of beef are used for this; if the meat, after the soup is made, is to be sent to the table, rump steak or the best parts of the leg are generally used, but if soup alone is wanted, part of the shin with a pound from the neck will do very well. Pour cold water on the beef in the soup pot and heat the soup slowly, the slower the better, letting it simmer beside the fire, strain it carefully, adding a little cold water now and then, put in two ounces of salt for every gallon of water, skim again, and put in four turnips, two carrots, some celery, four young leeks, six cloves stuck into an onion, half a teaspoonful of peppercorns.



and some savory herbs ; let this soup boil gently for six hours ; strain.

18. **Rice-Flour Soup**—Ingredients—A little cold broth, 8 oz. of fine rice-flour, 2 qts. of fast boiling broth, mace, cayenne and salt, 2 dessertspoonfuls of currie powder, juice of  $\frac{1}{2}$  a lemon.

Mix to a smooth batter, with a little cold broth, eight oz. of fine rice-flour, and pour it into a couple of quarts of fast boiling broth or gravy soup. Add to it a seasoning of mace and cayenne, with a little salt if needful. It will require but ten minutes boiling. Two dessertspoonfuls of currie powder, and the strained juice of half a moderate sized lemon, will greatly improve this soup ; it may also be converted into a good common white soup (if it be made of real stock) by the addition of three quarters of a pt. of thick cream to the rice.

19. **Milk Soup With Vermicelli**—Ingredients—Salt, 5 pts. of boiling milk, 5 oz. of fresh vermicelli.

Throw a small quantity of salt into five pints of boiling milk, and then drop lightly into it five ounces of good fresh vermicelli ; keep the milk stirred as this is added to prevent its gathering into lumps, and continue to stir it very frequently from fifteen to twenty minutes, or until it is perfectly tender. The addition of a little pounded sugar and powdered cinnamon makes this a very palatable dish. For soup of this description, rice, semolina, sago, cocoa-nut, sago and macaroni, may all be used, but they will be required in rather smaller proportions to the milk.

20. **Green Pea Soup**—Ingredients—4 lbs. of beef,  $\frac{1}{2}$  pk. of green peas, 1 gal. of water,  $\frac{1}{2}$  cup of rice-flour, salt, pepper and chopped parsley.

Four pounds beef, cut into small pieces, half a peck of green peas, one gallon water, half a cup of rice-flour, salt, pepper and chopped parsley ; boil the empty pods of the peas in the water one hour before putting in the beef. Strain them out, add the beef, and boil slowly for an hour and a half longer. Half an hour before serving, add the shelled peas, and twenty minutes later, the rice-flour, with salt, pepper and parsley. After adding the rice-flour, stir frequently, to prevent scorching. Strain into a hot tureen.

21. **Celery Soup**—Ingredients—The white part of 3 heads of celery,  $\frac{1}{2}$  a lb. of rice, 1 onion, 1 qt. of stock, 2 qts. of milk, pepper and salt, and a little roux.

Cut up the celery and onions very small, boil them in the stock until quite tender, add the milk and the rice, and boil together until quite a pulp, add pepper and salt and a little roux, strain through a fine hair sieve or metal strainer and boil a few minutes, taking care it does not burn. Serve some small croutons of fried bread with it.

- 22 **Tomato Soup**—Ingredients—4 lbs. of tomatoes, 2 onions, 1 carrot, 2 qts of stock or broth, pepper and salt, a little roux, 2 oz. of fresh butter.

Cut up the onions and carrots, place them in a stewpan with the butter, and lightly fry them. Take the seeds out of the tomatoes, then put them in the stewpan with the fried onions and carrot, add the stock, pepper and salt, and let them boil for one hour, occasionally stirring them : add a little roux to thicken the soup, and strain through a fine hair sieve. Serve the soup very hot, and send to table with it some small pieces of fried bread, sprinkled with chopped parsley.

23. **White Soup**—Ingredients—6 oz. of sweet almonds, 6 oz. of the breast of roasted chicken, 3 oz. of white bread, some veal stock, 1 pt. of thick cream.

Pound six ounces of sweet almonds, six ounces of the breast of roasted chicken, and three oz. of white bread soaked in veal stock and squeezed dry. Beat all to a paste and pour over it two quarts of boiling veal stock, strain through a hair sieve, add one pint of thick cream, and serve as soon as it is on the point of boiling.

24. **Apple Soup**—Ingredients—12 large fresh apples, 2 spoonfuls of sugar or syrup,  $\frac{1}{2}$  lb. of raisins or apples, 1 spoonful of potato meal.

Dry well twelve large fresh apples, cut them in quarters, and put them into a pan with boiling water. When the soup has a strong taste of apples, strain it through a hair sieve, and add more water, until there are about nine pints; add two good spoonfuls of sugar or syrup, half a pound of well-washed and picked raisins, or apples pared and cut in pieces, which must be boiled until soft. The soup is to be thickened with a good spoonful of potato-meal, dissolved in a little water. It is best cold.

25. **Soup A La Dauphine**—Ingredients—6 pounds of lean beef, 4 carrots, 2 turnips, 4 onions, 1 head of celery, 4 oz. of lean ham, pepper and salt, a little soy, 2 bay leaves, a bunch of herbs, a few allspice, 2 blades of mace, 5 qts. of water.

Cut up the onions, carrots, turnips, and celery into small pieces, and lay in the bottom of a large stewpan ; cut up the six lbs. of lean beef, and lay on the top of vegetables, sprinkle a little salt over it, and cook over the fire (taking care it does not burn) for two hours, add five quarts of water, and bring it to a boil ; take off the fat and scum, add a little more cold water, and throw in two blades of mace, two bay leaves, a bunch of herbs, four ounces of lean ham cut up very fine, and a few allspice, color a light brown with a little soy, and simmer for five hours, and then strain through a fine cloth, and with a sheet of paper take off any floating fat ; boil again, and before serving throw in the soup some green taragon leaves, and a little chervil.

26. **Julienne Soup**—Ingredients—1 carrot, 1 turnip, 1 stick of celery, 3 parsnips, 2 or 3 cabbage leaves, butter, 1 lettuce, 1 handful of sorrel and chervil, stock, salt and pepper.

Cut in very small slices a carrot, a turnip, a stick of celery, three parsnips, and two or three cabbage leaves, put them in a saucepan with butter and give them a nice color, shaking the saucepan to prevent them from sticking to the bottom, then add a lettuce and a handful of sorrel and chervil torn in small pieces, moisten these with stock and leave them on the fire for a few minutes, then boil up, add the whole of the stock and boil gently for three hours ; season with salt and pepper.

27. **Asparagus Soup**—Ingredients—25 heads of asparagus, 1 qt. of stock, 1 tablespoonful of flour, 1 oz. of butter, sugar, pepper and salt ; some spinach greening, 1 pat of fresh butter or 1 gill of cream, small dice of bread.

Take twenty-five heads of asparagus, put them in a saucepan with a quart of stock, free from fat, let them boil till quite done ; remove the asparagus, pound it in a mortar, then pass it through a sieve ; mix a tablespoonful of flour and one oz. of butter in a saucepan on the fire, add a little sugar, pepper and salt, quantity sufficient for the asparagus pulp, and the stock in which the asparagus was originally boiled ; let the whole come to a boil, then put in a little spinach greening, and lastly a pat of fresh butter, or stir in a gill of cream. Serve over small dice of bread fried in butter.

28. **Spanish Soup** (1)—Ingredients—1½ lbs. of mutton or veal, 1½ lbs. of garbanzos or chick peas, 1 slice of lean raw ham, remnants of game or poultry, a little bacon, salt, vegetables.

Throw one pound and a half of either mutton or veal into a

vessel with water (the Spaniards use a pipkin, called in the vernacular a "marmite," one lb. and a half of "garbanzos," or chick peas, one good slice of lean raw ham, and any *debris* (no matter how small) of game or poultry. Cook gently with the lid on, skim, add a little bacon cut small, and as much salt as necessary; cook for another half hour, then pour off broth slowly, to be used afterwards for the soup and sauce; add as much vegetable as you please, thoroughly well washed, and cook over a clear fire until done. About five minutes before the Olla is ready, it is *de rigueur* in Madrid kitchens to throw in a piece of "chorizo" (black pudding). Serve the meat separately on one dish, the vegetables on another, and in a third the sauce for the whole, either of the following being appropriate.

**TOMATO.**—Cook three or four juicy tomatoes until quite tender, and pass them through a sieve. Add some of the broth, some vinegar and salt, to the purée.

**PARSLEY.**—Pound some young parsley and bread crumbs in a mortar. Moisten with the broth, add vinegar and salt to taste.

These sauces should properly be served in a small silver or china bowl, surrounded by vegetables. For the tomato, spring and summer vegetables, and for the parsley sauce, those of autumn and winter are customarily used, with the rigorous exclusion, in both cases, of cabbage.

A Cocido compounded of the above ingredients, without the auxiliary black pudding or vegetables, the Spaniards call a "Puchero," de los enfermas.

29. **Spanish Soup** (2)—Ingredients—1 clove of garlic, 7 well dried beans or almonds, olive oil and water, vinegar and salt, bread crumbs.

The second soup, Ajo blanco, or white garlic soup, is more intricate in its manufacture, though compounded of as quaint and unlikely materials. It is extensively eaten in Andalusia. To be completely veracious, I must of necessity commence with that formidable brother to our harmless, necessary little onion—big garlic. Pound one clove of garlic and seven well dried beans, or better still, almonds, in a small spice mortar to a smooth paste. Moisten this paste with olive oil, drop by drop, then water by degrees, so as to thoroughly incorporate and amalgamate the whole. Add until it is sufficiently wet to



soak some bread, which must be added later on, pouring in some vinegar and a little salt. Then put in the bread crumbs, size of half an almond, and allow it to soak. A final mixing of the bowl, and this quaint and perfectly national dish awaits your consumption.

30. **Barley Soup (Creme D'Orge)**—Ingredients— $\frac{1}{2}$  pt. of pearl barley, 1 qt. of white stock, the yoke of one egg, 1 gill of cream,  $\frac{1}{2}$  pat of fresh butter, bread.

Boil half a pt. of pearl barley in a qt. of white stock till it is reduced to a pulp, pass it through a hair sieve, and add to it as much well flavored white stock as will give a purée of the consistency of cream; put the soup on the fire, when it boils stir into it, off the fire, the yolk of an egg beaten up with a gill of cream; add half a pat of fresh butter, and serve with small dice of bread fried in butter.

31. **Lobster Soup (Bisque)**—Ingredients—1 lobster, butter, pepper, salt and grated nutmeg, bread crumbs, stock, 1 tablespoonful of flour, bread.

Pick out all the meat from a lobster, pound it in a mortar with an equal quantity of butter until a fine orange-colored pulp is obtained; to this add pepper, salt and grated nutmeg to taste. Take as much bread crumbs as there is lobster pulp, soak them in stock, then melt a piece of butter in a saucepan, amalgamate with it a heaped tablespoonful of flour; mix the lobster pulp with the bread crumbs, and put them into the saucepan with the butter and flour, stir well, and add more stock until a purée is obtained, rather thinner in consistency than the soup should be. Put the saucepan on the fire, stirring the contents until they thicken and boil; draw it then on one side, and carefully skim off superfluous fat, then strain the soup through a hair sieve, make it boiling hot, and serve with small dice of bread fried in butter.

32. **Soup made from Bones**—Ingredients—Bones of any freshly roasted meat, remnants of any poultry or game, fresh livers, gizzards, necks, combs of any poultry, 1 slice of lean ham, salt, 1 onion, 1 turnip, 1 leek, 1 head of celery, 4 carrots, 3 tomatoes,  $\frac{1}{4}$  of bay leaf, 3 or 4 cloves, 6 pepper corns, 3 allspice, 1 bunch of parsley and chervil, tapioca, sago, vermicelli or semolina.

Have the bones of any freshly roasted meat—beef, veal, pork, venison, mutton or lamb—broken up into largish pieces, the four first sorts may be mixed with advantage, while mutton and lamb are better alone. Add the carcasses or remaining

limbs of any roast poultry—ducks, fowls, pigeons, geese, turkey or game, and the fresh livers, gizzards, necks, and combs of any poultry you happen to be going to cook the same day, and a slice of lean ham if you have it. Put all these together in an earthen soup pan that will stand the fire and will hold one-third more cold water than you require for your soup to allow for the loss in boiling; fill with water, and place on a brisk fire till it boils. Then add salt (less quantity if there be ham in the soup), one large onion, one large turnip, one large leek, one head of celery, four large carrots, three sliced tomatoes, a quarter of a bay leaf, three or four cloves stuck into a carrot or turnip, six whole peppercorns, three allspice whole, and, finally, a good-sized bunch of parsley and chervil tied together. We find a piece of calf's liver and a fresh young cabbage an improvement, but this is a matter of taste. When boiling skim thoroughly, and take the pot off the fire, placing it quite at the edge so as merely to simmer gently—or, as the French call it, to *smile*—for six hours at least. The great art in making this sort of simple broth is never to let the fire go down too much, nor to allow the soup to boil too fast, so as not to require filling up with other water to replace what has been consumed—or, rather, wasted by rapid ebullition. Half an hour before you require your soup take it off the fire and strain through a cullender, then through a fine sieve, and put it on a brisk fire. When quite boiling add tapioca, sago, vermicelli, or semolina, scattering it lightly, and allowing one tablespoonful to each person. Rice may also be used, but it requires a full half hour, and consumes more broth. We use this broth as a foundation to every kind of vegetable purées.

33. **Oxtail Soup (Clear).**—Ingredients—1 oxtail, 4 carrots, 4 onions, 2 turnips, 1 bunch of herbs, little allspice, 1 head of celery, 2 qts. of good stock, a little soy, pepper, salt,  $\frac{1}{2}$  lb. of lean beef.

Cut up the oxtail into small pieces, well blanch them in salt and water, boil them in water, throw into cold water. Cut up the vegetables into small pieces (taking care to save some of the best pieces for boiling to go in the soup to table), throw them into a stewpan with the herbs, allspice, soy, pepper and salt, put the oxtail on the top, cover with the gravy, and cook until the tail is quite tender. When cooked, take out the tail, and cut up half a pound of lean beef quite fine and throw in the gravy, let it boil a few minutes, and strain through a cloth,

add the pieces of tail and some pieces of carrot and turnip cooked as follows : Boil the vegetables in water, with a little sugar, salt, and a small piece of butter. Serve very hot.

34. **Oxtail Soup (Thick).**—Ingredients—1 oxtail, 6 carrots, 4 onions, 4 turnips, allspice, 1 head of celery, 1 qt. of water, 1 qt. of stock, a pinch of pepper, sugar and salt, some roux.

Cut up the oxtail into small pieces, throw them into cold water with a little salt, bring them to the boil, and throw them into clean cold water. Cut up the vegetables into a stewpan, place the oxtail on the top, cover with the water and stock, let it simmer until the oxtail is quite tender, take out the pieces of tail, add the roux to the gravy, also the sugar and the seasoning. Boil well together, strain through a fine hair sieve, taking care to pass the vegetable pulp through, drop in the pieces of tail, and bring to the boil. Let it stand on the side of the stove until wanted.

35. **Mock Turtle Soup**—Ingredients—A knuckle of veal, 2 cow's heels, 2 onions, a few cloves, a little allspice, mace and sweet herbs,  $2\frac{1}{2}$  qts. of water, 1 tablespoonful of sugar, 2 tablespoonfuls of walnut, 1 of mushroom catsup, 1 tablespoonful of lemon juice, forcemeat balls.

Put into a large pan or jar a knuckle of veal, two well-cleaned cow-heels, two onions, a few cloves, a little allspice, mace, and some sweet herbs ; cover all with two and a half quarts of water, and set it in a hot oven for three hours. Then remove it, and when cold take off the fat very nicely, take away the bones and coarse parts, and when required, put the remainder on the fire to warm, with a tablespoonful of moist sugar, two of walnut, and one of mushroom catsup ; add to these ingredients the jelly of the meat. When it is quite hot put in the forcemeat balls, and add a teaspoonful of lemon juice.

36. **Mock Turtle Soup**—Ingredients— $\frac{1}{2}$  a calf's head,  $\frac{1}{4}$  lb. of butter,  $\frac{1}{4}$  lb. of lean ham, 2 tablespoonfuls of minced parsley, a little minced lemon thyme, a little sweet marjoram and basil, 2 onions, a few chopped mushrooms, 2 shallots, 2 tablespoonfuls of flour,  $1\frac{1}{2}$  doz. forcemeat balls about the size of a nutmeg ; cayenne and salt, to suit your taste ; the juice of 1 lemon, and 1. Seville orange, 1 dessertspoonful of pounded sugar, 3 qts. of best stock.

Proceed as in Recipe No. 35.

37. **Onion Soup**—Ingredients—Water that has boiled a leg or neck of mutton, 1 shank bone, 6 onions, 4 carrots, 2 turnips, salt to taste.

Into the water that has boiled a leg or neck of mutton put the carrots and turnips, shank bone, and simmer two hours, then strain it on six onions, first sliced and fried a light brown, simmer three hours, skim carefully, and serve. Put into it a little roll or fried bread.

38. **Tomato Soup**—Ingredients—8 middling sized tomatoes, 1 bundle of sweet herbs, 1 clove of garlic, 1 onion stuck with 3 or 4 cloves, a little allspice, whole pepper, salt to taste, 1 qt. of stock, 2 eggs.

Take tomatoes, cut them in two, and removing the pips of watery substance, put them in a saucepan, with a bundle of sweet herbs, a clove of garlic, an onion stuck with three or four cloves, some allspice, whole pepper, and salt to taste. Place the saucepan on a gentle fire, stirring contents occasionally. When the tomatoes are thoroughly done, turn them out on a hair sieve, remove the onion, garlic, and sweet herbs; remove also the moisture which will drip from the tomatoes; then work them through the sieve until nothing remains on the top but the skins. Have a quart of plain stock boiling hot, stir the tomato pulp into it, and, removing the saucepan from the fire, stir in two eggs, beaten up with a little cold water and strained. Serve over small dice of bread fried in butter.





# FISH

## OBSERVATIONS ON DRESSING FISH.

IF the fishmonger does not clean it, fish is seldom very nicely done, but those in great towns wash it beyond what is necessary for cleaning, and so by much washing diminish the flavor. If to be boiled, some salt and a little vinegar should be put in the water to give firmness ; but cod, whiting, and haddock are far better if salted and kept a day ; and if not very hot weather they will be better kept two days. Those who know how to purchase fish may, by taking more than they want for one day, often get it cheaper ; and such kinds as will pot or pickle, or keep by being sprinkled with salt, and hung up, or being fried will serve for stewing the next day, may then be bought with advantage. Fresh water fish have often a muddy smell and taste, to take off which soak it in strong salt and water after it is nicely cleaned, then dry and dress it. The fish must be put in the water while cold and set to do very gently, or the outside will break before the inner part is done. Crimp fish should be put into boiling water, and when it boils up put a little cold water in, to check extreme heat, and simmer it a few minutes. Small fish nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain. Great attention should be paid to the garnishing of fish, use plenty of horse-radish, parsley and lemon. If fish is to be fried or broiled it must be wrapped in a clean cloth after it is well cleaned. When perfectly dry, wet with an egg (if for frying) and sprinkle the finest bread crumbs over it, then, with a large quantity of lard or dripping boiling hot, plunge the fish into it and fry a light brown ; it can then be laid on blotting paper to receive any grease. Butter gives a bad color, oil fries the finest color for those who will allow for the expense. Garnish with raw or fried parsley which must be thus done : when washed and picked throw it again into cold water ; when the

lard or dripping boils, throw the parsley into it immediately from the water and instantly it will be green and crisp, and must be taken up with a slice. If fish is to be broiled, it must be seasoned, flavored and put on a gridiron that is very clean, which when hot should be rubbed with a piece of suet to prevent the fish from sticking. It must be broiled on a very clear fire and not too near or it may be scorched.

39. **Cod's Head and Shoulders (to boil)**—Ingredients—1 cod's head and shoulders, salt water, 1 glass of vinegar, horse-radish.

Wash and tie it up, and dry with a cloth. Salt the water, and put in a glass of vinegar. When boiling, take off the scum; put the fish in, and keep it boiling very briskly about half an hour. Parboil the milt and roe, cut in thin slices, fry, and serve them. Garnish with horse-radish; for sauce, oysters, eggs, or drawn butter.

40. **Cod's Head and Shoulders**—Ingredients—1 bunch parsley, 1 lemon, horse-radish, milt, roe and liver.

Tie it up, and put on the fire in cold water which will completely cover it; throw a handful of salt into it. Great care must be taken to serve it without the smallest speck of black or scum. Garnish with a large quantity of double parsley, lemon, horse-radish, and the milt, roe and liver, and fried smelts if approved. If with smelts, be careful that no water hangs about the fish; or the beauty of the smelts will be taken off, as well as their flavor. Serve with plenty of oyster or shrimp sauce, and anchovy and butter. It will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if to be eaten the same day.

Though it is important to buy fresh codfish, it is not quite so well to cook it immediately, as, when freshly caught, it is apt to be watery; but when rubbed with salt and kept a day or two, it acquires the firmness and creaminess so much prized. Cod is better crimped than when cooked whole, the operation of boiling being more successfully performed under these conditions. The fish may be partially crimped by scoring it at equal distances, without absolutely cutting it through into slices; but the effect of the operation is always to improve the fish. When thoroughly cleaned the cod should be scored or sliced at regular intervals of about one and a half or two inches, then washed clean in spring-water, and laid in a pan of spring-

water in which a handful of salt has been allowed to dissolve. After about two hours' soaking in this brine, the fish may be washed and set to drain. Some people boil the cod whole; but a large head and shoulders contain all the fish that is proper to help, the thinner parts being overdone and tasteless, before the thick are ready. But the whole fish may be purchased at times more reasonably; and the lower half, if sprinkled and hung up, will be in high perfection in one or two days. Or it may be made salter, and served with egg-sauce, potatoes and parsnips.

41. **Salt Cod**—Ingredients—Cod, vinegar (1 glass), parsnips, cream, butter, flour.

Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish; pour over it parsnips boiled, beaten in a mortar, and then boiled up with cream and a large piece of butter rubbed with a little flour. It may be served as above with egg sauce instead of the parsnip, and the rest sent up whole; or the fish may be boiled and sent up without flaking, and sauces as above.

42. **Curry of Cod**—Ingredients—Salt and cayenne, cod, onions, white gravy, curry powder, butter, flour, 3 or 4 spoonfuls of cream.

Should be made of sliced cod, that has been either crimped or sprinkled a day to make it firm. Fry it of a fine brown with onion; and stew it with a good white gravy, a little curry powder, a piece of butter and flour, three or four spoonfuls of rich cream, salt, and cayenne, if the powder be not hot enough.

43. **Cod's Roes**—Ingredients—1 or more cod's roes, 1½ oz. of butter, 2 eggs, 1 teaspoonful of salt, 1 pinch of cayenne pepper, 1 grate of nutmeg, 1 dessertspoonful of tomato or Mogul sauce or vinegar.

Boil one or more cod's roes, according to size, till quite set and nearly done. Take them out of the water, and when cold cut them into slices three-quarters of an inch thick. Now put into a small stewpan one and a half oz. of butter; when made liquid over the fire, take it off and stir into it the yolks of two eggs, a small teaspoonful of salt, a pinch of cayenne pepper, a grate of nutmeg, and a dessertspoonful of tomato or Mogul sauce, or the vinegar from any good pickle. Mix all well together, and stir it over the fire for two or three minutes to thicken. Dip the slices of cod's roe in this sauce to take up as

much as they will, lay them in a dish, pour over them any of the sauce that may be left, put the dish into the oven for ten minutes, and send to table very hot.

44. **Crimped Cod and Oyster Sauce**—Ingredients—Cod and salt water.

Cut into two-inch slices the best part of a fresh cod, boil them twenty or twenty-five minutes in boiling salted water; serve on a napkin with the sauce in a tureen.

45. **Cod Steaks (with Mock Oyster Sauce)**—Ingredients—1 tail of cod or head and shoulders, salt, and bread crumbs.

The most economical way of having cod steaks is to order either the tail of a good-sized cod or a cod's head and shoulders, so cut that there is sufficient to take off some steaks, and what remains comes in for luncheon or the children's dinner the following day. Sprinkle the cod with salt, and fry, either with or without bread crumbs, a golden brown.

46. **Codfish Balls**—Ingredients—Equal quantities of potatoes and boiled codfish, 1 oz. of butter, 1 egg.

Take equal quantities of mashed potatoes and boiled codfish minced fine; to each half pound allow one ounce of butter and a well beaten egg; mix thoroughly. Press into balls between two spoons; drop into hot lard, and fry till brown.

47. **Salt Salmon (to Souse)**—Ingredients—1 salt salmon, cayenne, whole allspice, a little mace, cold vinegar.

Take a salt salmon, wash and cover it with plenty of clean water. Let it soak twenty-four hours, but be careful to change the water several times. Then scale it, cut it into four parts, wash, clean, and put on to boil. When half done change the water; and when tender, drain it, put it in a stone pan, sprinkle some cayenne, whole allspice, a few cloves, and a little mace over each piece; cover with cold vinegar. This makes a nice relish for tea.

48. **Salmon (to Broil)**—Ingredients—Salmon, pepper, salt.

Cut slices an inch thick, and season with pepper and salt; lay each slice in half a sheet of white paper well buttered, twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve in the paper with anchovy sauce.

49. **Salmon (to Pot)**—Ingredients—Salmon, a little mace, 6 cloves, 6 whole peppers, butter.

Take a large piece, scale and wipe, but do not wash it; salt



very well, let it lie till the salt is melted and drained from it, then season with beaten mace, cloves, and whole pepper ; lay in a few bay leaves, put it close into a pan, cover it over with butter, and bake it ; when well done, drain it from the gravy, put it into the pots to keep, and when cold, cover it with clarified butter. In this manner you may do any firm fish.

**50. Salmon (to Dry)**—Ingredients—Salt, 3 or 4 oz. of saltpetre, 2 oz. of bay salt, 2 oz. of coarse sugar.

Cut the fish down, take out the inside and roe. Rub the whole with common salt after scaling it ; let it hang for 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 piece next the head.

**51. Salmon (Dried)**—Ingredients—Flakes of salmon, 2 eggs, 1 pt. cream, 2 or 3 oz. butter, 1 teaspoonful of flour, mashed potatoes.

Pull some into flakes ; have ready some eggs boiled hard, and chopped large ; put both into half a pint of thin cream, and two or three ounces of butter rubbed with a teaspoonful of flour ; skim it and stir till boiling hot ; make a wall of mashed potatoes round the inner edge of a dish, and pour the above into it.

**52. Salmon (Fried with Anchovy Sauce)**—Ingredients—Some thin slices from the tail end of a salmon, anchovy sauce, flour, bread crumbs, eggs, water, a little roux, a little cayenne pepper, lard.

Scrape the scales off the tail end of a salmon, cut in thin slices, dip them in flour, then in two eggs whisked up with a tablespoonful of water, and a tablespoonful of anchovy sauce, then dip them in bread crumbs, and fry in boiling lard for eight or ten minutes ; dish them up on a napkin in a nice heap, and sprinkle a little chopped parsley over them, and serve in a sauceboat some sauce.

53. **Salmon (Dressed. Italian Sauce)**—Ingredients—two slices, about 3 inches thick, of good salmon, 2 onions, 1 carrot, 1 shallot, 2 gherkins, a few preserved mushrooms and a few capers, 3 oz. of butter, a little chopped parsley, 1 tablespoonful of anchovy sauce, and a pt. of good stock, and a little roux.

Cut up two onions and one carrot into thin slices, and lay them in the bottom of a baking dish with a little pepper and salt and one ounce of butter; lay the slices of salmon on the top of the vegetables, cover them with buttered paper, and bake for thirty-five minutes in a warm oven; when cooked serve with sauce made as follows: Cut up one shallot very fine, and lightly fry in two ounces of butter, throw in a little chopped parsley, two gherkins chopped fine, and a few capers and mushrooms cut up very fine, and one pint of good stock, a little roux to thicken, and one tablespoonful of anchovy sauce and a little pepper; boil these ingredients together for thirty minutes, lift the salmon carefully on to a dish (taking care no onion or carrot hang to it), pour the boiling sauce over it, and serve very hot.

54. **Fresh Salmon (to Boil)**—Ingredients—Fresh salmon, salt, water.

This fish needs more boiling in more water than any other fish. It is not wholesome unless thoroughly done. Make the water quite salt; boil, skim, then put in the salmon. Continue to skim. For each half pound allow fifteen minutes. Lobster, egg, or drawn butter for sauce.

55. **Whittings (Fried)**—Ingredients—Whittings, egg, bread crumbs.

Dip them in egg and bread crumbs and fry a clear golden brown. Serve on a napkin, with shrimp or lobster sauce in a tureen.

56. **Lobsters (to Boil)**—Ingredients—Lobsters, salt, water, salad oil.

The heaviest are best. Put them alive into a kettle of salted boiling water, and let them boil from half an hour to three quarters, according to size. Then wipe them, and rub the shell with a little salad oil; this will give them a clear red color. Crack the large claws without mashing them, and with a sharp knife split the body and tail from end to end.

57. **Lobsters (Potted)**—Ingredients—Lobsters, mace, white pepper, nutmeg and salt, butter.

Half boil them, pick out the meat, cut it into small pieces, 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 colored butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added if approved.

- 58. Lobsters (Potted as at Queen's Hotel)**—Ingredients—Lobster, mace, nutmeg, white pepper, salt, 1 or 2 cloves, butter, bay leaves.

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 a 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 if highly seasoned, and thickly covered with butter, will keep some time. Potted lobster may be used cold, or as a fricassee, with cream sauce ; and then it looks very nicely and eats excellently, especially if there is spawn.

- 59. Lobster (to dress)**—Ingredients—1 lobster, salt, cayenne, mustard, salad oil, and vinegar.

After mincing it very fine, add salt, cayenne, mustard, salad oil, and vinegar, to taste ; mix these well together.

- 60. Lobster Croquettes**—Ingredients—2 lobsters, pepper, salt, spices, cayenne, a piece of butter, 1 tablespoonful of flour, 1 bunch of parsley, fish stock, 2 eggs, bread crumbs.

Mince the flesh of a lobster to the size of small dice, season with pepper, salt, spices, and as much cayenne as will rest on the point of a trussing needle. Melt a piece of butter in a saucepan, mix with it a tablespoonful of flour, then the lobster, and some chopped parsley ; moisten with a little fish stock until the mixture looks like minced veal ; then stir into it off the fire a couple of yolks of eggs, and put it by to get cold. When nearly so, shape it into the form of corks, egg them, and roll them in baked bread crumbs. After the lapse of an hour, egg and bread crumb them again, taking care to preserve the shape. After a little time fry them a light color in hot lard.

61. **Lobster Croquettes**—Ingredients—lobster, pepper, salt, powdered mace, bread crumbs, 2 tablespoonfuls of butter, egg, biscuit, parsley.

To the meat of a well boiled lobster, chopped fine, add pepper, salt, and powdered mace. Mix with this one quarter as much bread crumbs, well rubbed, as you have meat; make into pointed balls, with two tablespoonfuls of butter melted. Roll these in beaten egg, then in biscuit powdered fine and fry in butter or very nice sweet lard. Serve dry and hot, and garnish with crisped parsley. This is a delicious supper dish or entrée.

62. **Shad (boiled)**—Ingredients—Salt, eggs, parsley.

Procure a roe shad, cleanse thoroughly. Sprinkle shad and roe with salt, fold in separate cloths; put into saucepan, cover with salted water, and boil from thirty to forty-five minutes. Serve with egg sauce.

63. **Shad (Baked)**—Ingredients—Bread crumbs, milk, butter, pepper, salt, summer savory, egg.

Thoroughly wash and dry the fish, make a forcemeat of bread crumbs steeped in milk, a little butter, pepper, salt, and herbs, to taste, adding a beaten egg to bind. Stuff and sew up, place in a pan with a glass of water, and bake about an hour. Make a gravy of a large spoonful of brown flour, the juice of a lemon, mix to the consistency of cream with water, adding salt to taste, remove thread from fish, place on a hot dish, garnish with slices of lemon, and pour the gravy over fish, or serve in a boat.

64. **Shad and Herring (to pot)**—Ingredients—A shad, salt, cayenne, allspice, cloves, 1 stick of cinnamon, cider vinegar.

Clean the shad, remove the head, tail, and fins, cut in pieces, season each piece with salt, and cayenne, place in a stone jar (in layers), between each layer sprinkle a little allspice, cloves and small pieces of cinnamon. Cover with cider vinegar; tie thick paper over, and bake in moderate oven three or four hours.

65. **Oysters (Stewed)**—Ingredients—Oysters, a piece of mace, some lemon peel, a few white peppers, cream, butter, and flour.

Open and separate the liquor from them, then wash them from the grit; strain the liquor, and put with the oysters a piece of mace and lemon peel, and a few white peppers. Sim-

mer them very gently, and put some cream, and a little flour and butter. Serve with sippets.

66. **Oysters (Boiled).**

Let the shells be nicely cleaned first, and serve in them, to eat with cold butter.

67. **Oysters (Scalloped)**—Ingredients—Crumbs of bread, pepper, salt, nutmeg, a piece of butter.

Put them with crumbs of bread, pepper, salt, nutmeg, and a piece of butter, into scallop-shells or saucers, and bake in oven.

68. **Oysters (Broiled)**—Ingredients—Large, fat oysters, salt, cayenne pepper, biscuit dust or flour, butter.

Choose large, fat oysters; wipe them very dry; sprinkle salt and cayenne pepper upon them, and broil upon one of the small gridirons sold for that purpose. You can dredge the oyster with biscuit dust or flour, if you wish to have it brown; and some fancy the juices are better kept in this way; others dislike the crust thus formed. Butter the gridiron well, and let your fire be hot and clear. If the oysters drip, withdraw the gridiron for a moment, until the smoke clears away. Broil quickly and dish hot, putting a tiny piece of butter, not larger than a pea, upon each oyster.

69. **Oysters (Fried, to garnish boiled Fish)**—Ingredients—flour, milk, eggs, seasoning, nutmeg, bread crumbs.

Make a batter of flour, milk, and eggs, season it a very little, dip the oysters into it, and fry them a fine yellow-brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

70. **Oysters (Stewed)**—Ingredients—Liquor from 2 qts. of oysters, 1 teacupful of hot water, salt, pepper, 2 tablespoonfuls of butter, 1 cupful of milk.

Drain the liquor from two quarts of firm, plump oysters; mix with it a small teacupful of hot water, add a little salt and pepper, and set over the fire in a saucepan. Let it boil up once, put in the oysters, let them boil for five minutes or less—not more. When they “ruffle,” add two tablespoonfuls of butter. The instant it is melted and well stirred in, put in a large cupful of boiling milk, and take the saucepan from the fire. Serve with oyster or cream biscuits, as soon as possible.

Oysters become tough and tasteless when cooked too much or left to stand too long after they are withdrawn from the fire.

71. **Oyster Sausages**—Ingredients—1 doz. large oysters,  $\frac{1}{2}$  lb. rump steak, a little seasoning of herbs, pepper and salt.

Chop all fine, and roll them into the form of sausages.

72. **Cream Oysters on the Half-Shell**—Ingredients—Hot water (1 cup), 1 cup of cream, 1 cup of milk, a little salt, 2 tablespoonfuls of butter, white pepper, 2 tablespoonfuls of arrowroot, rice flour, or corn starch, cold milk.

Pour into your inner saucepan a cup of hot water, another of milk, and one of cream, with a little salt. Set into a kettle of hot water until it boils, then stir in two tablespoonfuls of butter and a little salt, with white pepper. Take from the fire, and add two heaped tablespoonfuls of arrowroot, rice flour, or corn starch, moistened with cold milk. By this time your shells should be washed and buttered, and a fine oyster laid within each. Of course, it is *selon les règles* to use oyster shells for this purpose; but you will find scollop-shells more roomy and manageable, because more regular in shape. Range these closely in a large baking-pan, propping them with clean pebbles or fragments of shell, if they do not seem inclined to retain their contents. Stir the cream *very* hard, and fill up each shell with the mixture, taking care not to spill any in the pan. Bake five or six minutes in a hot oven after the shells become warm. Serve on the shell. Some substitute oyster liquor for the water in the mixture, and use all milk instead of cream.

73. **Oyster Patties**—Ingredients—Oysters, paste.

Make a rich paste, roll it out half an inch thick, then turn a teacup down on the paste, and, with the point of a sharp pen-knife, mark the paste lightly round the edge of the cup. Then, with the point of the knife, make a circle about half an inch from the edge; cut this circle half way through. Place them on tins, and bake in a quick oven. Remove the centre, and fill with oysters, seasoned and warmed over the fire.

74. **Baked Herrings or Sprats**—Ingredients—Herrings, allspice, salt, black pepper, 1 onion and a few bay leaves, vinegar.

Wash and drain without wiping them; season with allspice in fine powder, salt, and a few whole cloves, lay them in a pan with plenty of black pepper, an onion, and a few bay leaves.

Add half vinegar and half small beer, enough to cover them. Put paper over the pan, and bake in a slow oven. If you like, throw saltpetre over them the night before, to make them look red. Gut, but do not open them.

**75. Perch and Tench.**

Put them into cold water, boil them carefully and serve with melted butter and soy. Perch is a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavor.

**76. Trout and Grayling (to Fry).**

Scale, gut, and wash well · then dry them, and lay them separately on a board before the fire, after dusting some flour over them. Fry them of a fine color with fresh dripping ; serve with crimp parsley, and plain butter. Perch and tench may be done the same way.

**77. Perch and Trout (to Boil).**

Split them down the back, notch them two or three times across, and broil over a clear fire ; turn them frequently, and baste with well-salted butter and powdered thyme.

**78. Mackerel.**

Boil, and serve with butter and fennel.

**79. Mackerel (Pickled, called Caveach)**—Ingredients— 6 mackerel, 1 oz. of pepper, 2 nutmegs, a little mace, 4 cloves, 1 handful of salt.

Clean and divide them ; then cut each side into three, or leaving them undivided, cut each fish into five or six pieces. To six large mackerel, take nearly an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all in the finest powder ; mix, and making holes in each piece of fish, thrust the seasoning into them, rub each piece with some of it ; then fry them brown in oil : let them stand till cold, then put them into a stone-jar, and cover with vinegar ; if to keep long, pour oil on the top. Thus done, they may be preserved for months.

**80. Mackerel (Scalloped)** — Ingredients — Mackerel,  $\frac{1}{2}$  pt. of shrimps, milk, corn flour, soy, walnut, mushroom catsup, essence of anchovies, grated lemon peel, nutmeg, cayenne, white pepper, salt, lemon juice, bread crumbs, capers, vinegar.

Boil as many mackerel as you require, and, while they are still hot, remove from them all bones and skin and divide the

flesh into small flakes, shell half a pint of shrimps (for two mackerel), and mix them with the fish ; simmer the shells and mackerel trimmings for twenty minutes, with just sufficient water to cover them. Strain the liquid into a fresh saucepan, and add to it enough new milk to make your quantity of sauce. Thicken this to the consistency of thick cream with corn flour, and flavor it delicately with essence of anchovies, soy, walnut, and mushroom catchup, grated lemon peel and nutmeg, cayenne, white pepper, and salt if required ; stir into this sufficient lemon juice to give an agreeable acid, and mix well with the fish. Put this mixture into china or silver scallop shells, or on a flat dish, and cover thickly with fine bread crumbs ; moisten these slightly with liquid butter and brown in a quick oven or before a clear fire. Scald a few capers in their own vinegar, and just before serving the scallop drain and sprinkle them over. The remains of any cold fish may be served like this with great advantage ; also tinned salmon, etc. Cod, fresh haddock, and soles are best flavored with oysters instead of shrimps.

**81. Red Mullet (called the Sea-Woodcock).**

Clean, but leave the inside, fold in oiled paper, and gently bake in a small dish. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, and a little essence of anchovy. Give it a boil ; and serve in a boat, and the fish in the paper cases.

**82. Mullet with Tomatoes**—Ingredients— $\frac{1}{2}$  doz. red mullet, pepper, salt, and chopped parsley, 5 or 6 tablespoonfuls of tomato sauce.

Butter a baking dish plentifully, lay on it side by side half a doz. red mullet, sprinkle them with pepper, salt, and chopped parsley, then add about five or six tablespoonfuls of tomato sauce, cover the whole with a sheet of well-oiled paper, and bake for about half an hour.

**83. Sturgeon (Fresh)**—Ingredients—Sturgeon, egg, bread crumbs, parsley, pepper, salt.

Cut slices, rub egg over them, sprinkle with crumbs of bread, parsley, pepper, salt ; fold them in paper, and broil gently. Sauce : butter, anchovy, and soy.

**84. Turbot en Mayonnaise**—Ingredients—Some fillets of turbot, oil, tarragon vinegar, salt and pepper, eggs, cucumbers, anchovies, tarragon leaves, beets, capers, aspic jelly.



Cut some fillets of cooked turbot into moderate sized round or oblong pieces, carefully taking off the skin and extracting all bones. Place these pieces of fish into a bowl, with a dressing made of oil, tarragon vinegar, salt and pepper. As soon as the fish is well flavored with this seasoning, arrange the pieces round a dish like a crown. Place a circle of chopped hard boiled eggs, tiny pickled cucumbers, anchovies, tarragon leaves, beetroot, and capers round the dish, and then arrange a wall of aspic jelly round the edge of the dish. Fill up the center of the crown of fish with good mayonnaise sauce.

85. **Turbot (Fillet of, with Dutch Sauce)**—Ingredients—  
2 fillets of turbot,  $\frac{1}{4}$  lb. of butter, 1 egg, a little flour,  $\frac{1}{2}$  pt. of milk, a little vinegar, some horse-radish, pepper, and salt.

Place the fillets of turbot cut up in nice-sized pieces in a baking-dish, sprinkle some pepper and salt over them and about two ounces of butter, and bake for half an hour in a hot oven, cover them with a piece of buttered paper if the oven is too fierce; when cooked send to table with a sauce made as follows: Place the milk in a stewpan with a little pepper and salt, a little scraped horse-radish, and a wine-glassful of vinegar, boil them well together, knead two ounces of butter in flour, stir it in the boiling milk, and well mix it in, then add one egg, and just bring to the boil, stirring all the time, add more seasoning if required, and serve very hot.

86. **Turbot au Gratin (a nice Dish for Luncheon)**—  
Ingredients—cold cooked turbot, anchovy sauce, a little stock, cayenne pepper, 2 oz. of butter, a little flour, and some bread crumbs.

Place a piece of butter, about two ounces in a stewpan and melt it on the fire, add a little flour, then a little anchovy sauce, and a little cayenne pepper, stir these well together and then drop in the sauce any cold turbot you may have left from dinner the evening before, place some of the turbot out of the sauce in large patty-pans, and cover it with bread crumbs and bake it in a hot oven; if the top does not get brown enough heat a salamander, and finish off that way. Serve the patty-pans up on a napkin or paper.

87. **Smelts (to Fry)**—Ingredients—Smelts, egg, bread crumbs, lard.

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.

88. **Haddock With Tomatoes**—Ingredients—1 dried haddock, 1 onion, 1 oz. butter, 1 ripe tomato, pepper, parsley.

Soak a dried haddock in plenty of cold water for half a day, drain off the water and replace it with boiling water ; when the haddock has been in this for two hours, take it out, carefully remove all the bones and skin, and break the meat into flakes ; slice a moderate sized onion, put it into a saucepan with one ounce of butter ; as soon as the onion is soft, add one ripe tomato, cut into slices ; after a couple of minutes add the flesh of the haddock, a sprinkling of pepper and some finely minced parsley ; shake the saucepan on the fire until the contents are thoroughly heated, then draw it aside, to be kept warm till the time for serving.

89. **Fish Croquettes**—Ingredients—Remnants of turbot, brill, haddock, or salmon, butter, pinch of flour, some milk, pepper, salt, nutmeg, parsley.

Take some remnants of boiled turbot, brill, haddock, or salmon, pick out the flesh carefully and mince it, not too finely ; melt a piece of butter in a saucepan, add a small pinch of flour and some hot milk ; stir on the fire until the mixture thickens, then put in pepper, salt, and a little grated nutmeg, together with some finely chopped parsley, and, lastly, the minced fish. As soon as the whole is quite hot, turn it out on a dish to get cold. When nearly so, shape it into the form of corks, egg them, and roll them in baked bread crumbs. After the lapse of an hour, egg and breadcrumb them again, taking care to preserve the shape. After a little time fry them a light color in hot lard.

90. **Halibut (Boiled)**—Ingredients—Halibut, salted water.

Allow the fish to lie in cold salted water for an hour. Wipe dry in a clean cloth and score the skin, then put into the fish kettle with cold salted water sufficient to cover it. Let it come slowly to the boil, and allow from half to three-quarters of an hour for a piece weighing four or five pounds. When ready drain, and serve with egg sauce.

91. **Halibut (Baked)** — Ingredients—Halibut, a little butter, salt and water, a tablespoonful of walnut catsup, a dessertspoonful of Worcestershire sauce, the juice of a lemon, a little brown flour.

A piece of halibut weighing five or six pounds, lay in salt and water for two hours. Wipe in a clean cloth and score the skin. Have the oven tolerably hot, and bake about an hour. Melt a little butter in hot water and baste the fish occasionally. It should be of a fine brown color. Any gravy that is in the dripping pan mix with a little boiling water, then stir in the walnut catsup and Worcestershire sauce, the juice of a lemon, and thicken with the brown flour (the flour should be mixed with a little cold water previously), give one boil and serve in sauce-boat.

92. **Halibut Steak** — Ingredients—2 eggs, some brittle crackers, oil or lard, salt.

Wash. Wipe the steaks in a clean cloth and sprinkle with a little salt. Dip them into beaten egg, then into crushed crackers (pound the crackers until they are as fine as powder), and fry in boiling oil or lard.

93. **Stuffing For Pike, Haddock And Small Cod** — Ingredients—equal parts of fat bacon and beef suet, some fresh butter, parsley, thyme, savory, 1 onion, a few leaves of marjoram, 1 or 2 anchovies, salt, pepper, 1 nutmeg, crumbs and egg.

Take equal parts of fat bacon, beef suet and fresh butter, some parsley, thyme, and savory; a little onion, and a few leaves of scented marjoram shred fine; an anchovy or two; a little salt or nutmeg, and some pepper. Oysters will be an improvement with or without anchovies; add crumbs, and an egg to bind.

# POULTRY AND GAME

## OBSERVATIONS.

In choosing ducks be careful to secure those with plump bellies and thick and yellowish feet, and to insure them being tender it is advisable to let them hang a day or two.

In choosing turkeys, the hen is preferable for boiling on account of its whiteness and tenderness.

Rabbits, when young, have smooth and sharp claws.

In selecting a goose choose one with a clean, white skin, plump breast and yellow feet.

To choose venison the meat should be fat, clear and bright, the more fat the better the meat.

A young fowl has large soft feet and neck.

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## TO CARVE FOWL.

Fix the fork firmly in the breast, let the knife be sharply run along the line from 1 to 2, then downwards to 3, and the wing can be easily removed. Now place the fork inside the leg and gently force from the body, the joint can be readily seen so as cut through. Now draw the knife through the flesh in the direction of 4 to 5, slip knife beneath the merry-thought gently lifting and pressing backwards and it will come off at once. Now for collar or neck bones. These are on each side of the merry-thought, they must be raised by the knife at the broad end and turned from the body towards the breastbone until the short piece of bone breaks off.

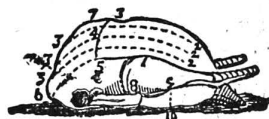


The breast, with the ribs, is now left, the former can be easily disengaged from the ribs by cutting through the latter.

The side bones must now be removed. Turn the lower end of the back from the carver, press the point of the knife through the top of backbone, near centre, and down towards the end of the back, completely through the bone. The backbone being now uppermost, press the fork down on it and at the same time, with the knife, raise up the small end of fowl towards the fork and the back will be dislocated in the middle.

### TO CARVE TURKEY.

In carving turkey, as in duck and goose, commence cutting slices close to the wing from 2 to 3, proceeding upwards to the ridge of the breast bone. The breast being the only part called *fine* in a turkey, the legs are seldom cut off at table but appear in a form attractive to bachelors, we mean devilled.



Boiled turkey is carved in the same manner.

### TO CARVE GOOSE.

Neatly cut slices, not too thick, should be carved from the breast along line 2 to 3. When the first slice is cut, a hole should be cut in the apron, passing it round the line marked, here the stuffing will be found. A good carver will cut a large number of fine slices off the breast, especially if he commences close down by the wing, carving towards the ridge of the breastbone. Now take off the wings in the same way as in carving fowl.



It may be necessary in taking off the leg to turn the goose on its side, then pressing down the small end of leg pass the knife under it from the top down to the joint, turn the leg back with the fork, and with the knife cut through the joint, removing the thigh bone from its socket, disengage the merry-thought and all other parts the same way as in fowl.

### 94. To Prepare and truss a fowl for roasting.

Singe off all small feathers left on the bird, with a lighted paper, moving it quickly so as not to scorch it. It is an error to depend on this singeing to take away the feathers carelessly

left in plucking. If any appear *pull* them out ; if singed out an odor of burnt feathers will cling to the bird. Now commence to draw. Place the bird back downwards upon the table, cut a small slit in the skin of the neck, draw the neck towards you, cutting it off at the root. Then make a small slit in the tail-end of the bird, and with the middle finger loosen the entrails, doing this carefully, that you may afterwards have less trouble in drawing. Cut off vent and draw. Be careful not to break the gall bladder, for by so doing the bird will be ruined. With a clean cloth wipe out the inside, also the flap of skin at the neck, and should you accidentally break any part, it is only safe to wash the inside, drying it thoroughly with a clean cloth. Dip the legs in boiling water, scrape them and cut off claws ; also the tips of pinions. It is now ready for trussing. Skewer the pinions by inserting the skewer through the first joint of the one on the right side (the middle of the leg being brought near to it), then through the body and through the pinion on the left. Fasten the skin over the neck, placing it over the back with a skewer. Now put a long skewer through the skin of the back, on the left side ; then through the first joint of the leg and on through the leg on right side. Clean and wash gizzard, put it on one of the pinions and the liver on the other. The bird is now ready.

95. **Fowl (Roast)**—Ingredients— Butter, flour, gravy, lemon juice, sausages, bacon.

Fowls require constant attention in dredging and basting, and the last ten minutes let butter rolled in flour be stuck over them in little bits, and allowed to melt without basting. The gravy for fowls should always be thickened, and slightly flavored with lemon-juice. Sausages or rolled bacon should be served on the same dish, and white mashed potatoes should always be handed with poultry.

96. **To Truss a Fowl for Boiling**

Loosen the skin of the legs carefully, so as not to break it. The legs may be cut off at the knee joint, or trussed with the feet underneath. Skewer the pinions and legs firmly to the side of the bird ; the liver and gizzard are omitted, when the fowl is boiled.

97. **Fowl (to Boil).**

For boiling, choose those that are not black-legged. Pick

them nicely, singe, wash and truss them. Flour them, and put them into hot water. Simmer for three quarters of an hour. Serve with parsley and butter; oyster, lemon, liver, celery sauce.

98. **Chicken Cutlets (with Rice)**—Ingredients—A teacupful of rice, some good stock, 1 onion, salt and pepper, some cold ham and chicken, egg, bread crumbs.

Boil a teacupful of rice in some good stock, and pound it in a mortar with an onion that has been cooked in butter, with salt and pepper. Pound separately in equal portions cold ham and chicken, form this into cutlets; cover them with egg and bread crumbs and fry. Serve with a sharp sauce.

99. **Chicken à la Jardinière**—Ingredients—2 young chickens, butter, 1 onion, some savory herbs, salt and sufficient water, carrots, turnips, onions, beef stock, mushrooms, 2 cabbages, some heads of asparagus, pepper, sugar.

Take two young chickens and put them in a saucepan with some butter, a large onion chopped up, some savory herbs, some salt and sufficient water; the chickens should be dropped in the mixture when it is boiling, and left in the saucepan until the liquid is reduced by half; cut up in good shapes some carrots and turnips, some whole onions skinned and blanched, and put them in a saucepan with some butter, some beef stock, some mushrooms, two very young cabbages and some heads of asparagus; season with salt, pepper, and a little sugar; cook very gently, and fifteen minutes before serving add a piece of butter kneaded with flour. Serve with the vegetables well arranged round the dish.

100. **Chicken Leaf**—Ingredients—A chicken, 2 oz. of butter, pepper, salt, egg.

Boil a chicken in as little water as possible until the meat can easily be picked from the bones; cut it up finely, then put it back into the saucepan with two ounces of butter, and a seasoning of pepper and salt. Grease a square china mould and cover the bottom with slices of hard boiled egg; pour in the chicken, place a weight on it, and set aside to cool, when it will turn out.

100. **Chicken Rissoles**—Ingredients—Some remnants of fowl, ham and tongue, butter, a pinch of flour, white pepper, salt, nutmeg, parsley, eggs, a few drops of lemon juice, flour, water, 3 pinches of sugar.

Mince very finely some remnants of fowls, free from skin,

add an equal quantity of ham or tongue, as well as a small quantity of truffles, all finely minced; toss the whole in a saucepan with a piece of butter, mixed with a pinch of flour; add white pepper, salt, and nutmeg to taste, as well as a little minced parsley; stir in off the fire the yolks of one or two eggs beaten up with a few drops of lemon juice, and lay the mixture on a plate to cool. Make a paste with some flour, a little water, two eggs, a pinch of salt, and two or three of sugar; roll it out to the thickness of a penny piece, stamp it out in round pieces three inches in diameter; put a piece of the above mince on each, then fold them up, fastening the edges by moistening them with water. Trim the rissoles neatly with a fluted cutter, dip each one in beaten-up egg, and fry a golden color in hot lard.

102. **Chicken (Jellied)**—Ingredients—A chicken, 1 oz. of butter, pepper and salt,  $\frac{1}{2}$  packet of gelatine.

Boil the chicken as recipe in 97 until the water is reduced to a pint; pick the meat from the bones in fair sized pieces, removing all gristle, skin, and bone. Skim the fat from the liquor, add an ounce of butter, a little pepper and salt, and half a packet of gelatine. Put the cut-up chicken into a mould, previously wetted with cold water; when the gelatine has dissolved pour the liquor hot over the chicken. Turn out when cold.

103. **Braized Fowl (With Macaroni)**—Ingredients—A pair of fowls, 2 onions, butter, 2 slices of bacon, 2 carrots, pepper, salt, a bundle of sweet herbs, stock, 1 lb. of ribbon macaroni, 15c. bottle of French tomato sauce, 1 oz. of butter, Parmesan cheese.

Trim a pair of fowls as for boiling, putting a piece of butter and an onion inside each; lay in saucepan over two slices of bacon with an onion and two carrots cut in pieces; add pepper and salt to taste, and a bundle of sweet herbs; moisten with a little stock, put a piece of buttered paper over the fowls, and set to braize very slowly for an hour, frequently basting with their own liquor. Throw one pound of ribbon macaroni into fast boiling salt water; when done (twenty minutes) drain off the water, put them into a saucepan with the contents of a fifteen cent bottle of French tomato sauce, and one ounce of butter previously melted; toss on the fire a few minutes, adding plenty of Parmesan cheese. Place the chickens on a dish with the macaroni round them and serve.



104. **Broiled Chicken With Mushrooms**—Ingredients—  
1 fowl, liver, gizzard, butter, pepper and salt, stewed mushrooms.

Cut some fowls down the back, truss legs and wings as for boiling, with the gizzard and liver under the wing; baste them well with butter, sprinkle with pepper and salt, and broil them slowly over a clear fire, turning frequently, and basting well till cooked; serve with stewed mushrooms.

105. **Puree of Game**—Ingredients—Carcases of roast game,  $\frac{1}{2}$  an onion, 1 carrot, 1 bay leaf, a small piece of celery, 2 cloves, a little piece of mace, some whole pepper, pinch of salt, stock,  $\frac{1}{2}$  lb. lean beef.

Take any carcasses of roast game, say three snipe or two partridges, cut them up into convenient pieces, and pack them into a saucepan with half an onion, a carrot and bay leaf, a small piece of celery, a couple of cloves, a little piece of mace, some whole pepper and a large pinch of salt; pour in just enough stock to cover the contents; let the whole boil a couple of hours, strain the liquor and put it by; take half a pound of lean beef, chop it up and pound it in a mortar with all the flesh that can be picked out of the pieces of game, then pass the whole through a sieve, moistening now and then with some of the liquor. Lastly, heat the purée, correct the flavoring if necessary, stir in a piece of fresh butter the size of a walnut, serve with fresh sippets round and poached eggs on the top.

106. **Wild Duck (Roast)**—Ingredients—Duck, bread crumbs, carrot, pepper and salt, sage and onions, currant jelly, 1 pinch of cayenne, browned flour.

Before roasting, parboil with a small carrot peeled and put inside. This will absorb the fishy taste. If you have no carrot at hand, an onion will have the same effect, but unless you mean to use onion in the stuffing a carrot is preferable. When parboiled throw away the carrot or onion, lay in fresh water for half an hour, stuff with bread crumbs seasoned with pepper, salt, sage, and an onion, and roast till brown and tender, basting half the time with butter and water, then with drippings. Add to the gravy when you have taken up the ducks, one tablespoonful of currant jelly and a pinch of cayenne. Thicken with browned flour and serve in a tureen.

107. **Quail Pie**—Ingredients—Puff paste, salt pork or ham, 6 eggs, butter, pepper, 1 bunch of parsley, juice of 1 lemon.

Clean and dress the birds, loosen the joints, but do not divide them, put on the stove to simmer while you prepare puff paste. Cover a deep dish with it, then lay in the bottom some shreds of pork or ham, then a layer of hard boiled eggs, a little butter and pepper. Take the birds from the fire, sprinkle with pepper and minced parsley. Squeeze lemon juice upon them, and upon the breasts of the birds a few pieces of butter rolled in flour. Cover with slices of egg, then shred some ham and lay upon this. Pour in a little of the gravy in which the quails were parboiled, and put on the lid. Leave a hole in the middle and bake a little over one hour.

**108. Quails (Roasting With Ham).**

Prepare the birds as you would grouse, but cover the ham or pork with a sheet of paper, having secured the meat with pack thread. Stitch the papers on, and keep well basted with butter and water. Roast three quarters of an hour. Remove papers from meat before dishing, and brown quickly. This is a favorite way of cooking quails.

**109. Rabbit Pie**—Ingredients—2 rabbits,  $\frac{1}{4}$  lb. of fat pork, 4 eggs, pepper, butter, a little powdered mace, a few drops of lemon juice, puff paste.

Cut a pair of rabbits into ten pieces, soak in salt and water half an hour and simmer, until half done, in enough water to cover them. Cut a quarter of a pound of pork into slices, and boil four eggs hard. Lay some pieces of pork in the bottom of the dish, the next a layer of rabbit. Upon this spread slices of boiled egg and pepper and butter. Sprinkle, moreover, with a little powdered mace, a few drops of lemon juice upon each piece of meat. Proceed in this manner until the dish is full, the top layer being pork. Pour in water in which the rabbit was boiled; when you have salted it and added a few lumps of butter rolled in flour, cover with puff paste, make a hole in the middle and bake for one hour. Cover with paper if it should bake too fast.

**110. Rabbit (Stewed)**—Ingredients—1 rabbit, salted water, dripping or butter, flour, 6 onions,  $\frac{1}{2}$  pt. water.

Cut a rabbit in pieces, wash it in cold water, a little salted. Prepare in a stewpan some flour, and clarified dripping or butter; stir it until it browns. Then put in the pieces of rabbit and keep stirring and turning, until they are tinged with

a little color ; then add six onions, peeled, but not cut up, and half a pint of water. Serve all together in a deep dish.

**111. A German Dish**—Ingredients—A tender fowl, salt, pepper, mace, flour, yolk of 1 egg, hot lard, liver, gizzard, parsley.

Quarter a tender fowl, season the pieces with pepper and salt and mace ; flour, and then dip them in the beaten up yolk of an egg ; fry a golden color in hot lard ; dish them, garnished with the liver and gizzard fried separately, and with fried parsley. Serve either with a salad garnished with hard-boiled eggs or tomato sauce.

**112. GIBLETS (to Stew)**—Ingredients—Salt and pepper, butter, 1 cup of cream, 1 teaspoonful of flour.

Do them as directed for giblet-pie (under the head **PIES**) ; season them with salt and pepper, and a very small piece of mace. Before serving give them one boil with a cup of cream, and a piece of butter rubbed in a teaspoonful of flour.

**113. Pigeons.**

May be dressed in so many ways, that they are very useful. The good flavor of them depends very much on their being cropped and drawn as soon as killed. No other bird requires so much washing. Pigeons left from dinner the day before may be stewed or made into a pie ; in either case care must be taken not to overdo them, which will make them stringy. They need only be heated up in gravy, made ready, and force-meat balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beef-steaks be stewed in a little water, and put cold under them, and cover each pigeon with a piece of fat bacon, to keep them moist. Season as usual.

**114. Pigeons (to Boil).**

After cleaning, split the backs, pepper and salt them, and broil them nicely ; pour over them either stewed or pickled mushrooms in melted butter, and serve as hot as possible.

**115. Pigeons Roast.**

Should be stuffed with parsley, either cut or whole ; and seasoned within. Serve with parsley and butter. Peas or asparagus should be dressed to eat with them.

**116. To Prepare and Truss Turkey for Roasting.**

Prepare the bird in the same manner as fowl, and commence to draw the sinews. Break the leg bones close to the feet,

hang the bird on a hook in the wall, the hook passing through the break you have just made. (It is best to have the hook above you). Now, with all your strength, draw the sinews. This is a necessity, or the legs will be uneatable. This done, chop off the legs, cut off the neck near the back, just leaving enough skin to turn over it. Remove the crop, loosen liver, etc., at the neck end. Now cut off vent, remove gut and carefully draw. Wash and dry with a clean cloth, cut the breast-bone through at both sides, close to the back, and flatten it with the rolling pin. Firmly skewer the pinion at right side through the bird until you reach the other. Press the legs close to the body, skewering at first and second joints. Proceed to stuff, skewer over flap of skin, also that at neck. It is now ready for cooking.

#### **117. Turkey (Roast).**

Having prepared the bird for dressing, stuff with plain forcemeat, pack it up in thin slices of fat bacon, and over this a sheet of buttered paper, put in oven, basting frequently with butter. A quarter of an hour before it is done remove paper and bacon. Sprinkle with a little fine salt just before serving. Garnish with pork sausages and serve with a tureen of gravy. Time for roasting, from two to three hours, according to size.

#### **118. Forcemeat for Turkey.**

Take one part of finely shred suet, and two parts of bread crumbs, season with pepper, salt and powdered spices, sweet herbs, and finely minced parsley; mix all well together, then add as many eggs as will bind the mixture into a stiff paste.

#### **119. Gravy for Turkey.**

Mince an onion finely, fry it in butter to a dark brown, add three-quarters of a pint of good stock, pepper and salt to taste, a small piece of finely minced ham, a sprig of thyme, and parsley, and a little Worcester sauce. Let the whole boil five or ten minutes, stand on one side till needed, then strain into sauceboat.

#### **120. Chestnut Sauce for Roast Turkey.**

Remove the outer skin from a number of chestnuts, carefully excluding any that may be the least tainted. Put them to

boil in salted water with a handful of coriander seeds and a couple of bay leaves. When thoroughly done, remove the outer skin and pound the chestnuts in a mortar, adding a little stock (free from fat) now and then. When a smooth paste is obtained, fry an onion in butter to a light color, add the chestnut paste and sufficient stock to get the sauce of the desired consistency, pepper and salt to taste ; pass through a hair sieve and serve.

**121. Turkey (Boiled).**

Cover the turkey with hot water and allow it to come slowly to a boil, then remove all scum ; by attending to this there is no need to boil the bird in a cloth. Allow to simmer one and a half hours, or a little longer. Serve with celery, oyster or mushroom sauce.

**122. Turkey (Pulled).**

Divide the meat of the breast by pulling instead of cutting ; then warm it in a spoonful or too of white gravy, and a little cream, grated nutmeg, salt, and a little flour and butter ; don't boil it. The leg should be seasoned, scored and broiled, and put into a dish with the above round it. Cold chicken does as well.

**123. Roast Haunch of Venison**—Ingredients—Butter, salt, flour and water.

Trim the joint neatly, wipe it well with a cloth, rub it over with butter, and sprinkle it with salt ; then wrap it up in a sheet of buttered kitchen paper. Make a paste with flour and water, roll it out to the thickness of about half an inch, wrap the joint in this, and close up all the openings carefully by wetting the edges of the sheet of paste ; lastly, pack up the haunch into a sheet of well buttered paper, put in the oven for about three hours, basting occasionally, then remove the paste and paper coverings, baste the haunch plentifully with butter, and when nearly done dredge some flour over it and some salt. Serve on a hot water dish.

**124. Hashed Venison**—Ingredients—The remains of roast venison, its own gravy, thickening of butter and flour.

Cut the meat from the bones in small slices, and, if there is sufficient of its own gravy left, put the meat into this, as it is preferable to any other. Should there not be enough, put the

bones and trimmings into a stewpan, with about a pint of good gravy; let them stew gently for an hour, and strain the gravy. Put a little flour and butter into the stewpan, stirring until brown, then add the strained gravy, and give it a boil up; skim and strain again, and, when a little cool, put in the slices of venison. Place the stewpan by the side of the fire, and, when on the point of simmering, serve; do not allow it to boil, or the meat will be hard. Send red-currant jelly to table with it.

**125. To Truss a Goose.**

Cut off the feet at joint, the pinions at first joint, and the neck close to the back, leaving enough skin to turn over it. Loosen the liver, etc. at neck end. Cut bird open a little above the vent, draw, wash, and dry the inside, and beat the breast bone down with a rolling-pin. Put a skewer through the under part of one pinion, and on through the other. Secure the legs by passing the skewer through the first joint and on through body to reach other.

**126. Roast Goose**—Ingredients—Goose, 4 onions, 10 sage leaves,  $\frac{1}{4}$  lb. bread crumbs, 2 oz. butter, salt and pepper to taste, 1 egg.

After drawing carefully, wash and wipe. Make a stuffing of above ingredients, put into the body of the goose, and secure it firmly at both ends. Put it into a moderate oven, keeping it well basted. Make a gravy of the giblets and send to table with cranberry or apple sauce.

**127. Hashed Game (Cold Meat Cookery)**—Ingredients—The remains of cold roast goose, 2 onions, 2 oz. of butter, 1 pt. of boiling water, 1 dessertspoonful of flour, pepper and salt to taste, 2 tablespoonfuls of mushroom catchup.

Cut up the goose into pieces of the size required; the inferior joints and trimmings put into a stewpan to make the gravy; slice and fry the onions in the butter of a very pale brown; add these to the trimmings, and pour over about a pint of boiling water; stew these gently for three-quarters of an hour, then skim and strain the liquor. Thicken it with flour, and flavor with catchup, in the above proportion; add a seasoning of pepper and salt, and put in the pieces of goose; let these get thoroughly hot through, but do not allow them to boil, and serve with toasted bread. Time, altogether rather more than one hour.



# MEATS

## OBSERVATIONS ON MEAT.

**IN** purchasing beef secure meat of a deep red color, with the fat mingled with the lean, giving it a mottled appearance. The fat will be firm and the color resembling grass butter. The smaller the breed, so much sweeter the meat. It will be better for eating if kept a few days. Veal, lamb and pork (being white meat), will not keep more than a day or two.

**Beef**—For roasting, the sirloin and rib pieces are the best. The chief object is to prevent the escape of the juices; it is a very good plan to throw a cup of *boiling* water over the meat when first put in the oven. This will prevent the escape of the juices for a while, and will thoroughly warm through the meat.

**Mutton**—Choose this by the fineness of its grain, good color, and firm white fat. It is not the better for being young; if of a good breed and well fed, it is better for age; but this only holds with wether-mutton; the flesh of the ewe is paler, and the texture finer. Ram-mutton is very strongly flavored; the flesh is of a deep red, and the fat is spongy.

**Lamb**—Observe the neck of a fore-quarter; if the vein is bluish it is fresh; if it has a green or yellow caste it is stale. In the hind-quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunken the head is not fresh. Grass-lamb comes in season in April or May, and continues till August. House-lamb may be had in great towns almost all the year, but is in highest perfection in December and January.

**Pork**—Pinch the lean and if young it will break. If the rind is tough, thick, and cannot easily be impressed by the finger, it is old. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy it is tainted.

What is called measley pork is very unwholesome, and may be known by the fat being full of kernels, which in good pork is never the case. Pork fed at still-houses does not answer for ruring any way, the fat being spongy. Dairy-fed pork is the best. A sucking pig, to be eaten in perfection, should not be more than three weeks old, and should be dressed the same day it is killed.

**Veal**—Veal should be perfectly white; if purchasing the loin, the fat enveloping the kidney should be white and firm. Veal will not keep so long as an older meat, especially in hot or wet weather. Choose small and fat veal. It is in season from March to August.

**Tripe**—This requires to be well cooked and nicely served, and then it is both light and nutritious, and can often be eaten by invalids, or persons having a delicate digestion. Choose a nice white piece; wash it well, and put into a stew-pan with sufficient milk and water in equal parts to cover it; let it simmer gently for about half an hour after it has boiled up. Serve with white sauce, omitting the parsley, and garnish the dish with slices of beet-root. Onion sauce may be substituted if preferred, or it may be served with a little of the liquor in which it has been cooked poured over it, and some plainly boiled Spanish onions handed round in a vegetable dish.

### CARVING BEEF.

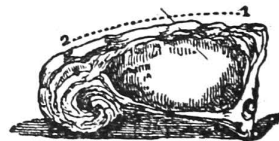
#### 128. Brisket of Beef.

Cut neatly across lines as shown here



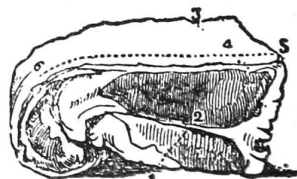
#### 129. Ribs.

The manner of carving is as follows: cut in direction of dotted line from 1 to 2.



#### 130. Sirloin.

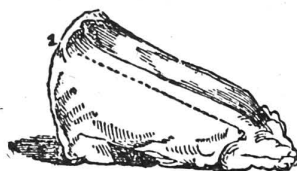
The upper part of this joint should be cut along line from 5 to 6. Should you prefer it you may cut across from 3 to 4, but we do not advise this plan. The joint may be raised and slices cut from the under side along line from 1 to 2.





**131. Aitchbone.**

Follow with knife, line from 1 to 2.

**BEEF.**

- 132. Spiced Beef**—Ingredients—8 or 9 lbs. of beef, fat,  $\frac{1}{4}$  oz. of sal prunella,  $\frac{3}{4}$  oz. of saltpetre, 2 oz. of pounded spices,  $\frac{1}{2}$  lb. garlic,  $\frac{1}{4}$  lb. of moist-sugar.

Take eight or nine pounds of beef, with a good piece of fat, mix well together a quarter ounce of sal prunella, three quarters of an ounce saltpetre, about two ounces pounded spices—mace, cinnamon, cloves, allspice, nutmeg half pound garlic chopped very fine, and a quarter pound of moist sugar ; rub this mixture well into the beef, and let it remain in the pickle a week, turning and rubbing it every day ; tie up the beef, put it into cold water, boil it up slowly, skim well, and simmer for two or three hours ; put it under heavy weights. Trim and serve cold.

- 133. Beef-Steak Pudding**—Ingredients— $\frac{1}{2}$  lb. of flour, 6 oz. of beef suet,  $2\frac{1}{2}$  lbs. of rump or beef steak, pepper and salt, 1 doz. oysters,  $\frac{1}{4}$  pt. of stock.

Chop the suet finely, and rub into the flour with your hands, sprinkling a little salt, then mix with water to a smooth paste ; roll the paste to the eighth of an inch ; line a quart pudding basin with the paste ; cut the steak into thin slices, flour them, and season with pepper and salt ; put the oysters and the liquor that is with them into a saucepan and bring it to the point of boiling ; then remove from the fire, and strain the liquor into a basin ; then cut off the beards and the hard parts, leaving only the soft, roll the slices of steak, filling the basin with meat and oysters ; pour in the stock and liquor from the oysters. Cover with paste and boil three hours.

N.B.— Be sure the water is boiling before putting the pudding in.

- 134. Fillets of Beef (with Olives)**—Ingredients—A piece of rump steak, pepper, salt, olives, onions, flour, stock, sauce.

Take a piece of rump steak, cut it into slices three-eighths of an inch thick, and trim them into shape. Melt plenty of butter in a baking-tin, lay the fillets of beef in this, and let them stand in a warm place for an hour or so ; then sprinkle them with pepper and salt, and fry them in some very hot butter

turning them to let both sides take color. Stone a quantity of olives, and parboil them. Fry some onions a brown color in butter, add a little flour, and, when that is colored, as much stock as you want sauce, pepper, salt, and spices to taste. Let the sauce boil, then strain it, add the olives, and serve when quite hot, with the fillets in a circle round them.

135. **Grenadins of Beef**—Ingredients—Rump steak, lard, bacon fat, rich stock or gravy, onions, turnips, butter, flour, milk, pepper, salt, and nutmeg.

Cut some rump steak in slices a little more than half an inch thick, trim them all to the same size in the shape of cutlets, and lard them thickly on one side with fine lardoons of bacon fat. Lay them out, the larded side uppermost, into a flat pan, and put into it as much highly-flavored rich stock or gravy as will come up to the grenadins without covering them. Cover the pan, and place it in the oven to braise gently for an hour. Then remove the cover, baste the grenadins with the gravy, and let them remain uncovered in the oven till the larding has taken color; they are then ready. Take equal quantities of carrots and turnips, cut into the shape of olives. Boil all these vegetables in salted water, then melt a piece of butter in a saucepan, add a tablespoonful of flour, stir in sufficient milk to make a sauce, add pepper, salt, and a little grated nutmeg. Put all the vegetables into this sauce, of which there should be just enough to hold them together; toss them gently in it until quite hot. Dress them in the middle of a dish, round them dispose the grenadins in a circle, and, having removed the superfluous fat from their gravy, put this round the grenadins, and serve.

136. **Beefsteak Pie**—Ingredients—Force meat, 2 oz. of fat bacon, 2 oz. of bread-crumbs, parsley, thyme, a small onion, mushrooms, seasoning for force meat, salt, pepper and nutmeg, 2 eggs, a tender rumpsteak, shallot, gravy.

Make some force meat with two ounces of fat bacon, two ounces of bread-crumbs, a little chopped parsley, thyme, a small onion, and some mushrooms; add seasoning of salt, pepper and nutmeg, pound in mortar, moistening with the yolks of two eggs. Take a tender rump steak or the under cut of a sirloin of beef, cut it in thin slices, season with salt, pepper, and a little shallot. Roll each slice like a sausage with some force meat inside, border a pie dish, put in the beef and force meat, fill it up with good gravy, flavored with Harvey sauce. Cover with puff paste;

bake in a moderate oven. Make a hole in the top, and add some reduced gravy.

**137. Fillets of Beef (a la Chateaubriand)**—Ingredients—

A piece of sirloin of beef, pepper, salt, oil.

Take a piece of the undercut of the sirloin of beef, trim off the fat neatly, and the skin next to it; cut it across the grain into slices one and one half inches thick, sprinkle them with pepper, dip them in oil, and broil over a clear fire, sprinkle with salt, and serve very hot in a dish garnished with potatoes *sautées au beurre*.

**138. Roast Sirloin**—Ingredients—Beef, flour, salt and cup of water.

After the meat has been in the oven one hour, remove dripping, dredge a little flour, sprinkle a little salt, and pour a cupful of water over it, place back in oven and cook for about another hour. Serve with horse radish.

**139. Roast Beef and Brown gravy**—Ingredients—Beef, pepper, salt, 2 tablespoonfuls of flour, onion, bay leaf.

It is not everyone who, in preparing roast beef, manages to have the gravy quite right. It is either fat, thick, or too pale. *Table Talk* gives the following directions: First of all, the meat must be properly roasted or rather baked. Wipe the fat side with a damp cloth, put it in the pan, dust with pepper, put a teaspoonful of salt in the corner of the pan, add a half cup of hot water, and put it at once into a very hot oven. Bake fifteen minutes to every pound, have the oven very hot for the first half hour, and slightly cooler towards the last. Do not add any more water, but baste the meat every ten minutes with the fat that melts from the meat and falls to the bottom of the pan. When the meat is done remove it from the pan; pour off all the fat but about two tablespoonfuls, being very careful to retain all the osmazone, the brown substance in the bottom of the pan. Add to the pan two rounding tablespoonfuls of flour, stir over the fire until the flour is a dark brown without scorching. Add quickly, all at once, one and a half cups (three gills) of warm water, stir continually until boiling, taste to see if salt enough; if not, season, add a slice of onion, a bay leaf, and simmer gently two minutes. Strain through a gravy strainer and serve. If the directions are carefully followed, the gravy will be a nut brown, and entirely free from grease.

**140. Boiled Beef.**

Just wash off salt, place in saucepan of boiling water, as soon as it begins to boil skim, now draw to back of stove and let it simmer gently until done. Time allowed, one hour after it boils for each four pounds of meat.

- 141. Beef (Cold Meat Cookery)**—Ingredients—About 2 lbs. of cold roast beef, 1 large onion, 1 large carrot, 1 turnip, 1 bunch of savory herbs, salt and pepper to taste,  $\frac{1}{2}$  pint of gravy, a crust of mashed potatoes.

Cut the beef into slices allowing a little fat, put a layer of this at bottom of pie dish, slice vegetables and sprinkle a layer of them upon the meat; pound the herbs, strew a little over the meat with pepper and salt and proceed in this manner, until the ingredients are used; pour in gravy; cover with crust of mashed potatoes.

NOTE.—Parboil vegetables before adding them to meat, and the liquor in which they are boiled can be used in the place of gravy if there is none at hand.

- 142. Bubble and Squeak (Cold Meat Cookery)**—Ingredients—A few thin slices of cold boiled beef, a little butter, small cabbage, 1 sliced onion, pepper and salt to taste.

Fry the beef gently in the butter, place them on a flat dish, and cover with fried greens. Savoy's can be used. Boil until tender, press in cullender, mince and then put in frying pan with butter and sliced onion and a little salt and pepper.

- 143. Beef Collops**—Ingredients— $2\frac{1}{2}$  lbs. of rump steak,  $\frac{1}{4}$  lb. of butter, 1 pint of gravy or water, salt and pepper, shallot minced finely, 1 pickled walnut, a teaspoonful of capers.

Cut thin slices of steak and divide into pieces about two inches long and dredge with flour; put butter into frying pan and when quite hot add the meat and pour upon them the gravy or water; allow them to fry for three minutes, add a little more butter, put in seasoning and other ingredients and allow the whole to simmer for ten minutes. Serve on hot dish.

- 144. Beef Sausages**—Ingredients—To every lb. of suet allow 2 lbs. of lean beef, seasoning to taste, a little mixed spice.

Chop the suet finely, taking care that there is no skin with it, add pepper, salt and spices; mix well together, form into flat cakes and fry brown.

145. **Roast Bullock's Heart**—Ingredients—1 bullock's heart,  $\frac{1}{4}$  lb. suet, 6 oz. of bread crumbs,  $\frac{1}{4}$  pint of milk, 1 tablespoonful of chopped parsley, 1 dessertspoonful of chopped mixed herbs,  $\frac{1}{4}$  lb. of dripping or butter, 1 pint of gravy or beef-tea. For the sauce—1 small onion, a dessertspoonful of flour, salt and pepper, butter the size of an egg, a large spoonful of mushroom catchup.

Wash the heart in salt water, taking care to remove all the blood; wash in a second water and dry with a clean cloth; be careful to dry it thoroughly; chop the suet as finely as possible, mix with some bread crumbs the suet, parsley, herbs, salt and pepper; lastly put in the milk, then proceed to fill all the cavities of the heart with the stuffing; take a piece of paper, grease it well with butter or dripping, place this over the cavities and tie it on tightly with string; put one ounce of dripping into the pan, and baste the heart occasionally; when the gravy boils cut up the onion, sprinkling with pepper and salt, and add to the gravy; allow it to stew *gently* until about five minutes before the heart is done; skim occasionally; when done strain the liquor; into another saucepan put the butter, and allow it to melt a minute or two; then add the flour and mix smoothly together; then pour in slowly the liquor, stirring until it boils and thickens. Then dish up, remove paper, and add to the sauce the mushroom catchup. Immediately pour this sauce round the heart and serve.

146. **A Polish Dish**—Ingredients—About 2 lbs. of rump steak cut thickly, some bread crumbs, butter and salt, 1 onion.

Chop the onion as finely as possible; make deep incisions in the beef, take care not to go through; fill the incisions with the bread, etc.; roll steak, put in stewpan, adding a little butter; allow to simmer about two and a half hours. Serve with its own gravy thickened and flavored with catsup or sauce.

147. **Beef Olives**—Ingredients—Some steaks weighing about  $\frac{1}{4}$  lb., a little white pepper and salt, forcemeat made of the lean and fat of veal, a small piece of lean ham or bacon, a bunch of parsley, about  $\frac{1}{2}$  lb. of bread crumbs, 2 eggs.

Cut some steaks, flatten them with a roller, dredge them with a small quantity of white pepper and salt, have some forcemeat made with the fat and lean of veal mixed together, a small piece of lean ham or bacon, parsley, with a few bread crumbs, all beaten in a mortar and mixed with the egg; lay a

little over each steak, and roll it up tightly, fastening with a skewer; dip them in the yolk of an egg, then in crumbs of bread, and fry them of a pale brown; dish them with brown sauce seasoned with cayenne.

- 148. Beefsteak (Stuffed)**—Ingredients—About 2 lbs. of beefsteak, about 6 oz. of bread crumbs, savory herbs, needle and thread.

Take the steak an inch thick; make a stuffing of bread, herbs, etc., and spread it over the steak; roll it up, and with a needle and coarse thread sew it together. Lay it in an iron pot on one or two wooden skewers, and put in water just sufficient to cover it; let it stew slowly for two hours; longer if the beef is tough; serve it in a dish with the gravy turned over it. To be carved crosswise, in slices, through beef and stuffing.

- 149. Beef Omelet**—Ingredients—3 lbs. of beefsteak,  $\frac{3}{4}$  of a lb. of suet, salt and pepper, a little sage, 3 eggs, 6 Boston crackers.

Three pounds of beefsteak, three-fourths of a pound of suet, chopped fine; salt, pepper and a little sage, three eggs, six Boston crackers rolled; make into a roll and bake.

- 150. Beef (Braized)**—Ingredients—1 cupful of stale bread, pepper and salt, a tablespoonful of onion, 2 tablespoonfuls of dripping, 1 tablespoonful of flour.

Buy a piece of the flank that gives a strip about three times as long as it is wide, so that it can be rolled up easily. Trim off any tough, outer skin which may seem too hard to cook, wipe the meat all over with a damp towel, and lay it flat on the table with the outside down; season it highly with salt and pepper; make a stuffing by soaking a cupful of stale bread in cold water until it is soft, and then squeeze it in a towel to free it from the water; season it highly with salt and pepper, mix with a tablespoonful of onion and spread it over the beef, then roll up the beef without displacing the stuffing, and tie it tightly with cord; let two tablespoonfuls of drippings or bacon fat get hot in the bottom of a saucepan just large enough to contain the beef, then brown the beef in the drippings, over a hot fire; when it is brown dust over it a tablespoonful of flour, turning the beef about until the flour is quite brown, and then cover the meat with boiling water, and season the gravy thus made with pepper and salt; next put on the cover of the saucepan, and if it does not fit steam-tight, seal it with a thick paste of flour and water, and set it where its contents will cook slowly for three hours.

At the expiration of that length of time the meat will probably be tender ; the strings can then be removed, and the beef served with the gravy in which it was cooked.

151. **Beef (Stewed)**—Ingredients—1 tablespoonful of butter, 2 sliced onions, 12 whole cloves, allspice,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{4}$  teaspoonful of black pepper, 1 pt. of cold water, 2 or 3 lbs. of tender beef, a little flour, a few sprigs of sweet basil.

In a stewpan place a large tablespoonful of butter, in which fry until quite brown two sliced onions, adding, while cooking, twelve whole cloves ; ditto allspice ; half a teaspoonful of salt, and half that quantity of black pepper ; take from the fire, pour in a pint of cold water, wherein lay two or three pounds of tender lean beef cut into small, thick pieces ; cover closely, and let all stew gently two hours, adding, just before serving, a little flour thickening. A few sprigs of sweet basil is an improvement.

152. **Hunter's Beef**—Ingredients—To a round of beef that weighs 25 lbs., take 3 oz. of saltpetre, 3 oz. of the coarsest sugar, 1 oz. of cloves, 1 nutmeg,  $\frac{1}{2}$  an oz. of allspice, 3 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 tightly with tape, and put it in a pan with a teacupful 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 meat should be cut with a very sharp knife, to prevent waste.

153. **Baked Ox Tongue**—Ingredients—2 eggs, a few cloves, 6 oz. of bread crumbs,  $\frac{1}{4}$  lb. of butter,  $\frac{1}{2}$  pt. of good gravy, red currant jelly.

Soak the tongue well in lukewarm water for about twelve hours, scrape and trim it, stick it over with cloves (about twenty-four), and boil slowly according to size for two or three hours. Then take it up and brush it over with the yolks of two eggs and sprinkle it with bread crumbs (six ounces). Next bake it to a good brown, basting it constantly with a quarter of a pound of butter. Put it on a dish, and pour round it half a pint of good gravy. Serve with red currant jelly.

154. **Braized Steak**—Ingredients—Slices of bacon, steak, an oz. of butter, carrot, turnip, onion, a bay leaf, a blade of mace, small piece of lemon peel,  $\frac{1}{2}$  pt. of good brown stock or a teaspoonful of extract of beef.

For this the meat should be well hung and tender, and about an inch in thickness. First cut off all the fat and lay it aside, then lard the steak by drawing tiny slices of bacon through it. Put one ounce of butter in a frying-pan and fry the steak in this for about a minute, this is to keep in the juices of the meat; then put into a stewpan two or three small slices of each of the following: carrot, turnip and onion, together with a bay leaf, a blade of mace, and a small piece of lemon peel; add half a pint of good brown stock (this is the quantity for about three-quarter of a pound of meat), and stew gently three-quarters of an hour. If no stock is at hand, a teaspoonful of extract of beef dissolved in water will answer the purpose. Before dishing up, cut up about the quarter of a small carrot, ditto turnip, into small strips; boil them till tender, then drain and place on the steak when serving. The gravy in which the meat is cooked should be carefully strained over it, and for garniture, besides the vegetables already mentioned, it should have the fat, which must be cut into small dice, and fried for the purpose.

155. **Beef Tongue.**

If it has been dried and smoked before it is dressed it should be soaked over night, but if only pickled a few hours will be sufficient. Put it in a pot of cold water over a slow fire for an hour or two before it comes to a boil; then let it simmer gently for from three to four hours, according to its size: ascertain when it is done by probing it with a skewer. Take the skin off, and before serving surround the root with a paper frill.

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## MUTTON.

**156. Mutton (to Roast).**

Wash the joint and dry in a clean cloth, dredge with a little flour and place in the oven basting continually. About twenty minutes before serving sprinkle a little salt over it, pour off dripping, strain a little boiling water over the joint, and serve with red currant jelly. Time, a joint of ten pounds will take about two hours.

**157. Leg of Mutton (Boiled).**

Cut off the shank bone, wash and wipe in a clean cloth, place in saucepan, cover with boiling water, allow it to boil up; then draw to back of stove where it should stand till the finger can stand the water. Then draw nearer the fire and simmer *gently*; skim well and add a little salt. Time, for ten pounds, about two and a half hours after it boils.

**158. Leg of Mutton (Boned)**—Ingredients—Leg of mutton, weighing 7 or 8 lbs., forcemeat.

Get the butcher to take the bone from the mutton, as he can do it without spoiling the skin. Fill up the hole with the forcemeat, then sew it up to prevent it falling out, tie up neatly and roast about two hours or a little longer. Serve with a good gravy.

**159. Shoulder of Mutton (Boiled with Oysters)**—Ingredients—A little pepper, a piece of mace, about 2 doz. oysters, a little water, an onion, a few peppercorns, about  $\frac{1}{2}$  pt. of good gravy, 1 tablespoonful of flour and butter.

Hang it some days, then salt it well for two days; bone it, and sprinkle it with pepper and a piece of mace pounded; lay some oysters over it, and roll the meat up tightly and tie it. Stew it in a small quantity of water, with an onion and a few peppercorns, 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 stewpan should be kept covered.

**160. Lamb Chops**—Ingredients—A little butter, a little water, enough potatoes to fill a small dish, 1 teacupful of cream.

Lamb chops are excellent cooked this way:—Put them in a frying pan with a very little water, so little that it will boil

away by the time the meat is tender; then put in lumps of butter with the meat and let it brown slowly; there will be a brown, crisp surface, with a fine flavor. Serve for breakfast with potatoes cooked thus:—Choose small ones and let them boil till they are tender; drain off the water, and pour over them, while still in the kettle, at least one teacupful of cream; mash them smooth in this.

161. **Cornettes De Mouton**—Ingredients—Some cold mutton with oysters or mushrooms, some hock flour, puff paste, the yolk of an egg, vermicelli.

Mince some cold mutton with either oysters or mushrooms very finely, as for croquettes. Take some strong stock well flavored with vegetables and highly seasoned, put it in a stew-pan, and thicken it with roux (*i. e.*, butter melted over a slow fire, well skimmed, thickened to a stiff paste with baked sifted flour, and left to cool before use). Let the stock simmer, and stir in the roux, taking care to stir always in the same direction; when a nice and tolerably thick sauce has been made, add the mince to it, and leave it to cool. Then make some puff paste, roll it out very thin—almost as thin as a wafer—cut it into pieces, and wrap up in them lumps of the prepared mince about the size of a walnut, making small triangular patties. Brush these patties over with the yolk of an egg. Dip them in uncooked vermicelli, which will adhere to the egg and paste, and bake them in the oven till the vermicelli is of a pale, golden brown color. Serve them up dry on a folded napkin. These cornettes should be quite soft inside, and melt in the mouth when eaten.

162. **Mouton A L'Italienne**—Ingredients—Slices of underdone leg of mutton, buttered white paper, macaroni. For the sauce—a little strong stock, roux to thicken, juice of a lemon, mushroom catchup to taste, cayenne pepper.

Cut some slices of underdone leg of mutton, about half an inch thick. Wrap them each in a piece of buttered white paper, and broil them over a clear fire. Then remove the papers as quickly as possible, and put the meat in the centre of dish, arranging round it a wall of hot boiled macaroni. Pour over it a sauce made as follows, and serve very hot. **THE SAUCE**:—Take some strong stock, thicken with brown roux and flavor the sauce with lemon juice, mushroom catchup, and cayenne pepper. All these receipts for doing up cold

mutton were given by a first-rate French cook, and, if followed carefully by a cook who has some taste and discretion in seasoning, will be found to be very good.

163. **Haricot Mutton**—Ingredients—Scrag of mutton, a little flour, 2 small onions, 1 bunch of savory herbs, 3 cloves, pepper and salt, 1 blade of mace, 2 small carrots, 1 turnip, a little sugar.

Cut the meat into shapely pieces and fry a nice color; sprinkle them with a little flour, pepper and salt. Put all into a stewpan, just cover with boiling water, then put in your onion stuck with three cloves, the herbs and mace. Allow this to boil *very* gently till the meat is tender; take off any fat there may be. Cut up the turnip and carrots (if cut with vegetable cutter they will look nicer); fry them in a little sugar to color them; add these to the meat and allow to simmer for fifteen or twenty minutes. When ready to serve, take out the onion and bunch of herbs.

164. **Sweetbreads (Larded)**—Ingredients—A couple of sweetbreads, a few slips of bacon, onions, carrots, sweet herbs, pepper, salt, spice to taste, a small quantity of rich stock.

Trim a couple of sweetbreads, soak them half an hour in tepid water, then parboil them for a few minutes, and lay them in cold water; when quite cold take them out, dry them, and lard them thickly with fine strips of bacon. Put a slice of fat bacon in a stewpan with some onions, carrots, a bunch of sweet herbs, pepper, salt, and spices to taste, and a small quantity of rich stock; lay the sweetbreads on this, and let them gently stew till quite done, basting the top occasionally with the liquor. When cooked, strain the liquor, skim off superfluous fat, reduce it almost to a glaze, brown the larded side of the sweetbreads with a salamander, and serve with sauce over them.

165. **Sweetbread (Lamb's)**—Ingredients—Sweetbreads, a ladleful of broth, pepper and salt, a bunch of onions, a blade of mace, butter and flour, 2 or 3 eggs, some cream, parsley, nutmeg, asparagus-tops.

Blanch them, and put them a little while into cold water. Then put them into a stewpan with a ladleful of broth, some pepper and salt, a small bunch of small onions, and a blade of mace; stir in a piece 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. Don't let it boil after the cream is in ; but make it hot, and stir it well all the while. Take care it does not curdle.

166. **Irish Stew**—Ingredients—About 3 lbs. of loin or neck of mutton, 4 lbs. potatoes, 4 large onions, pepper and salt to taste, and about 1 pt. of water.

Cut the pieces neatly, pare and slice the potatoes not too thin, cut up the onions, now place a layer of potatoes at the bottom of the saucepan, then a layer of mutton and onions, seasoning with pepper and salt ; proceed in this way until the stewpan is full, now put in the water and stew slowly for two hours, keeping the cover on until done. Shake occasionally to prevent burning.

167. **Toad-in-the-Hole (Cold Meat Cookery)**—Ingredients —6 oz. of flour, 1 pt. of milk, 3 eggs, a few slices of cold mutton, pepper and salt to taste, 2 kidneys.

Make a batter of flour, milk and eggs, butter a baking-dish, and pour in the batter. Into this, place a few slices of cold mutton, previously well seasoned, and the kidneys, which should be cut into rather small pieces ; bake about one hour, and send it to table in the dish it was baked in. Oysters or mushrooms may be substituted for the kidneys, and will be found exceedingly good.

168. **Mutton Pie (Cold Meat Cookery)** — Ingredients — Pieces of cold leg of mutton, pepper and salt to taste, an eggspoonful of mace, a dessertspoonful of minced parsley, a teaspoonful of savory herbs, 4 potatoes, a cup of gravy, crust.

Cut into thin slices, place a layer at bottom of dish, sprinkle some seasoning, a layer of potatoes sliced, and repeat until dish is full, now add gravy, cover with crust and bake about one hour.

169. **Kidneys (Fried).**

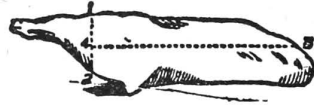
After plunging in boiling water cut them in thin slices, and fry in hot butter ; add pepper, salt, and toss them for a few minutes in rich brown gravy.

170. **Kidneys (Grilled).**

Prepare them as above, cut each kidney in half, and dip them in egg beaten up with salt and pepper ; breadcrumb them, dip them in melted butter, breadcrumb them again, then grill over a slow fire ; serve with *piquante* sauce.

**171. Mutton (to Carve).**

Haunch of mutton. Press the knife to the bone across the knuckle of the joint, along line 1 to 2 and then cut slices along the whole line from 4 to 3.

**172. Leg of Mutton.**

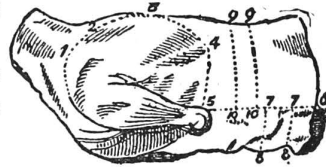
Carry the knife sharply down the line from 1 to 2, and slice from either side. The fat will be found at the line 3 to 4.

**173. Loin of Mutton.**

Direct your butcher to well joint the mutton, or it will not be a pleasant task to the carver. Insert the knife at fig. 1, and if between the bones cut sharply along line 1 to 2.

**174. Fore-Quarter of Lamb.**

To separate the shoulder from the breast is the point, pass the knife lightly round the dotted line 1, 2, 3, 4, and 5, cutting through the skin, raise with a little force the shoulder into which the fork is firmly fixed, it will come away with a little more cutting; now separate the ribs from the brisket by cutting through the line 5 to 6, now we can serve our guests, carve the ribs along line from 9 to 10 and the brisket from 7 to 8.

**175. Leg of Lamb.**

Loin, saddle, or shoulder is carved in the same manner as corresponding joints of mutton.

## PORK.

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### 176. **Leg of Pork (to Roast).**

Choose a small leg of fine young pork ; cut a slit in the knuckle with a sharp knife, and fill the space with sage and onion chopped, a little pepper and salt. When half done, score the skin in slices, but do not cut deeper than the outer rind. Apple sauce and potatoes should be served to eat with it.

### 177. **Leg of Pork (to Boil).**

Salt it eight or ten days : when it is to be dressed, weigh it ; let it lie half an hour in cold water to make it white ; allow a quarter of an hour for every pound, and half an hour over, from the time it boils up ; skin it as soon as it boils, and frequently after. Allow water enough. Save some of it to make pea-soup. Some boil it in a very nice cloth, floured, which gives a very delicate look. It should be small and of a fine grain. Serve pease-pudding and turnips with it.

### 178. **Loin and Neck of Pork.**

Roast them. Cut the skin of the loin across, at distances of half an inch, with a sharp penknife.

### 179. **Shoulders and Breasts of Pork.**

Put them into pickle, or salt the shoulders as the leg ; when very nice they may be roasted.

### 180. **Neck of Pork (Rolled)**—Ingredients—Neck of pork, force-meat of chopped sage, a few bread crumbs, salt and pepper, 2 or 3 berries of allspice.

Bone it ; put a forcemeat of chopped sage, a very few crumbs of bread, salt, pepper, and two or three berries of allspice, over the inside ; then roll the meat as tightly as you can, and roast it slowly.

### 181. **Pork Pie**—Ingredients— $\frac{1}{4}$ lb. of lard, 1 lb. of pork (leg or loin), seasoning, 1 lb. of flour and an egg, $\frac{1}{2}$ glass of cold water.

Put the lard and water in rather a large saucepan ; place upon the fire and allow to boil (take care it does not boil over, or it will catch fire). Cut the pork into pieces about an inch square ; when the lard and water are quite boiling pour into

the middle of the flour and mix with a spoon. When the paste is cool enough knead it well ; it must be rather stiff ; cut off a quarter of the paste, and the remainder mould into the shape of a basin, pressing it inside ; shape it evenly all round, it should be about the third of an inch in thickness ; dip the pieces of pork into cold water, seasoning well with pepper and salt, then place them in the mould of paste as closely as possible. If liked a little chopped sage can be sprinkled over the pork, then take the rest of the paste, roll it, and cut to the size of the top of the mould ; taking care to have it the same size as the inside ; break an egg, and divide the yolk from the white ; with a paste brush dip into the white of egg, and brush the edge of the paste ; then place this on the top of the pie, pressing the edges well. Any trimmings of paste that are left, cut into little leaves, dip into the white of egg, and stick them on the top of the pie, then wet the pie all over with the yolk of the egg and bake for about two hours.

182. **Pig's Fry**—Ingredients—1 lb. of pig's fry, 3 lbs. of potatoes, 1 onion, sage and seasoning.

Put the potatoes into cold water, scrub and wash them well ; then place them in a saucepan of cold water and put upon the fire to boil ; directly they boil, take them out of the water, peel, and cut them into slices ; peel the onion and chop it and two or three sage leaves together ; cut the pig's fry into small pieces ; grease a dish, and put a layer of potatoes in the bottom ; then sprinkle a little of the sage and onion, pepper and salt, then a layer of the pig's fry ; then another sprinkling of the seasoning, and so on until the dish is full ; then put in a little water for gravy ; the skin usually sent with pig's fry put over the top of the dish ; if the skin is not sent, take a piece of whitish brown paper and grease it and place upon the dish instead. Bake for about one hour.

183. **Pork (Pickled).**

The quantities proportioned to the middlings of a pretty large hog, the hams and shoulders being cut off.

Mix, and pound fine, four ounces of saltpetre, a pound of coarse sugar, an ounce of sal-prunel, and a little common salt : sprinkle the pork with salt and drain it twenty-four hours ; then rub with the above ; pack the pieces tightly in a small deep tub filling up the spaces with common salt. Place large pebbles

on the pork to prevent it from swimming in the pickle which the salt will produce. If kept from air, it will continue very fine for two years.

184. **Pork (Hashed)**—Ingredients—Some remnants of cold roast pork, pepper and salt to taste, 2 onions, 2 blades of mace, 1 teaspoonful of flour, 1 teaspoonful of vinegar, 2 cloves,  $\frac{1}{2}$  pt. of gravy.

Take the onions, chop and fry them a nice brown ; then take the pork and cut it into thin slices, seasoning with pepper and salt to taste, and add these to the rest of the above ingredients ; stew it for about half an hour gently and serve with sippets of toasted bread.

185. **Pork Cutlets**—Ingredients—Loin of pork, pepper and salt.

Cut the loin into chops, take the bone out, and the greater portion of the fat ; season with pepper, and place upon a perfectly hot gridiron, and broil for about fifteen minutes. Be particular that they are thoroughly done ; dish, sprinkle with a little salt, and serve plain, or with tomato sauce.

186. **Sucking Pig Roast**—Ingredients—Pig, 8 oz. of bread crumbs, 18 sage leaves, pepper and salt, tablespoonful of butter, salad oil to baste with, tablespoonful of lemon juice,  $\frac{1}{2}$  pt. of gravy.

Stuff the pig with finely grated bread crumbs, minced sage, pepper and salt, and a tablespoonful of butter. Take care these are well blended. After stuffing the pig sew up the slit neatly, truss the legs back, to allow the inside to be roasted, put in oven, and directly it is dry have ready some butter tied in a piece of thin cloth, and rub the pig with this in every part. Continue this operation several times while roasting ; do not allow the pig to burn in any part. Then take half a pint of gravy, a tablespoonful of lemon juice, and the gravy that flowed from the pig ; pour a little of this over the pig, and the remainder send to table in a tureen. Instead of butter for basting many cooks use salad oil as this makes the crackling crisp. Before dishing cut off the head and part the body down middle, and lay on the dish back to back. Take care that it is sent to table *very* hot, and serve with apple sauce. It will take about two hours for a small pig to roast.

187. **Pig's Pettitoes**—Ingredients—A slice of bacon cut thin, an onion, a blade of mace, 5 peppercorns, 4 sprigs of thyme, 1 pt. of gravy, pepper and salt, thickening of butter and flour.

Put the heart, pettitoes and liver, into a saucepan, add the



bacon, mace, peppercorns, onion, thyme and gravy ; simmer gently for twenty minutes ; take out the heart and liver and mince very finely ; allow the feet to stew until quite tender, they will take about half an hour ; then return to the saucepan the liver, thicken the gravy with a little butter and flour, sprinkle a little pepper and salt, and simmer very gently for five or six minutes, stirring occasionally ; when ready to dish split the feet, and arrange them round the mince with sippets of toasted bread, and pour the gravy in the center.

188. **Pork Cheese**—Ingredients—About 2 lbs. of cold roast pork, a dessertspoonful of chopped-up parsley, 5 sage leaves, pepper and salt, a bunch of savory herbs, 2 blades of mace, a little nutmeg,  $\frac{1}{2}$  teaspoonful of minced lemon peel, sufficient gravy to fill the mould.

Cut the pork into pieces, but do not chop ; there should be about a quarter of fat to a pound of lean ; sprinkle with pepper and salt, pound the slices thoroughly and mince as finely as possible, the parsley, sage, lemon peel, and herbs ; then mix all this nicely together. Place in mould and fill with gravy. Bake a little over an hour. When perfectly cold turn out.

189. **Sausages**—Ingredients—Pork, fat and lean, sage, pepper and salt, a little allspice.

Chop fat and lean of pork together ; season with sage, pepper and salt, and you may add two or three berries of allspice ; *half fill* hogs' 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 a salamander, and garnish with the above ; they must be pricked with a fork before they are dressed, or they will burst.

190. **Ham (how to boil to give it an excellent flavor)**  
—Ingredients—2 heads of celery, 2 turnips, vinegar and water, a large bunch of savory herbs, and 3 onions.

In choosing a ham, be sure that it is perfectly sweet. To ascertain this stick a sharp knife into it near the bone, when the knife is taken out, it will have an agreeable smell if the meat is sweet. If the meat has been hung for a long time, and it is salt and dry, it would be necessary to soak for twenty-four hours, and change the water often. Put the meat in a large pot with sufficient water to cover it ; bring it to a boil *gradually*, and carefully take off the scum as it rises ; when on the point of

boiling add the vegetables and herbs ; let it simmer gently until quite tender, then take it out, strip off the skin, cover with bread raspings and put a paper frill round the knuckle. Four hours will be sufficient for a ham weighing ten pounds.

191. **Ham (Potted)**—Ingredients— $2\frac{1}{2}$  lbs. of lean ham,  $\frac{3}{4}$  lb. of fat, 1 teaspoonful of pounded mace, a saltspoonful of pounded allspice,  $\frac{1}{2}$  nutmeg, clarified butter, pepper.

Take some slices of cold ham, cut them small, mixing the lean and fat in the above proportions ; proceed to pound the ham to a fine paste in a mortar ; gradually add the seasoning, and take care that all the ingredients are well mixed, press the mixture into pots, cover with the clarified butter and keep it cool

192. **Ham (Baked)**—Ingredients—Ham, crust.

Allow the ham to soak in water for twelve hours ; wipe it dry, and trim any rusty places underneath ; cover with a common crust, taking care that it is thick enough to keep the gravy in ; have the oven at a moderate heat and bake for about four hours ; when done, take off crust and skin, cover with raspings, and garnish the knuckle with a paper frill. Very good.

193. **To Glaze a Ham**—Ingredients—An egg, salt, melted butter, a cup of powdered cracker, a little cream.

After the ham is skinned and cold, brush all over with beaten egg ; mix the cracker, salt and melted butter with cream enough to make a thick paste ; spread it evenly over the ham and brown in a moderate oven.

194. **To Make Lard.**

Take the inner part of the pig, put into a stone jar, and place in a saucepan of boiling water ; allow it to simmer gently, and as it melts, strain carefully from the sediment ; put in small jars and keep in a cool place. The lard makes exceedingly light crust, and is very wholesome.

195. **Tripe (to dress)**—Ingredients—Tripe, milk and water, onion sauce.

Cut away the coarsest fat, take equal proportions of milk and water, and boil for three quarters of an hour. Have ready some onion sauce, and when ready to dish, smother the tripe with the sauce, and any that is left send to table in a tureen.

196. **Fried Tripe**—Ingredients—Salt and water, pepper, flour, lard, a tablespoonful of vinegar.

Scrape the tripe well ; cut into squares the size of your hand ; boil in salt and water (a tablespoonful of salt to one quart of water) till very tender. The next day cut into smaller pieces, season with salt and pepper, dredge with flour, fry brown on both sides in a pan of hot lard. When done, take it out, pour near'y all the lard out, add a good gill of boiling water, thicken with flour, mixed smooth with a tablespoonful of vinegar ; season to taste, and pour hot over the tripe. A nice breakfast dish.

Tripe may be cooked several ways, it can be stewed in gravy with mushrooms, or cut into collops, sprinkled with chopped onion and savory herbs, and fried a nice brown in clarified butter.

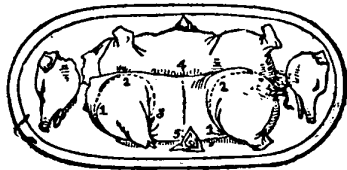
197. **Tripe (stewed)**—Ingredients—2 qts. of water, pepper and salt, onions, a piece of butter, 2 tablespoonfuls of cream, nutmeg, 2 slices of buttered toast.

See that the tripe is washed very white ; cut up in pieces and put them into a stewpan with two quarts of water, and pepper and salt to taste. Let boil until quite tender, which will take about two hours and a half, or perhaps longer ; have some white onions boiled until quite tender ; then turn them out in a cullender to drain ; then mash them, putting them back into your saucepan (which you have previously wiped out) with a piece of butter, two tablespoonfuls of cream or milk, a grating of nutmeg and a very little salt ; sprinkle in a little flour, set the pan on the fire, keeping it well covered, and give it one boil. Place at the bottom of a dish two slices of buttered toast, cut in pieces, and put the tripe over it.

## TO CARVE PORK.

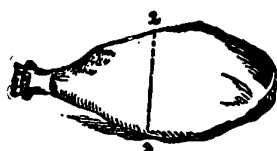
### Sucking Pig.

The first act is to separate the shoulder from the carcase by drawing the knife round the line 1,2,3—the shoulder will then easily come away. Then take off the leg by cutting round the line 1,2,3 in the same way as shoulder. The ribs are now open to the knife, which should be carried down line 4 to 5. The other half of pig is of course served in the same manner.



**Ham.**

To reach the choice portion take a thin sharp knife, which should be carried down to the bone along line 1 to 2. The slices must be *thin* and even and cut to the bone.

**Leg of Pork.**

Carry the knife sharply down to the bone through the crackling along line 1 to 2.

Note.—Other joints do not call for any special remarks as to carving.

**VEAL.**

198. **Roast Veal (stuffed)**—Ingredients—8 oz. of bruised bread crumbs, 4 oz. of chopped suet, shallot, thyme, marjoram, and winter savory, 2 eggs, salt and pepper.

To eight ounces of bruised crumbs of bread add four ounces of chopped suet, shallot, thyme, marjoram and winter savory, all chopped fine ; two eggs, salt and pepper to season ; mix all these ingredients into a firm, compact kind of paste, and use this stuffing to fill a hole or pocket which you will have cut with a knife in some part of the piece of veal, taking care to fasten it in with a skewer. A piece of veal weighing four pounds would require rather more than an hour to cook it thoroughly.

199. **Veal (stewed)**—Ingredients—2 qts. of water, 1 peeled onion, a few blades of mace, a little salt,  $\frac{1}{4}$  lb. of rice, butter, chopped parsley.

Break the shank bone, wash it clean, and put it into two quarts of water, an onion peeled, a few blades of mace and a little salt ; set it over a quick fire, and remove the scum as it rises ; wash carefully a quarter of a pound of rice, and when the veal has cooked for about an hour skim it well and throw in the rice ; simmer for three quarters of an hour slowly ; when done put the meat in a deep dish and the rice around it. Mix a little drawn butter, stir in some chopped parsley, and pour over the veal.

200. **Veal and Ham Pie**—Ingredients—Force meat balls, 1 or 2 eggs, ham and veal, mushrooms, gravy, pie crust, jelly, onions, herbs, lemon peel, salt, cayenne, mace, parsley, whites of eggs.

Cut some thin slices off the leg or neck of veal, free them from skin and gristle, lard them well, and season with salt and pepper. Have some eggs boiled hard and some thin slices of ham. Make some forcemeat balls with fat bacon, the trimmings of the veal, chopped onions, parsley and sweet herbs, grated lemon peel, salt, cayenne and pounded mace. Pound all in a mortar, and bind with one or two eggs. Line a pie dish with good paste, and fill it with layers (not too close)—first one of ham, then one of veal, of forcemeat balls, of the eggs (cut in halves), and so on; a few mushrooms may be added; put in some gravy; lastly, a layer of thin bacon; and cover all with tolerably thick crust, glaze. Bake for about four hours in a moderate oven. Through the hole in the top insert some good savory jelly—made with ox or calf's foot, knuckle of veal, and trimming of bacon and ham well flavored with onions, more herbs and lemon peel, and cleared with the whites of eggs. Leave till quite cold, then it can be cut with a sharp knife into slices.

201. **Veal Pudding**—Ingredients—A few pieces of salt pork, butter, pepper, salt, parsley, thyme and flour.

Line a pudding mould or tin pail with a rich paste and fill the cavity with bits of veal cut into small pieces; add a few pieces of salt pork and season to taste with butter, pepper, salt, parsley and thyme, and sufficient boiling water to fill the mould two-thirds full; dredge with flour and then cover the top with paste, and after placing the cover on firmly, tie a cloth closely over the entire mould, and place it in boiling water and allow it to boil an hour or more.

202. **Veal Cake**—Ingredients—Some hard boiled eggs, a layer of ham, tongue or sausage meat, salt, pepper, and nutmeg, a layer of veal.

Have some slices of veal; put a layer of hard boiled eggs into a dish, then a layer of ham, tongue or sausage meat; season with salt, pepper, and a little nutmeg; then a layer of veal—in this way fill up the dish. Bake in the oven with a little water in the dish, keep it covered while baking; when done put a weight on until cold, then turn it out. A nice dish for breakfast or supper.

203. **Veal (Marbled)**—Ingredients—Spice, butter, tongue and veal.

Take some cold roasted veal, season with spice, beat in a mortar; skin a cold boiled tongue, cut up and pound it to a

paste, adding to it nearly its weight of butter ; put some of the veal into a pot, and strew in lumps of the pounded tongue ; put in another layer of the veal and then more tongue ; press it down and pour clarified butter on top ; this cuts very prettily like veined marble. White meat of fowls may be used instead of veal.

204. **Veal Scollop**—Ingredients—Pepper and salt, crackers, milk and gravy from meat, 2 eggs, butter.

Chop some cold roast or stewed veal very fine ; put a layer on the bottom of a pudding dish well buttered ; season with pepper and salt. Next have a layer of finely-powdered crackers ; wet with a little milk or some of the gravy from the meat. Proceed until the dish is full ; spread over all a thick layer of cracker-crumbs, seasoned with salt and wet into a paste with milk and two beaten eggs. Stick pieces of butter all over it, cover closely, and bake half an hour ; then remove the cover and bake long enough to brown nicely. Do not get it too dry.

205. **Quenelles of Veal**—Ingredients—1 lb. of veal cutlet, a gill of water, salt, butter, nutmeg, flour, 4 eggs,  $\frac{1}{2}$  gill of cream.

Remove the skin from one pound of veal cutlet, and cut it into small pieces. Put into a stewpan a gill of water, a pinch of salt, and a small piece of butter ; when boiling stir in as much flour as will form a paste ; when it is smooth put it away to get cold, then take half the quantity of butter that you have of veal, and half the quantity of paste you have of butter, put the paste into a mortar, pound it well, then add the butter, pound it, then add the veal ; pound well for ten minutes, add one whole egg, three yolks of eggs, salt, pepper, a little grated nutmeg, work well together, pass through a wire sieve, stir in half a gill of cream, shape the quenelles with two tablespoons, place them in a well-buttered stew pan, leaving a clear space on one side ; put a good pinch of salt in that space, pour in sufficient boiling water to cover the quenelles, and leave them to poach for ten minutes, then drain them carefully on a cloth ; arrange on a dish.

206. **Fricandeau of Veal**—Ingredients—A fillet or cushion of veal, lard, bacon, carrots, onions, sweet herbs, salt, pepper, spices, stock, spinach.

Neatly trim a nice piece of fillet or cushion of veal, lard it thickly on one side with bacon. Place in a large stewpan a

layer of slices of bacon, then some carrots and onions cut in slices, with a bundle of sweet herbs, pepper, salt and spices to taste ; lay the piece of veal in the middle, and moisten with about a pint of stock. Let the meat stew gently for two or three hours, basting the top occasionally. Then strain off the gravy, put it into a small saucepan, skim off superfluous fat, add to it a little butter mixed smooth with a small quantity of flour, and let the gravy reduce nearly to a glaze ; pour it over the meat, the top of which should be previously browned with a salamander if necessary, and serve with a border of spinach.

207. **Rolled Veal**—Ingredients—Loin of veal, forcemeat, bacon, bread crumbs, eggs, lemon peel, sweet herbs, salt, cayenne, pounded mace, fat bacon.

Bone a loin of veal and stuff it with forcemeat made of bacon, bread crumbs and eggs, and flavored with lemon peel, sweet herbs, salt, cayenne and pounded mace. Tie it up, keeping it the shape of a large sausage ; lay some slices of fat bacon on it, and stew gently for four hours in well-flavored stock. Let it cool ; remove from the stock, and put it under heavy weights. When quite cold, glaze it.

208. **Collared Calf's Head**—Ingredients—A calf's head, 5 table-spoonfuls of parsley, 4 blades of pounded mace, pepper to taste, a grated nutmeg, a few thick slices of ham, the yolks of 5 eggs boiled hard.

Scald the head for ten minutes, then scrape off the hair ; divide the head and remove the brains ; boil for about two hours, and if tender remove the bones. When this is done flatten it on the table, sprinkle a thick layer of parsley, likewise of ham, and cut the yolks of the eggs into rings, and place these upon the ham, then season with pounded mace, white pepper and nutmeg between each layer ; roll the head in a cloth, and tie as tightly as possible. Boil for about four hours then remove from the pot ; place a heavy weight on the top. Let it remain till cold, then remove the cloth and serve.

209. **Veal Sausages**—Ingredients—Equal quantities of lean veal and fat bacon, a handful of sage, salt, pepper, a few anchovies.

Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt, pepper, and a few anchovies. Beat all in a mortar ; and when thoroughly blended, roll and fry it, and serve with fried sippets, or on stewed vegetables, or on white colllops.

- 210. Veal Outlets**—Ingredients—4 lbs. of the best end of the neck of veal,  $\frac{1}{2}$  teaspoonful of minced thyme, rind of a small lemon, 1 bunch of parsley, 1 tablespoonful of butter, 1 teaspoonful of lemon juice, 1 egg, pepper and salt, bread crumbs,  $\frac{1}{2}$  lb. of bacon.

To shape the cutlets, saw off the end of the rib bone, saw off the chine bone also, which lies at the back of the cutlets ; then form the cutlets to a neat shape. Mince thyme and lemon rind and parsley, as finely as possible ; melt the butter, and add these ingredients to it ; add also the egg, pepper and salt, and beat all up together ; then rub very finely some crumbs of bread ; dip each cutlet into the mixture, then cover with bread crumbs ; when the gridiron is perfectly warm, arrange the cutlets upon it. Have the fire nice and bright, but do not allow them to cook too fast or the bread crumbs will burn before the cutlets are cooked through ; allow them to brown nicely on both sides ; about ten minutes will be the time. Serve on a wall of mashed potatoes in a circle ; fill the centre of dish with rolls of bacon and with a nice brown sauce. (See "Sauces.")

For rolls.—Cut some neat slices of bacon, roll them up and run a skewer through each ; place these in the oven for about five minutes, then remove skewers and arrange in centre of the dish.

- 211. Haricot of Veal**—Ingredients—Best end of a small neck, a little brown gravy, 1 pt. of peas, 6 small cucumbers, 2 lettuces, a little broth, a few forcemeat balls.

Take the best end of a small neck ; cut the bones short, but leave it whole ; then put it into a stewpan 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 with 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.

- 212. Hashed Calf's Head (a la Poulette)** — Ingredients — Calf's head, 2 oz. of butter, 2 tablespoonfuls of flour,  $\frac{1}{4}$  pt. of white stock, a few button mushrooms, white pepper and salt to taste, 2 eggs, juice of a lemon, parsley.

Cut the remnants of a boiled head into uniform pieces the size of half an apple. Melt in a saucepan one or two ounces of butter, according to the quantity of meat to be hashed ; amalgamate with it one or two tablespoonfuls of flour, then stir in half a pint, more or less, of white stock. Stir well, then add



a few button mushrooms, white pepper and salt to taste, and let the sauce boil for ten minutes. Put the saucepan by the side of the fire, and lay the pieces of calf's head in it; let them get hot slowly, but not boil. Just before serving stir in off the fire the yolks of two eggs, beaten up with the juice of a lemon, and strained; also a small quantity of parsley very finely minced.

213. **Minced Veal**—Ingredients—Some remnants of roast or braized veal, a shallot, a little butter, a little flour, a little stock, a few sprigs of parsley, pepper and salt, nutmeg to taste, a few drops of lemon juice, fried bread and poached eggs.

Take some remnants of roast or braized veal, trim off all browned parts, and mince it very finely; fry a shallot, chopped small, in plenty of butter; when it is a light straw color add a large pinch of flour and a little stock, then the minced meat, with chopped parsley, pepper, salt and nutmeg to taste; mix well, add more stock if necessary, and let the mince gradually get hot by the side of the fire; lastly, add a few drops of lemon juice. Serve with sippets of bread fried in butter round, and the poached eggs on the top.

214. **Veal (braized loin of)**—Ingredients—Veal, 2 oz. of butter, 1 carrot, 1 onion, a little parsley, sweet herbs, a leaf or two of basil, a bay leaf, a crust of bread toasted brown, a little flour and a little stock.

Take about two ounces of butter, one carrot, one onion, a little parsley, sweet herbs, a leaf or two of basil, and a bay leaf; brown a large crust of bread, and put it in a stewpan with the above things, and fry them until they are brown; then flour the meat, and brown it well, putting it back in the saucepan; add a little stock, and baste it in the gravy till done, and keep turning the meat. Simmer four pounds for three or four hours.

215. **Stewed Calf's Head.**

Wash in three or four waters and remove the brains. Now secure the head in a floured cloth. Slightly salt enough hot water to cover it, and boil two hours *slowly*. After washing the brains carefully and rejecting the membrane and any pieces of skin, stew in just enough water to cover them. Take them out, mash smooth with a wooden potato masher, and add a little of the liquor in which the head was boiled. Season with a sprinkle of sage, pepper, salt, ground cloves, chopped parsley and butter the size of an egg. Place on stove in saucepan, simmer

until you need it. If the head is tender, take up and drain. Now score with a sharp knife and cover with melted butter. Dredge with flour, place in oven to brown. Send to table with the gravy poured over it.

### VEAL CARVING.

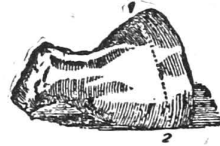
#### **Calf's Head.**

Insert the knife down to the bone and cut slices in the direction of the line 1 to 2 and with these slices place a piece of throat sweetbread cut from 3 to 4. The eye and surrounding flesh are esteemed highly by connoisseurs. The jaw bone removed, some nice lean and the palate, which is called a titbit, lies under the head.



#### **Knuckle.**

The dotted line from one to two sufficiently indicates the direction which the knife should take.



#### **Fillet of Veal.**

Cut slices not too thick in the direction of line 1 to 2. Be careful to cut evenly.





## GRAVIES

### GENERAL DIRECTIONS RESPECTING GRAVIES.

Gravy may be made quite as good of the skirts of beef, and the kidneys, as of any other meat, prepared in the same way.

An ox-kidney, or milt, makes good gravy, cut all to pieces, and prepared as other meat; and so will the shank end of mutton that has been dressed, if much be not wanted.

The shank-bones of mutton are a great improvement to the richness of gravy; but first soak them well, and scour them clean.

Tarragon gives the flavor of French cookery, and in high gravies is a great improvement; but it should be added only a short time before serving.

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**216. A Good Beef Gravy (for Poultry or Game)**—Ingredients— $\frac{1}{2}$  lb. of lean beef,  $\frac{1}{2}$  a pt. of cold water, 1 small onion, a saltspoonful of salt, a little pepper, a tablespoonful of mushroom catchup or Harvey's sauce,  $\frac{1}{2}$  teaspoonful of arrowroot.

Cut the beef into small pieces and put it and the water into a stewpan. Add the onion and seasoning, and simmer gently for three hours. A short time before it is required, mix the arrowroot with a little cold water, pour into the gravy, while stirring, add the Harvey's sauce and allow it just to come to the boil. Strain into a tureen and serve very hot.

**217. Savory Gravy (Thick)**—Ingredients—1 onion, butter, a tablespoonful of flour,  $\frac{1}{2}$  pt. of broth or stock, pepper and salt, a small quantity of Worcester sauce.

Mince one onion fine, fry it in butter to a dark brown, and stir in a tablespoonful of flour. After one minute add half a pint of broth or stock, pepper and salt, and a very small quantity of Worcester sauce.

**218. Gravy for Roast Meat**—Ingredients—Gravy, salt.

Put a kitchen dish with a sprinkling of salt in it beneath

the meat about twenty minutes before it is removed from the oven. Then remove, baste the meat, and pour the gravy on the dish intended for serving the joint upon.

219. **Gravy for Venison**—Ingredients—Remnants of venison, 4 mutton shank bones, a little salt, 2 glasses of water, 1 dessertspoonful of walnut catchup.

Brown the venison over a clear fire, and put this with the shank bones and water into a stewpan and allow it to boil very gently for about two hours. Strain and add the catchup and a sprinkling of salt. Serve very hot.

220. **Strong Fish Gravy**—Ingredients—2 or 3 eels, crust of toasted bread, 2 blades of mace, some whole pepper, sweet herbs, a piece of lemon peel, an anchovy, a teaspoonful of horse radish.

Skin two or three eels, and wash them very clean ; cut them into small pieces and put them into a saucepan. Cover them with water, and add a little crust of bread toasted brown, two blades of mace, some whole pepper, sweet herbs, a piece of lemon peel, an anchovy or two, and a teaspoonful or two of horse radish. Cover close, and simmer ; add a piece of butter and a little flour, and boil with the above.

221. **Plain Gravy**—Ingredients—An onion, a little butter,  $\frac{3}{4}$  pt. of stock, pepper and salt, a small piece of lean ham or bacon, a dessertspoonful of Worcester sauce, a sprig of parsley and thyme.

Mince an onion finely, fry it in butter to a dark brown color, then add three-quarters of a pint of stock, pepper and salt to taste, a small piece of lean ham or bacon minced small, a little Worcester sauce, a sprig of thyme and one of parsley. Let it boil five or ten minutes, put it by till wanted, and strain it before serving.

222. **Gravy for Hashes**—Ingredients—Remnants and bones of the joint intended for hashing, a pinch of salt and pepper,  $\frac{1}{4}$  teaspoonful of whole allspice, a bunch of savory herbs, a saltspoonful of celery salt or  $\frac{1}{2}$  a head of celery, an onion, a small piece of butter, a little corn flour, and boiling water.

Put the bones (having previously chopped them), with the remnants of meat, salt, pepper, spice, herbs and celery into a stewpan. Cover with boiling water and allow it to simmer for two hours. Cut up the onion in neat slices and fry in butter a pale brown. Then mix slowly with the gravy from bones. Boil fifteen minutes, strain, then return to stewpan, flavor with catchup or any flavoring that may be preferred. Thicken with

butter and flour and just allow it to come to the boil. Serve very hot.

223. **Gravy for a Fowl (when there is no meat to make it from).**—Ingredients—The feet, liver, gizzard, and neck of the fowl, a little browned bread, a slice of onion, a sprig of parsley and thyme, some pepper and salt, a teaspoonful of mushroom catchup, a little flour and butter.

Wash the feet nicely, and cut them and the neck small ; simmer them with a little browned bread, a slice of onion, a sprig of parsley and thyme, some pepper and salt, and the liver and gizzard, in a quarter of a pint of water, till half wasted. 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 catchup, and it will be very good.

224. **Veal Gravy**—Ingredients—Bones, any cold remnants of veal, 1 ½ pts. of water, an onion, a saltspoonful of minced lemon peel, a little salt, a blade of mace, a few drops of the juice of the lemon, butter and flour.

Place all the ingredients (excepting the lemon juice and flour) into a stewpan and allow them to simmer for one hour. Strain into a basin. Add a thickening of butter and flour mixed with a little water, also the lemon juice. Give one boil and serve very hot. Flavor with tomato sauce or catchup.

225. **Coloring for Soups or Gravies.**

Put four ounces of lump sugar, a gill of water, and half an ounce of the finest butter into a small tosser, and set it over a gentle fire. Stir it with a wooden spoon, till of a bright brown. Then add half a pint of water ; boil, skim, and when cold, bottle and cork it close. Add to soup or gravy as much of this as will give a proper color.

# SAUCES

## OBSERVATIONS ON SAUCES.

The appearance and preparation of sauces are of the highest importance. Brown sauces should not be as thick as white ones, and both should possess a decided character, so that whether sweet or sharp, plain or savory, they would bear out their names. Care is also to be taken that they blend and harmonize with the various dishes they are to accompany.

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226. **White Sauce**—Ingredients—1 pt. of milk, 2 or 3 mushrooms, 1 onion, 1 carrot, 1 bundle of sweet herbs, whole pepper and salt to taste, a few cloves, a little mace, 1 oz. of butter, and 1 gill of cream.

Put into one pint of milk two or three mushrooms, an onion and a carrot cut into pieces, a bundle of sweet herbs; whole pepper and salt to taste, a few cloves, and a little mace; let the whole gently simmer for about an hour, put an ounce of butter into the saucepan, and stir on the fire until it thickens. Finish by stirring in a gill of cream.

227. **White Sauce (Volente)**—Ingredients—A fowl, 1 lb. of lean veal, 1 onion, 5 oz. of butter, white stock, a carrot, a bundle of sweet herbs, some whole pepper, a pinch of sugar, 2 oz. of flour.

Take a fowl, cut up into small joints, and one pound of lean veal cut into small dice, put both into a saucepan with an onion sliced, an ounce of butter, and a cupful of white stock; keep tossing on the fire for half an hour, taking care that none of the contents take color; then add as much white stock as will well cover them, together with a carrot cut into small pieces, a bundle of sweet herbs, some whole pepper, and a pinch of sugar, and let the whole gently simmer for a couple of hours or more. Melt a quarter pound of fresh butter in a saucepan, and amalgamate two ounces of flour with it without letting the mixture take any color; strain the above liquor gradually into it; set the saucepan at the edge of the fire to simmer for an hour and a half, skimming the contents carefully

from time to time. Lastly, turn out the sauce into a basin, keeping it stirred till wanted, or cold. This sauce will keep several days in a good larder, but it must be warmed up every day.

228. **Liver Sauce**—Ingredients—Livers of any kind of poultry, butter, flour, minced shallots, gravy stock, a small pinch of sweet herbs, and pepper, spices, and salt to taste, juice of  $\frac{1}{2}$  a lemon.

Take the livers of any kind of poultry, rabbits or hares; scald them and mince them finely. Melt a piece of butter in a saucepan, add a little flour to it and a small quantity of minced shallots. Let the whole fry for a minute or two, then add gravy stock in sufficient quantity to make a sauce, and a small pinch of powdered sweet herbs and pepper, spices and salt to taste. Put in the minced livers. Let the sauce boil for twenty minutes, and at the time of serving add a small piece of fresh butter and the juice of half a lemon.

229. **Mango Chutney Sauce (Bengal Recipe)**—Ingredients— $\frac{1}{4}$  lb. of garlic,  $1\frac{1}{2}$  lbs. of brown sugar,  $\frac{3}{4}$  lb. of salt, 2 bottles of the best vinegar,  $\frac{1}{4}$  lb. of onions,  $\frac{1}{4}$  lb. of dried chilies,  $\frac{3}{4}$  lb. of mustard seed,  $\frac{3}{4}$  lb. of stoned rasins,  $2\frac{1}{2}$  doz. large unripe sour apples,  $\frac{3}{4}$  lb. of powdered ginger.

Reduce the sugar to a syrup. Pound the onions, garlic and ginger finely in a mortar; wash the mustard seed in cold vinegar, and allow to dry in the sun; peel, core and slice the apples, then boil them in a bottle and a half of vinegar. When this has been done, and the apples are quite cool, put them into a good sized pan, and mix the whole of the remaining ingredients (as well as the other half bottle of vinegar) *gradually*. Stir well until all are thoroughly mixed, and then put into bottles until wanted. Tie wet bladder over the bottles after they have been corked. This is a delicious chutney and has been well tried and proved.

230. **Egg Sauce.**

Boil the eggs hard and cut them into small pieces; then put them into melted butter.

231. **Governor's Sauce (A Canadian Recipe)**—Ingredients—1 peck of green tomatoes, a cupful of salt, vinegar, 6 green or red chilies, a teacupful of brown sugar, 1 of scraped horse radish, a tablespoonful each of cloves and allspice, a teaspoonful each of red and white pepper, 4 large onions.

Slice a peck of green tomatoes. sprinkle them with a cupful of salt, and let them stand a night; in the morning pour off

the liquor, and put them into a saucepan with vinegar enough to cover them. Add six green or red chilies, four large onions chopped fine, a teacupful of brown sugar, one of scraped horse radish, a tablespoonful each of cloves and allspice, and a teaspoonful each of red and white pepper. Let it simmer till soft, put into jars and keep it air-tight.

232. **Cauliflower Sauce**—Ingredients—Two small cauliflowers,  $1\frac{1}{2}$  oz. of butter, 1 tablespoonful of flour,  $\frac{1}{2}$  pint of boiling water, pepper and salt to taste, yolks of 2 eggs, juice of a lemon.

Boil two small cauliflowers; when done, pick them out into sprigs and arrange them, head downwards, in a pudding basin, which must have been made quite hot; press them in gently, then turn them out dexterously on a dish, and pour over them the following sauce, boiling hot: Melt one and a half ounces of butter in a saucepan, mix with it a tablespoonful of flour, and then add half a pint of boiling water; stir till it thickens; add salt and white pepper to taste; then take the saucepan off the fire, and stir in the yolks of two eggs beaten up with the juice of a lemon and strained.

233. **Mushroom Sauce**—Ingredients—A plateful of mushrooms, 3 shallots, 2 or 3 sprigs of parsley, gravy stock, pepper and salt to taste, a small piece of butter, flour.

Pick clean a plateful of mushrooms, put them into a saucepan with three shallots chopped up, and two or three sprigs of parsley, cover up with gravy stock, add pepper and salt to taste, and let the whole boil for a couple of hours. Strain the liquor, passing the mushrooms, etc., through a hair sieve. Melt a piece of butter in a saucepan, add a little flour, mix well, then add the above.

234. **Dutch Sauce**—Ingredients—3 tablespoonfuls of vinegar, 1 lb. of butter, yolks of 2 eggs, pepper and salt to taste.

Put three tablespoonfuls of vinegar in a saucepan, and reduce it on the fire to one-third; add a quarter of a pound of butter and the yolks of two eggs. Place the saucepan on a slow fire, stir the contents continuously, and as fast as the butter melts add more, until one pound is used. If the sauce becomes too thick at any time during the process, add a tablespoonful of cold water and continue stirring. Then put in pepper and salt to taste, and take great care not to let the sauce boil. When it is made—that is, when all the butter is used and the sauce is of the proper thickness—put the sauce-



pan containing it into another filled with warm (not boiling) water until the time of serving.

**235. Piquante Sauce (Without Eggs).**

(1) Melt one ounce of butter, and add gradually two table-spoonfuls of white wine vinegar, a shallot and a little parsley chopped very fine, pepper and salt; stir over the fire till it boils. (2) Chop up some herbs—thyme parsley, tarragon, and a shallot (about a tablespoonful in all)—and put them into a saucepan with one and a half gills of vinegar; reduce to one gill; add half a pint of broth, strain, thicken with a roux of half an ounce of butter and half an ounce of flour; boil up the sauce, stirring all the time, add a few chopped herbs, pepper and salt, and serve. (3) The following is taken from "Round the Table:" "Fry some slices of shallots, or onions, till they assume a light brown color (taking care by frequent stirring that they do not get burnt or done too much); add a small piece of garlic, some sweet herbs, and a mixture of equal parts of vinegar and water (or of vinegar and broth), strain and let the whole boil, then stir this mixture into a saucepan containing butter and flour, as for prepared plain melted butter; add pepper, salt, some minced parsley, and chopped gherkins."

**236. Anchovy Sauce**—Ingredients—About  $\frac{1}{2}$  oz. of butter, yolk of 1 fresh egg, 1 teaspoonful of anchovy sauce, cayenne pepper and salt to taste, squares of freshly browned toast.

Heat a dinner-plate until it will melt half an ounce of butter placed on it; take the yolk of a fresh egg, beat it with a fork into the butter, add a teaspoonful of anchovy sauce, cayenne pepper and salt to taste. Have ready some freshly browned squares of toast, dip them into the mixture, covering both sides and serve at once.

**237. Grill Sauce**—Ingredients—1 gill of good gravy, 1 tablespoonful of mushroom catchup, 1 of French mustard, a few chopped capers, a little grated lemon peel, butter, flour, a few drops of lemon juice.

Take one gill of good gravy, mix with it one tablespoonful of mushroom catchup, one of French mustard, a few chopped capers, a little grated lemon peel; add a thickening of butter and flour and a few drops of lemon juice, simmer till quite hot, and pour over the grill, and serve. Legs of chicken and game may be treated in the same way, but in making the sauce substitute a tablespoonful of chutney for the chopped capers,

and instead of lemon juice add a small quantity of Chili vinegar.

238. **Mint Sauce**—Ingredients—A quantity of mint leaves, equal quantities of wine-vinegar and water, and a small portion of sugar.

Chop as finely as possible a quantity of mint leaves previously washed; add to these sufficient wine-vinegar and water, in equal parts, to float them, and a small quantity of powdered sugar. Let the sauce stand for an hour before serving.

239. **Sweet Sauce**—Ingredients—1 tablespoonful of flour, 4 tablespoonfuls of water,  $\frac{1}{2}$  pt. of boiling water, sugar or treacle to taste, 1 oz. of butter, 1 tablespoonful of lemon juice.

Mix a tablespoonful of flour quite smooth in four tablespoonfuls of water, then stir into it half a pint of boiling water, sugar or treacle to taste; stir over the fire until the sauce boils, when, if allowed, an ounce of butter may be added, with a tablespoonful of lemon juice. When sweetened with sugar, a little nutmeg or ground cinnamon may be used instead of lemon juice, if preferred. A tablespoonful of raspberry jam or any fruit syrup may be used to flavor the sauce, and is generally much liked.

240. **Horse Radish Sauce.**

One teaspoonful of made mustard, one tablespoonful of vinegar, three tablespoonfuls of cream, a little salt, as much horse radish grated as will make it as thick as cream.

241. **Mayonnaise Sauce**—Ingredients—The yolks of 4 eggs, a teaspoonful of salt, salad oil, tarragon vinegar, white pepper.

Carefully strain the yolks of four eggs into a basin, place it in a cool place, or, if necessary, on ice; add a teaspoonful of salt, mix well; then proceed to pour in, a few drops at a time, some salad oil, without ceasing to stir the mixture. When one spoonful of oil is well incorporated with the yolks of the eggs, put in, in the same manner, a teaspoonful of tarragon vinegar; keep on adding oil and vinegar in these proportions until the sauce becomes of the consistency of very thick cream; then add white pepper to taste, and more salt if necessary.

242. **Poor Man's Sauce**—Ingredients—A good sized onion, butter,  $\frac{1}{2}$  pt. of common stock or water, a little vinegar, a little minced parsley, pepper and salt to taste, a tablespoonful of flour.

Mince a good sized onion, not too finely, put it into a saucepan with a piece of butter equal to it in bulk. Fry till the

onion assumes a light brown color, add half a pint of common stock or water and a small quantity of vinegar, pepper and salt to taste, and some minced parsley; then stir the sauce into another saucepan, in which a tablespoonful of flour and a small piece of butter have been mixed, over the fire. Let the sauce boil up, and it is ready.

**243. A cheap brown Sauce**—Ingredients—1 pt. of brown stock, 1½ oz. of flour, 2 oz. of butter, 4 mushrooms, salt and pepper.

Put the butter into a stewpan and put it on the fire to melt; wash the mushrooms in cold water, cut off the stalks and peel them; when the butter is melted stir in the flour and mix to a smooth paste; then add the stock and mushrooms and stir the sauce smoothly until it boils and thickens; then remove the stewpan to the back of the stove, and let it simmer gently for eight or ten minutes; season with pepper and salt: be careful to skim off the butter as it rises to the top of the sauce. Should the sauce be not brown enough, a teaspoonful of caramel might be stirred into it; strain and serve.

**244. Cranberry Sauce**—Ingredients—1 qt. of ripe cranberries, granulated sugar, a teacupful of water.

Wash the berries, and carefully pick them, then put them into a stewpan with the above quantity of water; allow them to stew very slowly, stirring occasionally. They require about an hour and a half to cook; when done sweeten with sugar, put into a mould, and when cold it is ready to serve.

**245. Peach Sauce**—Ingredients—Peaches, water, sugar.

Take a quart of dried peaches and soak in water four hours, wash them, drain, and put in saucepan with enough water to cover them; when they break in pieces, pulp them, and sweeten to taste with white sugar.

**246. Onion Sauce (Brown)**—Ingredients—2 oz. of butter, rather more than ½ a pt. of rich gravy, 6 large onions, pepper and salt to taste.

Put into your stewpan, the onions, sliced, fry them of a light brown color, with the two ounces of butter; keep them stirred well to prevent them turning black; as soon as they are of a nice color, pour over the gravy, and simmer gently until tender; skim off all fat, add seasoning and rub the whole through a sieve; then put in a saucepan and when it boils, serve. If a high flavor is wanted a small quantity of mushroom catchup may be added.

**247. Roux (Brown, a thickening for soups and gravies)**—Ingredients—6 oz. of butter, 9 oz. of flour.

Melt the butter slowly over the fire, and dredge in *very slowly* the flour, stirring all the time, and when it turns a light brown color it is done, and can be put aside into a jar ready for use. It will keep good for some time.

**248. Roux (White, for thickening white sauces).**

Proceed as in the last receipt, but do not keep it on the fire so long, and take care not to let it color.

**249. Tomato Sauce**—Ingredients—10 lbs. ripe tomatoes, 1 pt. best brown vinegar, 2 oz. salt,  $\frac{1}{2}$  oz. cloves, 1 oz. allspice,  $\frac{1}{2}$  lb. white sugar, 1 oz. garlic,  $\frac{1}{2}$  oz. black pepper,  $\frac{1}{2}$  oz. cayenne pepper.

Wipe the tomatoes clean, and boil or bake till soft; then strain and rub through a sieve that will retain the seeds and skins. Boil the juice for an hour, then add the above ingredients (all the spices must be ground). Boil all together for a sufficient time, which may be known by the absence of any watery particle, and by the whole becoming a smooth mass; five hours will generally suffice. Bottle without straining into perfectly dry bottles, and cork securely when cold. The garlic must be peeled. The proportions of spice may be varied according to taste.

**250. Oyster Sauce**—Ingredients—Oysters, butter, a little flour, milk, blade of mace, bay leaf, pepper and salt to taste, a little cayenne, a few drops of lemon juice.

Parboil the oysters in their own liquor, beard them, and reserve all the liquor. Melt a piece of butter in a saucepan, add a little flour, the oyster liquor, and a enough milk to make as much sauce as is wanted. Put in a blade of mace and a bay leaf tied together, pepper and salt to taste, and the least bit of cayenne. Let the sauce boil, add the oysters, and as soon as they are quite hot remove the mace and bay leaf, stir in a few drops of lemon juice, and serve.

**251. Worcester Sauce**—Ingredients—Two tablespoonfuls Indian soy, two tablespoonfuls walnut catchup, one dessertspoonful of salt, one teaspoonful cayenne pepper, one nutmeg (sliced thin), one doz. cloves,  $\frac{1}{2}$  oz. root ginger pounded, a little lemon peel, a small head of garlic divided into cloves, 1 pt. vinegar, 3 oz. lump sugar.

Dissolve the sugar in a little of the vinegar over the fire, add the other ingredients; put all into a wide-necked bottle. It should stand for a month before using, and is better if shaken

every day. At the end of the month pour off clear into bottles. It is well to make a quart or three pints at a time.

252. **Bread Sauce (to serve with Poultry or Game)**—

Ingredients—Giblets,  $\frac{3}{4}$  lb. of stale bread, an onion, 10 whole peppers, a blade of mace, a little salt, 2 tablespoonfuls of cream, a pint of water.

Put the giblets into a pint of water, add the onion, pepper, mace, salt. Allow it to simmer for an hour, then strain the liquor over the bread crumbs. Cover the stewpan and let it stand on the stove for an hour (do not allow it to boil), then beat the sauce up with a fork until it is nice and smooth. Allow it to boil five minutes, stirring well until it is thick, then add cream and serve hot.

253. **Caper Sauce**—Ingredients—2 oz. of butter, a tablespoonful of flour, a pint of boiling stock, pepper and salt, Worcester sauce, capers.

Put two ounces of butter and a tablespoonful of flour into a saucepan; stir the mixture on the fire until it acquires a brown color; add rather less than a pint of boiling stock, free from fat; season with pepper, salt, and a little Worcester sauce. When the sauce boils throw in plenty of capers; let it boil once more, and it is ready.





## STOCKS

### 254. **Common Stock.**

Take all the bones of joints, etc., that are available, carcasses and bones of poultry and game (not high), chop them all into convenient pieces and put them into a saucepan together with any scraps of meat, cooked or uncooked, resulting from remnants, the trimmings of cutlets, etc. Add a couple of carrots, one onion, a bunch of parsley, one bay leaf, a small sprig of thyme, and one of marjoram; salt to taste, a small quantity of white pepper and allspice mixed, and two or three cloves. Fill the saucepan with cold water until it covers the contents by one inch, and set it on the fire to boil slowly for about four hours; strain the liquor through a cloth into a basin, and when cold, the cake of fat on the top being removed, the stock will be fit for use.

### 255. **Gravy Stock.**

Place a layer of slices of onion in a saucepan holding a gallon, over this a layer of fat bacon, and over all about two pounds of shin of beef chopped in small pieces; one pint of common stock or even water, being poured on the whole, set the saucepan on the fire for one hour, until the liquor is almost evaporated—what is called reduced to a “glaze”—then add sufficient cold common stock or cold water to cover contents of the saucepan, and two or three carrots cut in slices, one leek, a head of celery (when in season), or some celery seed, a handful of parsley, half a clove of garlic, a sprig of marjoram and of thyme, a bay leaf, four or five cloves, white pepper and salt to taste. After boiling for about three hours strain off the liquor, and, being absolutely freed from fat, it is ready for use.

### 256. **Veal Stock.**

Toss a couple of onions, sliced, and one pound of lean veal cut in pieces in a saucepan with some butter until they assume a light color, then add half a pound of ham chopped up small, and moisten with a pint of common stock cold and perfectly

free from fat. Let the liquor reduce almost to a "glaze"—then add two quarts of cold common stock, a knuckle of veal, or two calves' feet, a couple of carrots, head of celery, parsley, bay leaf, thyme, mace, pepper and salt, all in due proportion. After boiling two or three hours strain free from fat and it is ready.

**257. White Stock.**

Put a knuckle of veal, or two calves' feet, together with an old fowl or a rabbit, and a piece of ham about half a pound, all cut up in small pieces, into a saucepan with sufficient water to cover the contents. The stock should be carefully skimmed as it gradually becomes heated, then put in two carrots, a head of celery, two onions and a bunch of parsley, together with two bay leaves, a sprig of thyme, mace, cloves, pepper and salt to taste, and leave the whole to boil from three to four hours, when it should be strained and freed from fat.

**258. Fish Stock.**

Take a couple of pounds of any kind of fish, such as flounders, small eels, or the trimmings of almost any fish that have been filleted; pack them into a saucepan, with a head of parsley, including the root, a head of celery, two blades of mace, a few cloves, some white pepper and salt to taste, and a bay leaf. Put in as much cold water as will cover the contents of the saucepan, set it to simmer gently for a couple of hours, then strain off the liquor, and it is ready.



# VEGETABLES

## OBSERVATIONS.

Take care to purchase them perfectly fresh, as this is their chief value and excellence. The middle-sized are preferable to the larger or smaller ; they are more tender, juicy, and are better flavored. Peas and potatoes are seldom worth eating before midsummer. Salads, greens, roots, when first gathered are firm and have a fragrant freshness.

Vegetables should be carefully cleaned from insects, and nicely washed. Boil them in plenty of water, and drain them the moment they are done enough. If overboiled, they lose their beauty and their crispness. Bad cooks sometimes dress them with meat, which is wrong, except carrots with boiling beef.

To boil vegetables green, be sure the water boils when you put them in. Make them boil very fast. Don't cover, but watch them ; and if the water has not slackened, you may be sure they are done when they begin to sink. Then take them out immediately or the color will change. Hard water, especially if chalybeate, spoils the color of such vegetables as should be green.

To boil them green in hard water, put a teaspoonful of salt of wormwood into the water when it boils, before the vegetables are put in.

### 259. **Vegetable Marrow (to Boil or Stew).**

This excellent vegetable may be boiled as asparagus. When boiled, divide it lengthways into two, and serve it upon a toast accompanied by melted butter ; or when nearly boiled, divide it as above, and stew gently in gravy like cucumbers. Care should be taken to choose young ones not exceeding six inches in length.



**260. Spinach.**

Carefully wash and pick. When that is done, throw it into a saucepan that will just hold it, sprinkle it with a little salt, and cover close. The pan must be set on the fire, and well shaken. When done, beat the spinach well with a small piece of butter; it must come to table pretty dry, and looks well if pressed into a tin mould in the form of a large leaf, which is sold at the tinshops. A spoonful of cream is an improvement.

**261. Spinach**—Ingredients—Spinach, butter, pepper and salt, boiled eggs.

Wash and pick your spinach very carefully; drop into a cupful of boiling water and cook fifteen minutes. Drain thoroughly through a cullender, then chop quite fine. Return to the stove, add one tablespoonful of butter, pepper and salt to taste; put in a vegetable dish and garnish with hard-boiled eggs.

**262. Potatoes (to Broil).**

Parboil, then slice and broil them. Or parboil and then set them on the gridiron over a very slow fire, and when thoroughly done send them up with their skins on. This last way is practised in many Irish families.

**263. Potatoes (to Fry).**

Take the skin off raw potatoes, slice and fry them, either in butter or thin batter.

**264. Potatoes (to Mash).**

Boil the potatoes, peel them, and break them to paste; then to two pounds of them add a quarter of a pint of milk, a little salt, and two ounces of butter, and stir it all well over the fire. Either serve them in this manner, or place them on the dish in a form, and then brown the top with a salamander, or in scallops.

**265. Potatoes (Stuffed)**—Ingredients—5 medium-sized potatoes,  $\frac{1}{2}$  oz. of butter, 1 tablespoonful of grated cheese, pepper, salt, and the yolk of 1 egg.

For these take five of medium size, bake in their skins, and when done cut off a small slice from one end, scoop out the inside, and rub through a wire sieve. Add to it half an ounce of butter, one tablespoonful of grated cheese, pepper, salt, and the yolk of an egg. Mix well, refill the skins, fit on the slices which were cut off, and put into the oven again for ten minutes before serving.

266. **Lyonnaise Potatoes**—Ingredients—A lump of butter, a small onion, cold boiled potatoes, a little parsley.

Into a saucepan put a large lump of butter and a small onion finely chopped, and when the onion is fried to an amber color, throw in slices of cold boiled potatoes, which must be thoroughly stirred until they are turning brown; at this moment put in a spoonful of finely chopped parsley, and as soon as it is cooked drain through a cullender, so that the potatoes retain the moisture of the butter and many particles of parsley.

267. **Saratoga Potatoes**—Ingredients—Potatoes, boiling lard and salt.

Peel, and slice on a slaw-cutter into cold water, wash thoroughly and drain; spread between the folds of a clean cloth, rub and pat until dry. Fry a few at a time in boiling lard, salt as you take them out. Saratoga potatoes are often eaten cold. They can be prepared three or four hours before needed, and if kept in a warm place they will be crisp and nice.

268. **Bermuda Potatoes (Fried)**—Ingredients—2 oz. of butter, parsley, salt and pepper, a cup of milk, a tablespoonful of flour.

Slice the potatoes and put them into boiling water; cook until tender; remove and put them into a saucepan with two ounces of butter, chopped parsley, salt and pepper and a cup of milk; cook all together and thicken with a tablespoonful of flour stirred in cold water.

269. **Potatoes (Sautees au Beurre)**—Ingredients—Butter, salt.

Cut with a vegetable cutter into small balls about the size of a marble; put them in a saucepan with plenty of butter and a good sprinkling of salt; keep the saucepan covered, and shake it occasionally until they are quite done, which will be in about an hour.

270. **Potatoes (Stewed)**—Ingredients—Milk, 1 pint, a tablespoonful of flour.

Peel and cut into small uniform pieces as many potatoes as may be needed. Have ready enough of boiling water (slightly salted) to cover them; boil until done. Skim them out of the water into a dish and pour milk gravy over them (made of a pint of boiled milk, into which has been stirred a tablespoonful of flour previously dissolved in a little cold milk). Cold boiled potatoes can be served in the same way.

271. **Potato Balls**—Ingredients—4 large potatoes, 2 tablespoonfuls of butter, a pinch of salt, a little pepper, 1 tablespoonful of cream, 2 eggs, boiling lard.

Four large mealy potatoes, cold; mash them in a pan with two tablespoonfuls of melted butter, a pinch of salt, a little pepper, one tablespoonful of cream and the beaten yolk of one egg; rub it together for about five minutes, or until very smooth; shape the mixture into balls about the size of a walnut or small rolls, dip them into an egg well beaten and then into the finest sifted bread crumbs; fry them in boiling lard.

272. **Potatoes (Escalloped)**—Ingredients—Cream, a large piece of butter, a little salt.

Having boiled, beat them fine in a bowl, with cream, and a large piece of butter, and a little salt. Put them into escalloped shells, make them smooth on the top, score with a knife, and lay thin slices of butter on the tops of them. Then put them into an oven to brown.

273. **Potato Chips**—Ingredients—Boiling lard and salt.

Peel a raw potato as apples are peeled, let the parings be as nearly as possible the same thickness, and let them be as long as possible. Dry them thoroughly in a cloth, put them in the frying basket, and plunge it into boiling hot lard. When the chips are a golden color drain them well in front of the fire, sprinkle fine salt over them.

274. **Potato Cake**—Ingredients—Potatoes, flour and lard.

Take cold mashed potatoes, and form into flat cakes, flour and fry in lard until they are a golden brown.

275. **Sweet Potatoes (Roast)**.

Wash, wipe, and roast. Serve in their jackets.

276. **Sweet Potatoes (Boiled)**.

Wash them, plunge in cold water, (no salt) boil till tender, drain, and put to dry for five minutes. Peel before serving.

277. **Sweet Potatoes (Fried)**—Ingredients—Lard or dripping.

Take cold boiled potatoes, slice and fry in dripping or lard until of a golden brown.

278. **Cabbage (Boiled)**—Ingredients—To half a gallon of water a tablespoonful of salt, and a small piece of soda.

Pick off the outside leaves, cut off as much of the stalk as possible, cut across the end of the stalk twice. Wash well in

cold water, drain and plunge into boiling water, in which the above proportions of salt and soda have been added ; boil without cover. Take up directly after they are done, drain, dish and serve.

279. **Cabbage (a la Cauliflower)**—Ingredients—Butter, salt,  $\frac{1}{2}$  a cup of cream.

Cut the cabbage fine as for slaw ; put it into a stewpan, cover with water and keep closely covered ; when tender, drain off the water ; put in a small piece of butter with a little salt, one half a cup of cream, or one cup of milk. Leave on the stove a few minutes before serving.

280. **Farci (or Stuffed cabbage)**—Ingredients—Veal stuffing, slices of sausage meat, gravy.

Cook the cabbage in salt and water sufficiently to open the leaves, and insert between them layers of ordinary veal stuffing, slices of sausage meat, then tie it securely round with thread to prevent the meat falling out. Replace in the stewpan, and cook briskly at first, then simmer till completely tender ; serve in the same manner as ragout—that is to say, with a little gravy poured over the whole. In winter roast chestnuts hidden in the center are sometimes added, when it is termed “Chou en surprise.”

281. **En Ragout**—Ingredients—Clarified fat, small pieces of bacon or ham, pepper and salt, a little stock or water.

Soak a fresh fair-sized cabbage for ten minutes in strong salt and water, then take it out and drain carefully ; put some clarified fat into a clean stewpan, and some small pieces of bacon or ham ; lay half the cabbage on the top (either whole-leaved or cut up into large pieces, whichever is preferable), some more fat, and pepper and salt to taste, remembering that the bacon or ham will add to the saltiness ; place the other half of the cabbage on the top, and pour in a little stock (water can be used in default of stock, but the latter is by far the best), just enough to cover the ingredients. Cook briskly at first, then withdraw to the side, and keep it simmering for a considerable time. When it is thoroughly done, pour off the liquid, and set aside. Place the cabbage in the center of a heated dish, as much raised as possible, and, having skimmed off the fat from the liquor, pour it over the vegetable, and serve.

282. **Marine**—Ingredients—A large red cabbage, pepper, salt, wine-glass of white wine vinegar, and the same quantity of water, 1 oz. of butter, brown gravy.

Take a large red cabbage and cut it into four pieces, first taking away the outside leaves and hard piece of stem ; then take each piece separately and mince it into strips as fine as vermicelli, commencing at the head of the piece and finishing at the stem end. Throw it all into boiling salt and water for ten minutes, drain, and place in a tureen or low-rimmed earthen jar. Season with pepper and salt, pour on a wine-glassful of white wine vinegar and the same quantity of water ; leave it for fully three hours, then press it well to extract the juice ; melt one ounce of butter in a stewpan, add the cabbage, and pour on some brown gravy. Cook very gently, indeed, until the vegetable is thoroughly done. There is a pleasant acid flavor about this entrée, which should be eaten after any rich fish, such as salmon, shad, or eels.

283. **Red Cabbage (to Stew)**—Ingredients—A small red cabbage, pepper, salt, butter, 2 or 3 spoonfuls of vinegar.

Slice a small, or half a large-red cabbage, wash and put it into a saucepan with pepper, salt, no water but what hangs about it, with a piece of butter. Stew till quite tender ; and when going to serve, add two or three spoonfuls of vinegar, and give one boil over the fire. Serve it for cold meat, or with sausages on it.

284. **Tomatoes (Stewed)**—Ingredients—Tomatoes, gravy, cream, and arrowroot.

Arrange them in a single layer and pour over them as much gravy as will cover half their height. Stew very gently until the under sides are done, then turn and finish them ; thicken the gravy with cream and arrowroot and serve it round them ; the tomatoes may have some forcemeat put in the center of each.

285. **Tomatoes (Baked)**—Ingredients— $\frac{1}{2}$  a doz. tomatoes, bread crumbs, pepper and salt, butter.

Cut half a dozen tomatoes in halves, remove the pips, and fill the inside with a mixture of bread crumbs, pepper and salt in due proportions ; place a small piece of butter on each half tomato, and lay them close together in a well buttered tin ; bake in a slow oven about half an hour, and serve. They may be eaten hot or cold.

286. **Tomatoes (Stuffed)**—Ingredients—Tomatoes, shallot, butter, 2 parts bread crumbs, 1 part ham, parsley, sweet herbs, pepper and salt to taste, toast.

Dip some tomatoes in hot water, peel them, cut them in half, and remove the pips; rub a baking sheet with shallot, butter it well, and lay the tomatoes in it, filling each half with the following composition: Two parts bread crumbs, one part ham finely minced, and, according to taste, parsley and sweet herbs also finely minced, and pepper and salt. Put a small piece of butter on each half tomato, and bake them a quarter of an hour; have ready some round pieces of buttered toast, on each of these put a half tomato and serve.

287. **Tomatoes (with Macaroni)** (1).—Ingredients—Small quantity of tomatoes, butter, pepper, salt, a bay leaf and some thyme, a few spoonfuls of either stock or gravy, macaroni.

Take a quantity of tomatoes, cut them up, and remove from each the pips and watery substance it contains; put them into a saucepan with a small piece of butter, pepper, salt, a bay leaf, and some thyme; add a few spoonfuls of either stock or gravy; keep stirring on the fire until they are reduced to a pulp, pass them through a hair sieve and dress the macaroni with this sauce and plenty of Parmesan cheese freshly grated.

288. **Tomatoes (with Macaroni)** (2).—Ingredients—Tomatoes, clove of garlic, a few sprigs of thyme, marjoram, basil, parsley, whole pepper, salt to taste, and macaroni.

Cut up a quantity of tomatoes, put them into a saucepan containing a little water, with a clove of garlic and a few sprigs of thyme, marjoram, basil, and parsley, with whole pepper and salt to taste. When quite done turn them out on a hair sieve and throw away the water that drains from them, then pass them through the sieve; warm the pulp thus obtained in a saucepan with the piece of butter, and use this sauce to dress the macaroni, as above.

- 289 **Tomatoes (au Gratin)**—Ingredients—Tomatoes, garlic, butter, two parts bread crumbs, one part mushrooms, parsley, pepper and salt.

Dip the tomatoes in hot water, and peel them; cut them in half, and remove the pips; rub a baking tin with garlic, butter it, lay the tomatoes in side by side, and fill one half with the following composition: Two parts bread crumbs, one part mushrooms finely minced, a little parsley chopped fine; pep-

per and salt to taste ; put a small piece of butter on each. Bake for ten or fifteen minutes, and serve.

290. **Tomato Fritters**—Ingredients—1 qt. of stewed tomatoes, 1 egg, 1 small teaspoonful of soda, flour, lard.

Use one quart of stewed tomatoes, one egg, one small teaspoonful of soda ; stir in flour enough to make a batter like that for griddle cakes. Have some lard, very hot, on the stove ; drop the batter in, a spoonful at a time, and fry.

291. **Tomatoes (Broiled)**—Ingredients—Some large fresh tomatoes, butter, pepper, and salt, a small portion of sugar, an eggspoonful of made mustard.

In buying tomatoes for broiling, be careful to select large and fresh ones. Do not pare them. Slice in pieces about half an inch thick, and broil them for a few minutes upon a grid-iron ; while they are broiling prepare some hot butter in a cup, seasoning with pepper, salt, an eggspoonful of made mustard, and a little sugar ; when the tomatoes are finished dip each piece into this, and then dish (the dish must be hot). If any of the seasoning remains, heat to the point of boiling and pour over the dish ; serve immediately. This is a very nice dish if cooked well.

292. **Beet Roots.**

Beet roots make a very pleasant addition to winter salad, of which they may agreeably form a full half instead of being only used to ornament it. This root is cooling, and very wholesome.

It is extremely good boiled, and sliced with a small quantity of onion ; or stewed with whole onions, large or small, as follows :—

Boil the beet tender with the skin on, slice it into a stewpan with a little broth, and a spoonful of vinegar ; simmer till the gravy is tinged with the color, then put it into a small dish, and make a round of the button onions, first boiled till tender, take off the skin just before serving, and mind they are quite hot and clear.

Or roast three large onions, and peel off the outer skins till they look clear, and serve the beet-root stewed round them.

If the beet root is in the least broken before dressed, it parts with its color, and looks ill.

**293. Onions (Boiled).**

Skin them thoroughly. Put them to boil ; when they have boiled a few minutes, pour off the water and add clean cold water, and then set them to boil again. Pour this away and add more cold water, when they may boil till done, This will make them white and clear; and very mild in flavor. After they are done, pour off all the water, and dress with a little cream, salt, and pepper to taste.

**294. Spanish Onions (a la Grecque)**—Ingredients—Onions, butter, salt, pepper.

Peel off the very outer skins, cut off the pointed ends like a cigar, put them in a deep dish, and put a piece of butter and a little salt and pepper on the place where the point has been cut off, cover them with a plate or dish, and let them bake for not less than three hours. They will throw out a delicious gravy.

**295. Spanish Onions (Baked)**—Ingredients—4 or 5 Spanish onions, butter, salt and water.

Salt a saucepanful of boiling water slightly, put the onions into this, leaving the skins on, and let them boil sharply for about an hour. When they are done, take them out, wipe them, and cover each in a piece of brown paper, bake in the oven for two hours. Add butter, pepper, and salt to taste, and serve in their skins.

**296. Spanish Onions (Stewed)**—Ingredients—5 or 6 medium-sized Spanish onions, 1 pt. of broth or gravy.

In paring the onions be careful not to cut off too much of the tops and ends. Put them into a large saucepan (avoid placing one on top of another). Add the broth or gravy, and allow it to simmer gently until the onions are quite tender, then dish them, pour the gravy over them, and serve quickly.

**297. Onions (Burnt, for Gravies)**—Ingredients—Half lb. of onions, 1 glass of water, 8 oz. of moist sugar,  $\frac{3}{4}$  pt. of vinegar.

Peel and mince the onions finely, and put into an iron stewpan, and add the water ; allow to boil seven minutes. Then put in the sugar, and allow to simmer until the mixture is nearly black and begins to smoke. Have ready the vinegar boiling hot, and strain the liquor slowly into it, stirring with a wooden spoon until it is thoroughly mixed ; set aside to cool, when ready, bottle for use.



298. **Onions (Stuffed)**—Ingredients—Very large Spanish onions, cold fat pork or bacon, bread crumbs, pepper, salt, mace, 10 spoonfuls of cream or milk, a well-beaten egg, butter, juice of half a lemon, browned flour, milk.

Wash and skin very large Spanish onions. Lay in cold water an hour. Parboil in boiling water half an hour. Drain, and while hot extract their hearts, taking care not to break the outside layers. Chop the inside thus obtained very fine, with a little cold fat pork or bacon. Add bread crumbs, pepper, salt, mace, and wet with a spoonful or two of cream (or milk in default of cream). Bind with a well-beaten egg, and work into a smooth paste. Stuff the onions with this; put into a dripping pan with a very little hot water, and simmer in the oven for an hour, basting often with butter melted. When done, take the onions up carefully, and arrange the open ends upwards in a vegetable dish. Add to the gravy in the dripping pan the juice of half a lemon, four tablespoonfuls of cream or milk, and a little browned flour wet with cold milk. Boil up once, and pour over the onions.

299. **Mushrooms.**

The cook should be well acquainted with the different sorts of things called by this name by ignorant people, as the deaths of many persons have been caused by carelessly using the poisonous kinds. The eatable mushrooms first appear very small and of a round form on a very small stalk. They grow very fast, and the upper part and stalk are white. As the size increases, the under part gradually opens and shows a fringed fur of a very fine salmon color, which continues more or less till the mushroom has been picked, when it turns to a brown. The skin can be more easily peeled from the real mushroom than from the poisonous kind. A good test is to sprinkle a little salt on the spongy part or gills of the sample to be tried; if they turn black they are wholesome, if yellow they are poisonous. Give the salt a little time to act, before you decide as to their quality.

300. **Mushrooms (Stewed)**—Ingredients—Mushrooms, salt, butter and browned flour.

Gather those that have red gills; cut off that part of the stem which grew in the earth; wash, and take the skin from the top; put them in a stew-pan, with some salt; stew them

till tender ; thicken with a spoonful of butter and browned flour.

301. **Mushrooms (Broiled)**—Ingredients—Mushrooms, salt, pepper, butter.

Prepare them as directed for stewing. Broil them on a griddle ; and when done, sprinkle salt and pepper on the gills, and put a little butter on them.

302. **Mushrooms (Baked)**—Ingredients—18 or 20 mushroom-flaps, pepper and butter to taste.

Paré the top and cut off part of the stalk, wipe them carefully with a piece of flannel or cloth and a little fine salt. Then put them into a baking dish and put a piece of butter on each mushroom. Sprinkle with pepper to taste and bake for twenty minutes or half an hour. When done serve on a hot dish with the gravy poured over the mushrooms.

303. **Mushrooms (a la Creme)**—Ingredients—Mushrooms, butter, salt, nutmeg, a bunch of herbs, yolk of one egg, some good cream.

Cut the mushrooms into pieces, and toss them over a brisk fire in butter seasoned with salt, a very little nutmeg, and a bunch of herbs. When they are done enough, and the butter nearly all wasted away, take out the herbs, add the yolk of an egg beaten up in some good cream ; make very hot and serve.

304. **Mushrooms (Ragout of)** — Ingredients — Mushrooms, melted lard or butter, salt, pepper, minced parsley, broth, a spoonful of cullis, a squeeze of lemon juice.

Skin and cut the mushrooms in slices, toss them in melted lard or butter, seasoned with salt, pepper, and minced parsley ; moisten with broth and a spoonful of cullis. Just before serving add a squeeze of lemon juice.

305. **Mushrooms (Essence of)**—Ingredients—Mushrooms, salt.

Sprinkle a little salt over flap or button mushrooms. Allow them to stand three hours. Mash them, and the following day strain off the liquor that will flow from them. Put in a stewpan, and boil till it is reduced one half. It will not keep very long, but it is a delicate relish.

306. **Parsnips.**

Boil, mash, season with butter, pepper and salt, make into little cakes, roll in flour and brown in hot lard. They are very nice cooked in this manner.

**307. Parsnips (American Fashion).**

Scrape and boil some parsnips, then cut each lengthwise in four, and fry them very brown, and dish in pairs. There is no vegetable so nourishing as parsnip, and when done in this way is very nutritious.

**308. Parsnips (Buttered)**—Ingredients—Parsnips, butter, pepper, salt, chopped parsley.

Boil the parsnips tender and scrape ; slice lengthwise. Put three tablespoonfuls of butter into a saucepan, with pepper, salt, and a little chopped parsley. When heated put in the parsnips. Shake and turn until mixture boils, then lay the parsnips in order upon a dish, and pour the butter over them, and serve.

**309. Parsnips (Mashed)**—Ingredients—Parsnips, 3 dessertspoonfuls of cream, butter the size of an egg, pepper, salt.

Boil and scrape the parsnips. Mash with potato beetle, remove the fibres, add the above ingredients, place in saucepan, heat to boiling, and serve in the form of a mound on a hot dish.

**310. Parsnips (Fried)**—Ingredients—Parsnips, flour, dripping, pepper.

Boil until tender, scrape and cut into pieces (lengthwise), dip in flour and fry in boiling dripping, browning both sides. Drain, first on sieve, then on blotting paper, pepper to taste, and serve very hot.

**311. Parsnips (Fricassee)**—Ingredients—Parsnips, milk, 2 spoonfuls of broth, a piece of mace, 1 half cupful of cream, butter, flour, pepper and salt.

Scrape them ; boil in milk till they are soft ; then cut them lengthwise into pieces two or three inches long, and simmer in a white sauce, made of two spoonfuls of broth, a piece of mace, one-half cupful of cream, a piece of butter, and some flour, pepper and salt.

**312. Cucumbers (to Dress)**—Ingredients—Half a teacupful of vinegar, 3 tablespoonfuls of salad oil, pepper and salt.

Pare and cut the cucumbers into slices as thin as a wafer (it is better to commence at the thick end). Place in a glass dish ; sprinkle with salt and pepper, and pour over the above proportions of oil and vinegar. This is a nice accompaniment to boiled salmon, and is useful in concocting a salad. It is also an excellent garnish for lobster salad.

313. **Cucumber (Stewed).**—Ingredients—3 large cucumbers, a little butter, half a pint of brown gravy, a little flour.

Cut the cucumbers lengthwise, removing the seeds. Have the pieces a convenient size for the dish they are served in. Plunge them into boiling water with a little salt. Allow it to simmer for five minutes. Put the gravy into another saucepan, and when the cucumbers are done, remove from the water and place in the gravy, and allow to boil until they are tender. If there should be a bitter taste, add a teaspoonful of granulated sugar. Dish carefully, skim the sauce, and pour over the cucumbers.

314. **Cucumber (Fried).**—Ingredients—Two nice cucumbers, pepper and salt, oil or butter.

Pare cucumbers, cut into slices, press the slices upon a dry clean cloth; dredge with flour; have ready a pan of boiling oil or butter, put the slices into it, and keep turning them until they are brown; remove them from pan and lay upon a sieve to drain. Serve on a hot dish.

315. **Cucumber (a la Maitre d'Hotel).**—Ingredients—A nice straight cucumber, boiling water, a little salt, piece of butter size of an egg, bunch of parsley, some small onions, pepper.

Peel a nice, straight cucumber, and cut it in four pieces lengthways; scoop out all the seeds, and then cut it up again into small long pieces about a finger length; throw these into a saucepan of boiling water and some salt. When they bend under the touch they are done, and must be taken out and very carefully drained in a sieve; then put them into a stewpan, with a good sized piece of butter, some finely chopped parsley, some onions, and salt and pepper to taste. The cucumber will not, however, require much salt, as the acid itself renders it salt tasting. Toss the pieces of vegetables well over a brisk fire until thoroughly heated through, and serve on a very hot dish.

316. **Cucumber (Fircis).**—Ingredients—Cucumber, meat stuffing, a bunch of herbs, and some good stock, a little corn flour, butter the size of an egg.

Cut off the tail ends of a short, thickly made cucumber, and scoop out the seeds with the end of a spoon, or marrow-spoon is best, then peel it very thinly; prepare a good meat stuffing, or even fish can be used as a forcemeat for a change, and fill the cucumber with it, replacing the ends originally cut off with

the aid of little wooden skewers. Wrap round the vegetable with a thin linen cloth, and put it into a stewpan with a bouquet of herbs and some good stock. Simmer over a clear fire until done, then reduce the liquid, thickening it with flour (a little corn flour is preferable) and butter. Serve in the grav thus made.

317. **Cucumber (à la Poulette)**—Ingredients—Butter the size of an egg rolled in flour, slices of cucumber, a little cream or stock, 2 eggs, a few drops of vinegar.

Put some floured butter (butter rolled in flour) into a stewpan, with slices of cucumber dressed as for *à la maitre d'hôtel*; moisten with some good cream, or stock in default of cream. Toss the cucumber until well heated through, then take it off the fire, and add two yokes of eggs, and a few drops (to taste) of vinegar.

318. **Cucumber (Frits).**

Cut the cucumber (already cooked) into pieces about the length of your little finger, dry them very carefully in a cloth, and fry them in butter. They can also be dipped in a good batter, and then fried in the same way as salsify. Particular care must be taken to have the vegetable very dry, as the slightest moisture will prevent them frying crisp.

319. **Haricot Beans (1).**—Ingredients—Half a pint of small white beans, enough cold water to cover them,  $\frac{1}{2}$  oz. of butter, teaspoonful of chopped parsley, a few slices of raw bacon.

Soak half a pint of small white beans over night in just enough water to cover them; the next day, boil two hours, strain, and put into a pie dish with half an ounce of butter, a teaspoonful of finely chopped parsley previously fried, cover with slices of raw bacon, and bake a quarter of an hour.

320. **Haricot (2).**—Ingredients—Beans, melted butter, 2 hard boiled eggs, fried parsley, a gill of milk, pepper salt, 3 drops of lemon juice.

Soak and boil as before; then stir into them some well-made melted butter, and garnished with hard-boiled eggs cut in halves and set on end on the top of the beans, with a little pyramid of fried parsley in the centre of the dish. The melted butter must be carefully made, with half an ounce of butter and the same of flour stirred together over the fire until they are well blended; then add a gill of milk, pepper and salt, and three drops of lemon juice; when this boils it is considered sufficiently cooked. An ordinary sized egg to be hard, should

be boiled twelve minutes ; if less it will be soft in the centre, if more it will be overdone, and have a black line round it near the shell.

321. **Lima Beans**—Ingredients—One qt. Lima beans, salt, pepper, butter, 1 qt. of milk.

Take one quart of Lima beans, wash and soak them over night in cold water ; simmer over a slow fire four hours ; then add salt, pepper, butter (the size of an egg), and one quart of sweet milk ; boil for half an hour.

322. **Lima and Butter Beans**—Ingredients—Beans, boiling water, a little salt and butter.

Shell and place in cold water, allowing them to remain in the water half an hour ; then put into boiling water with a little salt and cook until tender ; drain, and butter and pepper them.

323. **French Beans**—Ingredients—Beans, boiling water, butter the size of an egg, salt.

Top, tail, and string the beans *carefully* ; cut in pieces about an inch long ; lay in cold salt and water for a quarter of an hour ; drain and plunge into saucepan of boiling water and boil until tender ; drain in a cullender ; dish with the above proportion of butter stirred in.

324. **French Beans (to Preserve).**

Get the beans, some salt, and any kind of salting tub or earthenware pan ; put in a layer of beans, a layer of salt, and so on till full. When wishing to use, soak forty-eight hours ; cut and boil till cooked. The water must be changed several times in which they soak. They will be of an excellent color and flavor.

325. **Turnips (boiled)**—Ingredients—Turnips, boiling water, pepper, salt, a teaspoonful of sugar, a tablespoonful of butter.

Pare and cut in pieces ; put them into boiling water well salted, and boil until tender ; drain thoroughly and then mash and add a piece of butter, pepper and salt to taste, and a small teaspoonful of sugar ; stir until they are thoroughly mixed, and serve hot.

326. **Turnips (German recipe for cooking)**—Ingredients—Half a dozen large turnips, 3 oz. of butter,  $\frac{1}{2}$  pint weak stock, 1 tablespoonful of flour, pepper and salt.

Heat the butter in a stewpan, pare and cut the turnips into

pieces the size of dice and season with pepper and salt ; then place in the hot butter, toss over the fire for five minutes, add the stock and simmer gently until the turnips are tender. Brown the flour with a little butter ; add this to the turnips and simmer five minutes. Boiled mutton may be served with this dish.

327. **Turnips (a la Creme)**—Ingredients—One oz. of butter, a dessertspoonful of flour, pepper and salt, grated nutmeg, a little milk or cream.

Take small new turnips, peel and boil them in salted water ; drain them thoroughly. Melt one ounce of butter in a saucepan, add to it a dessertspoonful of flour, pepper, salt, grated nutmeg, and a small quantity of milk or cream ; put in the turnips ; simmer gently a few minutes, and serve.

328. **Turnips (a la de Maitre)**—Ingredients—Small new turnips, a little butter, chopped parsley, pepper and salt, and a squeeze of lemon.

Boil some small new turnips as in the preceding recipe ; drain them thoroughly, and melt some butter in the saucepan ; put the turnips in, give them a toss or two, add a little chopped parsley, pepper and salt, a squeeze of lemon juice, and serve.

329. **Carrots (to Boil)**—Ingredients—6 young carrots, a tablespoonful of salt.

Place upon the stove two quarts of warm water with the above proportion of salt, bring to a boil ; wash and scrape the carrots, remove any black specks, cut in halves, plunge into the boiling water, and boil until tender ; drain, and serve upon a hot dish.

330. **Turnips (Stewed)**—Ingredients—Carrots, a little weak broth, salt, butter, a dessertspoonful of flour, pepper.

Wash and scrape the carrots ; split the largest. Then whiten them in hot water, and drain them on a sieve ; then boil them in weak broth, with salt ; then put some butter in a saucepan, with a dessertspoonful of flour ; stir it and brown it. Add the carrots to it, broth and pepper. Stir, and let all simmer together.

331. **Carottes (Glacees)**—Ingredients — Carrots, butter, white powdered sugar, a little stock.

Trim up to resemble little pears in shape some new red carrots, and soak for a few minutes in water. Then fry in butter

with the addition of some white powdered sugar and a little good stock. When the pieces are sufficiently cooked increase the heat of the fire, so that evaporation goes on rapidly; let the carrots glaze, and then serve.

332. **Salsify (Boiled).**—Salsify, vinegar, water, butter, lemon juice, parsley, salt.

Scrape the roots, cut them in short lengths, and throw them into vinegar and water as they are being done. Boil them till tender in salted water, then drain, toss them into a saucepan with a piece of butter, a little lemon juice, and some minced parsley; add salt and serve.

333. **Egg Plant (Baked).**—Ingredients—Egg plant, salt, a cup of crumbs, 2 oz. of salt pork, an onion, pepper, nutmeg, butter.

Parboil fifteen minutes. Then make a triangular cut in the top; remove the piece and take out the seeds. Let it lie for an hour in water to which a tablespoonful of salt has been added. Make a stuffing of one cup of crumbs, two ounces of salt pork, and an onion chopped fine, one teaspoonful of salt, half a one of pepper and of nutmeg mixed: wet with half a cup of boiling water or stock, and fill the egg plant, tying a string around it to keep the piece in place. Bake an hour, basting often with a spoonful of butter in a cup of water.

334. **Vegetable Marrow (Stewed).**—Ingredients—1 marrow, 1 onion, a piece of butter, pepper, salt, nutmeg, parsley, a little stock.

Chop up half an onion very small, and put it in a saucepan with a piece of butter; when it begins to color put in the vegetable marrow (cut in slices), add pepper, salt, and grated nutmeg; moisten with stock, and stew till done, adding some finely minced parsley just before serving.

335. **Vegetable Marrow (Fried).**—Ingredients—1 marrow, a little salt, flour, dripping or lard.

Having peeled and removed the seeds of a good-sized vegetable marrow, cut it in strips one and a half inches long by three-quarter inches square; put these on an inverted plate placed in a basin, and strew plenty of finely powdered salt over them. In a couple of hours take up the pieces of marrow and dry them in a cloth by wringing it at both ends, not so hard, however, as to break them; then put them in another cloth with some flour and shake them well, so that they are individually well covered with flour; lastly, put them in a frying basket



and plunge this in very hot fat ; as soon as the marrow strips begin to color, lay them, sprinkled with salt, in front of the fire to drain, and serve hot.

336. **Vegetable Marrow (Boiled)**—Ingredients—Allow 1 tablespoonful of salt to  $\frac{1}{2}$  gallon of water, marrow.

Having prepared the water as above bring to the point of boiling ; peel the marrow and plunge into the boiling water, and boil until tender ; remove from the water with a slice, halve, and should it be very large quarter it. Dish on toast, and send to table accompanied with a tureen of melted butter.

337. **Green Corn (Stewed).**

Having cut the corn from the cob, put into boiling water and allow to stew a quarter of an hour ; remove nearly all the water and cover with milk, and allow to stew until tender ; before dishing, roll some pieces of butter in flour and mix with the corn, adding a little pepper and salt ; give one boil and serve.

338. **Green Corn (Boiled).**

Strip off all the outer husks, allowing the innermost to remain ; remove the silk and re cover the ear with the remaining husk, secure with a piece of thread, plunge into boiling salted water, and boil half an hour. Cut off stalks and dish upon a napkin.

339. **Green Corn (Roasted)** -- Ingredients—Corn, butter, salt, pepper.

Open the husks, remove the silk, close the husks closely, and roast in the ashes of a wood fire until tender ; serve with butter, pepper, and salt. This is frequently eaten in camp.

340. **Summer Squashes**—Ingredients—Squash, butter, pepper, salt.

Pare the outer rind, remove the seeds, quarter, and lay in ice water ten minutes ; put into boiling water, a little salt, and cook until tender ; press all the water from them. Mash smooth, season with the above ingredients, and serve *hot*.

341. **Winter Squash.**

Proceed as above, allowing more time to cook ; before putting into the boiling water, allow it to soak in cold water three hours.

342. **Cauliflower (Boiled)**—Ingredients—Cauliflower, salt water.

Wash in two or three waters. Cut off the end of stalk and

outer leaves, allow to lie in salt and water five minutes, plunge into boiling salted water, and boil fifteen or twenty minutes; drain and serve hot.

343. **Cauliflower (Fried)**—Ingredients—Cauliflower, salt, vinegar, whole pepper, a few cloves, butter, lard.

Pick out all the green leaves from a cauliflower, and cut off the stalk close; put it head downwards in a saucepan full of boiling salted water; do not overboil it; drain it on a sieve, pick it out into small sprigs, and place them in a deep dish with plenty of vinegar, whole pepper, salt, and a few cloves. When they have lain about an hour in this drain them, dip them in batter, and fry in hot lard to a golden color.

344. **Cauliflower (Scalloped)**—Ingredients—Cauliflower, 1 oz. butter,  $\frac{1}{2}$  gill of milk, 1 oz. bread-crumbs, cayenne, salt, 1 egg.

Choose a cauliflower of medium size, boil it twenty minutes; put into a saucepan one ounce of butter, half a gill of milk, and one ounce of bread crumbs; add cayenne and salt to taste, and stir till the bread has absorbed the milk and butter. Beat an egg and add this to the sauce, but be sure that it does not simmer after the egg has been added. Butter a flat tin dish, take off the fine leaves of the cauliflower and place them all round on it, break up the flower carefully and lay it in the centre, making it as high as possible; pour the sauce over this, sprinkle a few bread-crumbs on the top, and bake ten minutes.

345. **Green Peas (to keep).**

Shell, and put them into a kettle of water when it boils; give them two or three warms only, and pour them into a cullender; when the water drains off, turn them out on a table 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 the cellar or in the earth. When they are to be used, boil them till tender, with a piece of butter, a spoonful of sugar, and a little mint.

346. **Green Peas (to boil).**

When they are to be used, let them lie an hour in water; then set them on with cold water and a piece of butter, and boil them till ready. Put a sprig of dried mint to boil with them. Boiled peas should not be overdone, nor in much water; chop some

scalded mint to garnish them, and stir a piece of butter in with them.

**347. Green Peas (Stewed)**—Ingredients—A quart of peas, 1 lettuce, 1 onion, butter, pepper, salt, 1 egg, a little flour.

Put a quart of peas, a lettuce and an onion both sliced, a piece 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 little flour and butter. Some think a teaspoonful of white powdered sugar is an improvement.

**348. Green Peas (à la Française)**—Ingredients—For every pint of peas 1 gill of water, 1½ oz. of butter, a bunch of parsley, salt, pepper, 8 or 9 small white onions, 1 lettuce.

Put the required quantity of peas necessary for your dish into a perfectly clean and bright stewpan, with some water and butter in the following proportions: For every pint of peas one gill of water and one ounce of butter. When this is thoroughly amalgamated, add a little bouquet, tied together, of parsley, also salt, pepper, and another half ounce of butter, then eight or nine small white onions, and a whole lettuce. Simmer the whole well for an hour, or more if the peas and other vegetables are not completely tender. The time, in fact, must be regulated according to the judgment of the cook. When done, take out the bunch of parsley, the lettuce, and the onions, which are very serviceable for hashes, stews, or soups, even when used as above. The peas, when once cooked, must not be touched by a spoon or a fork, as it would bruise them and spoil the appearance of the entrée, but well tossed constantly to prevent them sticking to the stewpan, always kept briskly simmering, but never boiling, otherwise they will harden.

**349. Asparagus**—Ingredients—Asparagus, salt, toast, butter.

After scraping the stalks to cleanse them, place them in a vessel of cold water. Tie them up neatly into bundles of about twenty-five heads each, then place them in a saucepan of boiling water, sprinkling a handful of salt over it. When it is boiling remove any scum there may be; the stalks will be tender when they are done; they will take about twenty minutes or half an hour; be careful to take them up the minute they are done; have ready some toast, dip it in the liquor in which the asparagus was boiled; dish upon toast, and serve with a boat of melted butter.

350. **Asparagus (in Ambush)**—Ingredients—2 bunches of asparagus, 8 stale biscuits (or rolls may be used), 4 eggs, about  $\frac{1}{2}$  pint of milk, butter the size of an egg, flour, pepper and salt to taste.

Take the green tops of the two bunches of asparagus, boil them tender and mince finely. While they are boiling, take the biscuits or rolls, divide them, keeping the top half for a cover; place them all in the oven to crisp; make the milk hot, and then pour in the eggs beaten; stir over the fire until it thickens, then add the butter rolled in flour, and lastly add the asparagus; spread the rolls with this mixture, put on the tops and serve hot.

351. **Asparagus (and Eggs)**—Ingredients—26 or 30 heads of asparagus, good rich butter, salt and pepper, 5 or 6 eggs.

Boil the asparagus (after cutting them into pieces of about half an inch) for fifteen minutes; take a cup of rich butter and put it into a saucepan; drain the asparagus, and put it with the butter; heat then to a boil, seasoning with pepper and salt, and then pour into a buttered baking tin or dish; break five or six eggs neatly over the surface of this, sprinkle with pepper and salt, and put it in the oven until the eggs are set nicely. Serve hot.

352. **Asparagus (Pudding)**—Ingredients—Green tops of 2 bunches of asparagus, 3 tablespoonfuls of prepared flour, 4 or 5 well-beaten eggs, 2 dessertspoonfuls of melted butter, 1 teacup of milk, a pinch of soda, pepper and salt to taste.

Boil the asparagus and when cool chop finely; take the eggs, butter, pepper and salt, and beat them up together, then put in the flour; stir the soda into the milk, and add gradually; lastly put in the asparagus. Put this into a buttered mould with a lid, or if it has no lid tie it down tightly with a floured cloth; boil for two hours. When done, turn out on a dish, and pour melted butter round it.

353. **Artichokes (with White Sauce)**—Ingredients—Salted water,  $\frac{1}{2}$  oz. butter, 1 tablespoonful of flour, white pepper and salt, the yolks of 2 eggs and the juice of a lemon.

Wash them well, peel and shape them to a uniform size; throw them into boiling salted water, and let them boil fifteen to twenty minutes; drain them at once thoroughly; put them on a dish and serve with the following sauce poured over them. Mix over the fire one and a half ounces of butter with a tablespoonful of flour; add half a pint of boiling water,

white pepper, and salt to taste ; stir till the sauce thickens, then take the saucepan off the fire and stir in the yolks of two eggs, beaten up with the juice of a lemon, and strained.

354. **Artichokes (with Cream)** — Ingredients—The same ingredients as above, adding a little cream and grated nutmeg.

Prepare and parboil them as in the preceding recipe ; then put them into a saucepan with a due allowance of white sauce, and let them finish cooking in this, adding at the last a small quantity of cream and grated nutmeg.

355. **Artichokes (with Gravy)**—Ingredients—As No 352, adding gravy.

Prepare them as above, cutting them to the size of pigeons' eggs. Parboil them for ten minutes, drain them and toss them in a saucepan, with a piece of butter ; then add a small quantity of good clear gravy and a dust of pepper. Let them simmer very gently till wanted.

356. **Artichokes (Mashed)**—Ingredients—Salted water, a piece of butter, a little cream, white pepper, nutmeg and salt.

Wash, peel, and boil them in salted water ; drain and pass them through a hair sieve. Squeeze all the water out of the pulp ; put it into a saucepan, and work them on the fire, with a piece of butter and a little cream, adding white pepper, nutmeg and salt if necessary. When quite hot and sufficiently dry, serve.

357. **Artichokes (Fried)**—Ingredients—A little flour, lard, butter.

Wash, peel, and parboil them whole for ten minutes, then cut them in strips the size of a little finger. Flour them carefully, and fry in hot lard ; or they may be dipped in batter and fried. Serve piled up on a napkin.

358. **Artichokes (au Gratin)** — Ingredients—A shallot, baked bread crumbs, pepper, salt, powdered thyme, lemon juice, butter.

Wash, peel, and boil them whole ; cut them in slices the thickness of a cent. Butter a dish previously rubbed with a shallot ; arrange the slices on it, strew over them some baked bread crumbs, seasoned with pepper, salt, and a little powdered thyme, add a squeeze of lemon, put a few pieces of butter on the top, and bake for ten or fifteen minutes.

359. **Pumpkin (Stewed)**—Ingredients—Pumpkin, butter, pepper and salt.

Halve, remove the seed, pare and slice neatly. Soak for

an hour in cold water ; then place in a saucepan of boiling water on the fire. Allow it to stew gently until it falls to pieces. Stir often. Then take it out, drain, squeeze, and rub through a cullender, then put it back in the saucepan adding two dessert-spoonfuls of butter, pepper and salt to taste. Stir quickly, and when nearly boiling dish, adding more pepper if required.

360. **Pumpkin (Baked)**—Ingredients—A nice rich pumpkin, butter.

Cut the pumpkin into quarters, remove seeds, cut into slices lengthwise about half an inch thick. Place in a baking d'sh suitable for the purpose and arrange in layers about three slices deep. Put a very little water in the bottom of the dish and bake very slowly until done (the water must have evaporated). It takes a long time to bake. Butter the slices on both sides and dish. It is eaten with bread and butter and tea.





# SALADS

## OBSERVATIONS OF SALADS.

The following vegetables are commonly used in compounding salads: Beetroot, lettuce, cucumber, mint, parsley, radish, mustard and cress, onions, and celery. Any remnants of boiled fresh fish make very good salads; they should be sliced and seasoned with anchovies, parsley, vinegar, etc.

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361. **Salad**—Ingredients—Four or five heads of cabbage lettuce, 4 spoonfuls of olive oil,  $1\frac{1}{2}$  or 2 tablespoonfuls of tarragon vinegar, pepper and salt to taste, a small pinch of mint minced finely.

Take four or five heads of cabbage lettuce, remove all outside leaves, and cut off the stalks close; then cut each head apart into four or five “quarters,” that is, cut through the stalk and then tear the rest. Put four tablespoonfuls of olive oil into the salad bowl, with two and one half tablespoonfuls of tarragon vinegar, pepper and salt according to taste, and beat the mixture with a fork for some minutes; then put in the lettuce, and keep it turning over swiftly for five minutes, adding a small pinch of mint, chopped as finely as possible.

362. **Lettuce Salad**—Ingredients—Two heads of lettuce, yolks of 2 hard boiled eggs, a teaspoonful of French mustard, pepper and salt to taste, 4 tablespoonfuls of oil, 1 of tarragon, and 1 of plain vinegar, chervil, garden cress and tarragon.

Wash two heads of lettuce, dry them thoroughly, and break the leaves or cut them into convenient pieces. Put the yolks of two hard-boiled eggs into a basin with a teaspoonful of French mustard, pepper and salt to taste, and a tablespoonful of oil; work the mixture into a smooth paste, and add consecutively three tablespoonfuls of oil, one of tarragon, and one of plain vinegar; then a little chervil, garden cress, and tarragon finely chopped. Stir the mixture well, and lastly add the lettuce; turn it or work it well. Garnish the top with hard-boiled eggs.

363. **Potato Salad** (1)—Ingredients — Shallot, some cold boiled potatoes, 3 parts of oil to one part of tarragon vinegar, pepper and salt to taste, and a small quantity of any of the following: powdered sweet herbs, mint, parsley, chervil, tarragon or capers.

Rub a dish with shallot; dispose it on some cold boiled potatoes cut in slices; beat together three parts of oil and one part, more or less according to the strength of it, of tarragon vinegar, with pepper and salt to taste. Pour this over the potatoes, and strew over all a small quantity of any of the following: powdered sweet herbs, mint, parsley, chervil, tarragon or capers, or a combination of them all, finely minced.

364. **Potato Salad** (2)—Ingredients—Cold boiled potatoes, anchovies, capers, tarragon or powdered sweet herbs, plain salad dressing as above, shallot, hard boiled eggs.

Cut cold boiled potatoes in small cubes. Bone and fillet a few anchovies and chop them up, take the same quantity of capers, mix all together with some finely minced tarragon or powdered sweet herbs, and a plain salad dressing as above. Put on a dish rubbed with shallot, and make a border round it of pieces of hard-boiled eggs.

365. **Potato Salad** (3)—Ingredients—Five cold boiled potatoes,  $\frac{1}{2}$  a small beetroot,  $\frac{1}{2}$  a Spanish onion, 3 inches of pickled cucumber, salad dressing as above, a little English mustard, sweet powdered herbs, hard boiled eggs.

Take four or five cold boiled potatoes, half a small beetroot, half a small Spanish onion plainly boiled, and about three inches of pickled cucumber. Cut them all in slices and arrange them on a dish. Pour over them a salad dressing as above, adding a little English mustard to it, and strew powdered sweet herbs over. Serve with a border of hard-boiled eggs cut in slices.

366. **Salad (Lobster)**—Ingredients — Lettuce, endives, beetroots, dressing, 4 tablespoonfuls of oil, 2 of vinegar, 1 teaspoonful of made mustard, yolks of 2 hard-boiled eggs,  $\frac{1}{4}$  of a teaspoonful of anchovy sauce, cayenne, salt, 1 hen lobster, 2 hard-boiled eggs.

Clean thoroughly some lettuce, endives and beetroots, cut them up and mix them with the following dressing: four tablespoonfuls of oil, two ditto of vinegar, one teaspoonful of made mustard, the yolks of two eggs, half a teaspoonful of anchovy sauce, and cayenne and salt. Pick out from the shells the flesh of one hen lobster, cut into well-shaped pieces, put half in the salad and garnish with the rest, also with the whites of



two hard-boiled eggs chopped fine, and the yolks mixed with the coral and rubbed through a sieve.

- 367. Salad (Sardine)**—Ingredients—3 sardines for each person, 2 eggs, 1 teaspoonful each of French mustard, and essence of anchovies, strained oil from a box of sardines, adding enough Lucca oil to make three tablespoonfuls in all, Chilli, shallot, and good malt vinegar to taste, lettuce, mustard and cress, some red capsicum.

Allow three sardines for each person ; bone and fillet these, carefully removing all the skin, and set them aside until required. Boil two eggs for three minutes ; shell them and break them up in your salad bowl with a spoon ; mix with them a teaspoonful each of French mustard and essence of anchovies, the strained oil from the tin of sardines with as much Lucca oil as will make three tablespoonfuls in all ; add Chilli, shallot, and good malt vinegar to taste (vinegar varies so much in acidity that it is difficult to specify the exact proportion). Cut up some nice crisp lettuce, and mix it well with the dressing, but only just before it is to be served. Put a little heap of mustard and cress in the centre of the salad, with a whole red capsicum upon it. Arrange the sardines round, and outside these a border of mustard and cress, dotted here and there with thin slices of red capsicums.

**368. Salad (Anchovy).**

The anchovies sold in bottles, ready filleted and preserved in oil, will be found most convenient for this. Make the salad as for sardines, only omitting the essence of anchovies. The eggs may be boiled hard, the yolks used for the dressing, and the whites cut in rings and filled with mustard and cress.

- 369. Salad (Game)**—Ingredients—Cold grouse, partridge or pheasant, pepper, salt, juice of a lemon, about 2 tablespoonfuls of fresh salad oil, lettuce, salad sauce, hard-boiled eggs, fillets of anchovies, sprigs of parsley.

Cold grouse, partridge or pheasant may be used in this way. Cut them into joints, and put them into a pie dish ; season with salt and pepper, and pour over them the juice of a lemon and about two tablespoonfuls of very fresh salad oil ; let them remain in this for three or four hours. Having cut up and well dried a fresh lettuce place it on a flat dish and arrange the pieces of game which have been in the oil and lemon juice neatly in the centre ; over the game pour a salad sauce, which should be of the consistency of thick cream. Ornament the

top with slices of hard-boiled egg, fillets of well-washed and scraped anchovies, and garnish with tiny sprigs of parsley. Cold chicken, or the white meat from a cold turkey cut into small pieces, may be treated in this way. Cold salmon or turbot are also excellent.

370. **Salad (Egg)**—Ingredients—Hard-boiled eggs, chopped parsley, pepper, salt, vinegar, and oil.

Slice hard-boiled eggs, and dress them with chopped parsley, salt, pepper, vinegar, and oil. They must, of course, be very cold before they are sliced.

371. **Salad (Beetroot)**—Ingredients—Beets, vinegar, salt, pepper, sugar, mustard, 1 tablespoonful of oil to 4 of vinegar.

Put the beets into a saucepan, and allow to boil until tender ; then scrape clean. Drop them into a pan of cold water for three or four minutes to cool them ; slice thinly and dress with the remaining ingredients. This salad will keep not more than two days.

N.B.—This salad must be allowed to stand covered for two hours before serving.

372. **Salad (Celery)**—Ingredients—2 heads of celery, 1 tablespoonful of salad oil, half a teacupful of vinegar, a teaspoonful of granulated sugar, pepper and salt to taste.

Well wash the celery, removing any unsightly parts, lay in iced water until wanted ; then cut into pieces about an inch in length. Season with remaining ingredients, mix well and serve in salad bowls.

373. **Salad (Red Cabbage)**—Ingredients—One small red cabbage, 1 small dessertspoonful of salt,  $\frac{1}{2}$  pint of vinegar,  $1\frac{1}{2}$  dessertspoonfuls oil, a little cayenne pepper.

Secure a nice fresh cabbage, remove the outer leaves and cut the cabbage into nice thin slices, then mix in the above ingredients and allow to stand for two days when it will be fit for use. This salad will keep good for several days.

374. **Salad (Oyster)**—Ingredients—1 tin of oysters containing about a quart, 1 head of celery, 1 tablespoonful of oil, 1 small teaspoonful of salt, made mustard and pepper, 3 dessertspoonfuls of cider vinegar, a pinch of white sugar.

Strain off the liquor from the oysters and cut them up (do not chop them), mince the celery and blend with the oysters. Mix the remaining ingredients, putting in the vinegar last, then pour over the celery and oysters. Stir well, and serve directly, as this salad will not keep long.



# PICKLES

## OBSERVATIONS ON PICKLES.

Enamelled kettles should always be used in preference to those of brass or copper, as the verdigris produced by the vinegar on these metals is extremely poisonous. For some pickles use cold vinegar, as in boiling most of the strength is lost by evaporation. For French beans, brocoli, cauliflowers, gherkins, etc., it is better to heat the vinegar, for which the following process is recommended :—Put the vinegar and spice in a jar, cover it tightly, let it simmer on the back of the stove. Shake occasionally. Pickles should never be put into glazed jars, as salt and vinegar penetrate the glaze, which is poisonous.

Glass or stone jars are preferable to any other ; a small piece of alum in each jar will make the pickles firm and crisp. One tablespoonful of sugar to each quart of vinegar will be found a very great improvement to all pickles. Always use the best cider or wine vinegar.

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375. **Onions** (1)—Ingredients—Onions, best white wine vinegar, allspice and whole black pepper.

In the month of September, choose the small white round onions, take off the brown skin, have ready a very nice tin stewpan of boiling water, throw in as many onions as will cover the top ; as soon as they look clear on the outside, take them up as quickly as possible with a slice, and lay them on a clean cloth, cover them close with another, and scald some more, and so on. Let them lie to be cold, then put them in a jar, or glass, or wide mouthed bottles, and pour over them the best white wine vinegar, just hot but not boiling. To each gallon of vinegar add one ounce of allspice and one of black pepper. When cold, cover them. Should the outer skin shrivel, peel it off. They must look quite clear.

- 376. Onions** (2)—Ingredients—Onions, vinegar, allspice, whole black pepper.

To each quart of vinegar allow a dessertspoonful of allspice and one of whole black pepper; take off the outer skin with the fingers, the next skin should be taken off with a plated or silver knife; it may be found necessary to remove a third skin if the onions do not look perfectly clear. As the onions are prepared drop them into jars; then cover with cold vinegar, adding allspice and whole pepper as directed; cover very tightly and in three weeks they will be ready for use. This is a most excellent recipe for onions. They should be eaten within six or seven months, as they will not be crisp after that time.

- 377. Walnuts**—Ingredients—Fifty walnuts (seasonable for pickling early in July). To each pint of vinegar allow 1 oz. of black pepper, half an ounce of allspice, and half an ounce of bruised ginger.

Prick the walnuts with a fork, and put them in a brine (composed of one pound of salt, to each quart of water). Let them remain in this nine days, changing the brine three times. Put them in the sun until they turn black; put them into jars allowing sufficient room to cover them with vinegar; boil (or scald) vinegar and spices in the above proportions. Cover closely and keep dry. They can be used in six weeks.

- 378. Jumbo Pickles**—Ingredients—Cabbage, salt, onions, pepper and celery seed, strong vinegar.

Take a head of cabbage; chop fine, sprinkle with salt; let it remain thus for twelve hours; then mix an onion finely minced with the cabbage; drain through a cullender; add a good quantity of pepper and celery seed. Put it in a jar and cover with vinegar. Ready for use in three days.

- 379. Red Cabbage**—Ingredients—Cabbage, beetroot, vinegar, spice.

Slice it into a cullender, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour hot vinegar enough to cover, and put a few slices of red beetroot. Observe to choose the purple red cabbage. Those who like the flavor of spice will boil it with the vinegar. Cauliflower cut in branches, and thrown in after being salted, will look of a beautiful red.

- 380. Mushrooms**—Ingredients—Button mushrooms, pepper, mace, salt and vinegar.

Buttons must be rubbed with a bit of flannel and salt; and

from the larger take out the *red* inside, for when they are black they will not do, being too old. Throw a little salt over, and put them into a stewpan with some mace and pepper; as the liquor comes out, shake them well, and keep them over a gentle fire till all of it be dried into them again; then put as much vinegar into the pan as will cover them, give it one warm, and turn all into a glass or stone jar. They will keep two years and are delicious.

381. **Lemons**—Ingredients—Lemons, salt, vinegar, rape vinegar, Jamaica pepper and ginger, mustard seed, garlic.

They should be small, and with a thick rind; rub them with a piece of flannel; then slit them half down in four quarters, but not through to the pulp; fill the slits with salt hard pressed in, set them upright in a pan for four or five days, until the salt melt; turn them thrice a day in their own liquid, until tender; make enough pickle to cover them, of rape vinegar, the brine of the lemons, Jamaica pepper and ginger; boil and skim it; when cold, put it to the lemons, with two ounces of mustard seed, and two cloves of garlic to six lemons. When the lemons are used, the pickle will be useful in fish or other sauces.

382. **Cucumbers**—Ingredients—Cucumbers, pepper, ginger, vinegar.

Cut the cucumbers into slices about half an inch thick; sprinkle with salt, and let them remain twenty-four hours, then drain for seven hours. Pour the hot vinegar over them. Keep them in a warm place for a short time. Tie them down with bladder and you may use them in a few days.

383. **Picklilli**—Ingredients—Small cucumbers, button onions, small bunches of cauliflower, carrots, ginger, grapes, strips of horse radish, radishes, bean pods, cayenne pods, 4 quarts of white wine vinegar, 4 tablespoonfuls of salt, mustard and flour, 2 tablespoonfuls of ground ginger, pepper, allspice and turmeric.

The brine for this pickle is made by putting a pint of rock salt into a pail of boiling water. Put the vegetables for pickling into a brine and cover tightly to prevent the steam escaping. Allow them to stand a night and a day. Change the brine a second time and allow them to remain the same length of time. The second brine may be used a second time if skimmed and scalded. Choose pickles from the brine of an equal size and of various colors. Great taste may be displayed in the arrangement of the pickles when putting them in bottles. To four

quarts of white wine vinegar add the spices. Simmer these together (the mustard and turmeric must be blended together with a little vinegar before they are added to the liquor); when the liquor is on the point of boiling, pour into a vessel; cover tightly. When sufficiently cold pour into the bottles containing the pickle, and make air tight. It will be ready for use in five or six months.

384. **Eggs**—Ingredients—32 eggs, 2 quarts of vinegar, 1 oz. of black pepper, 1 oz. of Jamaica pepper, 1 oz. of ginger.

Boil the eggs hard (ten or twelve minutes would be sufficient time). Dip them in a pan of cold water for a minute to prevent them turning black, and remove the shells. Allow the remaining ingredients to simmer gently in a saucepan for ten minutes or a quarter of an hour. Put the eggs into your pickling jar and pour over the boiling vinegar, pepper and ginger. Let them stand till cold and make air tight. Ready for use from a month to six weeks.

385. **Beets**—Ingredients—Vinegar, beets, 2 oz. of whole pepper, 2 oz. of allspice to every gallon of vinegar.

Carefully remove all dirt from the beets. Let them simmer in boiling water for one hour and a half, then take them out and leave to cool. Boil the remaining ingredients for ten or fifteen minutes and leave to cool. When cold pour it over the beets (which you have previously pared and cut into thin slices). Make air-tight and they will be ready for eating in a week or ten days.



# EGGS

## OBSERVATIONS ON EGGS.

As a rule the quality of eggs largely depends upon the rood given to the hen. The eggs of the common hen or barn door fowl are esteemed most delicate when new laid, and for invalids they are exceedingly nutritious beaten up raw. The white of the egg, from its tendency to coagulate into a hard and indigestible substance, is likely to disagree with some invalids when the yolk may prove perfectly harmless. About one-third of the entire weight of any egg may be regarded as nitrogenous and nutritious matter ; a greater proportion than that of meat, which is rated at only from twenty-five to twenty-eight per cent. The lightest way of cooking them is by poaching. It is a good plan in testing new laid eggs to apply the tongue to large end of the egg, and if perfectly fresh will feel warm, or they can be held to the light and if perfectly clear will be good ; or try them in water—the freshest will sink first. Always keep them in a cool place.

It is said that covering eggs with a solution of beeswax in warm olive oil (one-third of beeswax, two-thirds of olive oil) will keep them fresh for two years.

The following recipe has been used by an old housekeeper for about fourteen years, and has never been known to fail : To five quarts of water put one pound of salt, and one ounce of saltpetre ; boil them ten minutes, and when nearly cold add sour spoonfuls of unslacked lime. Let this stand two days, (tirring it very frequently, then put your eggs into a pipkin *i.e.*, a large earthen jar with straight sides, about a foot or more deep), the narrow end of the egg downwards, and pour the mixture over when it is clear.

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386. **Poached Eggs (on Toast)**—Ingredients—Two or more eggs, salt, vinegar, peppercorns, leaves of parsley, hot buttered toast.

If the eggs are not new laid, they will not poach well      Fill

a shallow saucepan with water slightly salted, add a little vinegar, a few peppercorns, and some leaves of parsley. When the water is on the point of boiling (it should never be allowed to boil) break two or more eggs into it (according to the size of the pan), and put on the cover ; when done, take them out carefully, brush them clean on both sides with a paste brush, and cut each egg with a round fluted paste cutter, so as to get them of a uniform shape, lay them on slices of hot buttered toast, and serve.

**386. Poached Eggs (on Ham toast)**—Ingredients—Buttered toast, grated ham, poached eggs.

Make some buttered toast, and cut it in pieces of uniform shape, spread over them a small quantity of grated ham, then put a poached egg on each piece of toast, and serve hot.

**387. Poached Eggs (and Spinach)** — Ingredients—Poached eggs, 2 or 3 lbs. of spinach, butter, a pinch of flour, pepper and salt to taste, milk, fried sippets.

Poach the eggs as above, and serve on a purée made as follows: Pick and wash perfectly clean two or three pounds of spinach, put it into a saucepan with a little water, and let it boil till quite done, turn it out on a hair sieve to drain, squeeze the water out, and pass the spinach through the sieve. Put a good lump of butter into a saucepan, fry it a light brown, add a pinch of flour, mix well, put in the spinach, pepper and salt to taste, and a little milk, stir well, dispose the spinach on a dish, laying the poached eggs on the top of it, and a border of fried sippets round it.

**388. Poached Eggs (and Minced Chicken)**—Ingredients—Remnants of fowl, equal quantity of ham or tongue, truffles or mushrooms, butter, a pinch of flour, white pepper, salt, and powdered spices, white stock, yolk of an egg, juice of half a lemon, bread, sippets, poached eggs.

Take some remnants of fowl, free from skin, etc., mince them with an equal quantity of ham or tongue, as well as a small quantity of truffles or mushrooms, all finely minced ; toss the whole in a saucepan with a good sized piece of butter mixed with a pinch of flour, add white pepper, salt, and powdered spices to taste, and moisten with a little white stock ; lastly, stir in, off the fire, the yolk of an egg beaten up with the juice of half a lemon and strained ; serve within a border of bread sippets fried in butter, and dispose the poached eggs on the top.



- 389. Poached Eggs (on a Puree of Game)**—Ingredients—Carcasses of roast game,  $\frac{1}{2}$  an onion, a carrot, a bay-leaf, a small piece of celery, a couple of cloves, a little mace, some whole pepper, a large pinch of salt, common stock,  $\frac{1}{2}$  lb. lean beef, butter, poached eggs, fried sippets.

Take any carcasses of roast game—say three snipe or two partridges—cut them up into convenient pieces, and pack them into a saucepan with half an onion, a carrot, a bay leaf, a small piece of celery, a couple of cloves, a little piece of mace, some whole pepper, and a large pinch of salt; pour in just enough common stock to cover the contents; let the whole boil for a couple of hours, strain the liquid and put it by; take half a pound of lean beef, chop it up and pound it in a mortar with all the flesh that can be picked out of the pieces of game, then pass the whole through a sieve, moistening now and then with some of the liquor; lastly, heat the purée, correct the flavoring if necessary, stir in a piece of fresh butter the size of a walnut, and serve with fried sippets round and poached eggs on the top.

- 390. Eggs (au Gratin)** — Ingredients—Hard-boiled eggs, butter, grated Parmesan cheese, black pepper, powdered nutmeg, baked bread crumbs.

Cut some hard-boiled eggs in slices, and lay them on a well-buttered dish, with grated Parmesan cheese, black pepper, and the least bit of powdered nutmeg; sprinkle some baked bread crumbs over all, put the dish into the oven, and serve as the contents begin to color.

- 391. Eggs (Stewed)**—Ingredients—Spanish onions, butter, flour, cream or milk, pepper and salt to taste, grated nutmeg, hard-boiled eggs, bread sippets.

Cut some Spanish onions in slices, and fry them in plenty of butter till they are quite done without taking color, add a small quantity of flour, and when this is amalgamated with the butter, moisten with a due quantity of cream, or simply milk, then add some pepper and salt to taste, a little grated nutmeg, and a quantity—equal in bulk to the onions—of hard-boiled eggs cut in slices. Let the whole simmer gently till quite hot, and serve with bread sippets fried in butter.

- 392. Eggs (à la Soubise)**—Ingredients—Onions, milk, pepper, salt, nutmeg, butter, flour, cream or milk, hard-boiled eggs.

Boil some onions in milk with pepper, salt, and nutmeg; when quite done pass them through a sieve. Put some butter

into a saucepan with a little flour, when the butter is melted and well mixed with the flour, put in the onion pulp, and add either milk or cream until the sauce is of the proper consistence, then add hard-boiled eggs cut in half, and as soon as they are quite hot serve.

393. **Eggs (a la Maitre D'Hotel)**—Ingredients—Hard-boiled eggs, butter, pepper, salt, minced parsley, lemon juice.

Cut some hard-boiled eggs in half, toss them in butter till quite hot, add pepper, salt, minced parsley, and a little lemon juice, and serve.

394. **Eggs (with Spinach)**—Ingredients—Eggs, sippets of bread, butter, spinach, salt, a tablespoonful of flour, pepper and salt to taste, cold stock.

Boil a number of eggs in their shells for three or four minutes, then dip them into cold water, carefully removing the shells, and place them again in hot water to make them quite hot; drain, and serve them on the following purée with sippets of bread fried in butter round the dish: Pick and wash a quantity of spinach, put it into a saucepan with a little water and some salt, when thoroughly done drain off all the moisture and pass the spinach through a sieve. Amalgamate a piece of butter and a tablespoonful of flour in a saucepan on the fire, put in the spinach and stir well for some minutes, then add pepper and salt to taste, and the yolk of one egg beaten up with a little cold stock and strained.

395. **Buttered Eggs**—Ingredients—Four eggs, 2 oz. of butter, 2 tablespoonfuls of cream, a little grated tongue, pepper and salt to taste, pieces of buttered toast.

Break four eggs into a basin, and beat them well; put two ounces of butter and two tablespoonfuls of cream into a saucepan; add a little grated tongue, pepper and salt to taste, when quite hot add the eggs, stir till nearly set, then spread the mixture on pieces of buttered toast and serve.

396. **Fried Eggs (1)**—Ingredients—Butter, eggs, pepper, salt.

Melt a piece of butter in a small frying pan, break two eggs in it carefully so as not to break the yolks; when nearly set, trim the edges of the whites and slip them out on a hot dish, pour the butter over them, sprinkle with salt and pepper, and serve.

397. **Fried Eggs** (2)—Oil, dripping or lard, eggs.

Put a good allowance of either oil, dripping, or lard in a frying pan; when quite hot break an egg into it, and as soon as the white begins to set turn it over dexterously with the slice, so as completely to cover the yolk. The eggs must be fried one by one, and as one is done it must be carefully taken up and laid in front of the fire to drain and keep hot.

398. **Fried Eggs (with Black Butter)**—Ingredients—Butter, eggs, tarragon vinegar, minced parsley, salt and pepper.

Fry them in butter as above, leave the butter in the frying pan over the fire till it is nearly black, add a few drops of tarragon vinegar, some minced parsley, a little salt and pepper. Pour over the eggs and serve.

399. **Fried Eggs (with Tomatoes)**—Ingredients—Butter, French tomato sauce, pepper and salt to taste, fried eggs.

Melt a small piece of butter in a saucepan, put to it a small quantity of French tomato sauce, add pepper and salt to taste, and when quite hot turn it out on a dish, disposing on it the eggs fried in butter.

400. **Fried Eggs (with Bacon)**—Ingredients—Thin slices of streaky bacon, fried eggs.

Cut some thin slices of streaky bacon, cut off the rind and trim them; put them into a frying pan on the fire, and turn them often until quite hot, then roll up each slice, make a border of them round the fried eggs in the dish.

401. **Fried Eggs (with Ham)**—Ingredients—A slice of ham, fried eggs.

Trim a slice of ham, and either grill it on a clear fire or toast it in front of it. Serve with the fried eggs on it.

402. **Scrambled Eggs**—Ingredients—Four eggs, salt and pepper to taste, 1 oz. of butter, finely minced parsley.

Beat up four eggs, with salt and pepper to taste; put an ounce of butter into a saucepan, directly it is melted put it in the eggs, and keep constantly stirring with a spoon until they are nearly set, adding at the last a little finely-minced parsley.

403. **Scrambled Eggs (with Asparagus)**—Ingredients—Asparagus points, salted water, butter, scrambled eggs.

Parboil in salted water some asparagus points, cut the size of peas, drain them and toss them in a little butter till quite hot.

Scramble some eggs as in the preceding recipe, and when nearly set add the asparagus points instead of the parsley.

404. **Scrambled Eggs (with Tomatoes)**—Ingredients—4 eggs, 1 tablespoonful of French tomato, sauce, or 1 large tomato scrambled eggs.

Beat up four eggs with a tablespoonful of French tomato sauce, or one large tomato, peeled, freed from pips, and chopped small, and proceed as above.

405. **Scrambled Eggs (with Onions)**—Ingredients—2 slices of Spanish onion, butter, 4 eggs, pepper and salt to taste.

Take two slices of Spanish onion, and chop them coarsely ; put them into a saucepan with plenty of butter, and when they are thoroughly cooked, without having taken any color, throw in four eggs beaten together with pepper and salt to taste ; keep on stirring till the eggs are nearly set, and then serve. N.B.—Equal parts of tomatoes and onions may be cooked together, and then the eggs added.

406. **Scrambled Eggs (with Fish)**—Ingredients—Remnants of fish, 4 eggs, pepper and salt to taste, finely minced parsley.

Pick out the meat of any remnants of fish, such as salmon, turbot, cod, haddock, or whiting, and with a silver fork break it up small ; take two tablespoonfuls of this and four eggs ; beat the whole together with a little pepper and salt to taste, and a little parsley finely minced, then proceed as in No. 402.

407. **Scrambled Eggs (with Ham)**—Ingredients—A tablespoonful of grated ham, 4 eggs, pepper to taste, butter.

Beat up a tablespoonful of grated ham with four eggs, and pepper to taste ; put them into a saucepan with a piece of butter, and stir till nearly set.

408. **Scrambled Eggs (with Cheese)**—Ingredients—4 eggs, 3 tablespoonfuls of Parmesan cheese, a sprinkling of pepper.

Put four eggs and three tablespoonfuls of Parmesan cheese into a basin with a sprinkling of pepper ; beat all together, and proceed as in the first recipe, No. 402, omitting the parsley.

409. **Scrambled Eggs (on Toást).**

Any of the above may be served on slices of buttered toast, but if so served they must be even less set, at the time of serving, than when served plain ; or neat bread sippets, fried in butter, may be served round them.

410. **Sippets (Fried)**—Ingredients—A loaf of bread, butter.

Cut out of a loaf slices from a quarter to three eighths of an inch thick, shape them into triangles or arrowheads all of an size ; put some butter in a frying pan, and when quite hot lay the sippets in it ; turn them frequently, adding more butter, as it is wanted, and taking care that they are all fried to the same golden color. A readier way, but producing not so nice a sippet, is to lay the pieces of bread in the frying basket, and dip it in a saucepan full of boiling fat. They must afterwards be laid in front of the fire to drain.

411. **Omelet (Plain)**—Ingredients—3 or 4 eggs, 1 dessertspoonful of finely minced parsley, pepper and salt to taste, butter size of an egg.

Beat up three or four eggs with one dessertspoonful of parsley very finely minced, and pepper and salt to taste ; put a piece of butter, the size of an egg, into a frying pan, as soon as it is melted pour in the omelet mixture, and, holding the handle of the pan with one hand, stir the omelet with the other by means of a spoon. The moment it begins to set cease stirring, but keep on shaking the pan for a minute or so ; then with the spoon double up the omelet and keep shaking the pan until the under side of the omelet has become of a golden color. Turn it out on a hot dish and serve.

412. **Omelet (Ham or Bacon)**—Ingredients—3 or 4 eggs, 1 heaped tablespoonful of ham or bacon, pepper to taste.

Beat up three or four eggs with a heaped tablespoonful of ham or bacon, half lean and half fat, cut up to the size of very small dice ; add pepper to taste, and salt if necessary, and proceed as above.

413. **Omelet (Cheese)**—Ingredients—3 eggs, 1 or 2 tablespoonfuls of Parmesan cheese.

Beat up three eggs with one or two tablespoonfuls of grated Parmesan cheese. Cook as above, and serve with some more grated cheese strewn over the omelet.

414. **Omelet (Tomato, 1)**—Ingredients—Plain omelet mixture, tomato sauce.

Add to a plain omelet mixture a small quantity of tomato sauce, mix well, then finish in the usual way.

415. **Omelet (Tomato, 2)**—Ingredients—Equal parts of sliced onions and tomatoes ; butter, pepper and salt, plain omelet.

Take equal parts of sliced onions and tomatoes peeled and

freed from pips, chop them both coarsely. Fry the onions in butter. When cooked, without being colored, add the tomatoes, with pepper and salt, and keep stirring the mixture on the fire till it forms a sort of purée. Make a plain omelet, and insert this in the fold on dishing it.

416. **Omelet (Tomato 3)**—Ingredients—Tomato sauce, potato flour, butter, pepper and salt to taste, savory or plain omelet.

Take a little tomato sauce, add to it a little potato flour dissolved in water, then put it into a saucepan with a piece of butter, and pepper and salt to taste. When quite hot and thickened turn it out on a dish, and on it place a savory or a plain omelet. There must not be too much sauce on the dish.

417. **Omelet (Mushroom)**—Ingredients—Button mushrooms, white or brown sauce. (See Sauces).

Parboil a small quantity of button mushrooms, slice them small, and stew them just long enough to cook them in a small quantity of either white or brown sauce; then use as in preceding recipe.

418. **Omelet (Fish)**—Ingredients—3 eggs, remnants of cold fish, minced parsley, pepper and salt to taste.

Beat up three eggs with a quantity equal in bulk to one egg of the remnants of any cold fish (salmon or turbot), finely shredded with a fork, a pinch of minced parsley, pepper and salt to taste.

419. **Omelet (Oyster)**—Ingredients—Oysters, butter, pinch of flour, cream, salt, pepper, nutmeg, least bit of cayenne, finely minced parsley, yolk of an egg, juice of  $\frac{1}{2}$  a lemon, plain omelet.

Parboil some oysters in their own liquor, remove the beards, cut each oyster in four or six pieces; melt a piece of butter in a saucepan, add to it a pinch of flour, the liquor of the oysters; a little cream, salt, pepper, nutmeg, the least bit of cayenne, and some finely-minced parsley; put in the oysters, and toss them in this sauce just long enough to make them quite hot; stir into this off the fire the yolk of an egg beaten up with juice of half a lemon, and strained. Insert this in the fold of a plain omelet, or serve it round the omelet.

420. **Eggs (to Keep Fresh for Several Weeks).**

Fill a saucepan with three or four quarts of boiling water. Put two dozen eggs into a cabbage or onion net and hold them in the *boiling* water for twenty seconds. Continue this opera-

tion until you have as many eggs as you wish to preserve. Have some sawdust in boxes and pack them in it. At the end of two or three months the eggs will be found quite good enough for culinary purposes. Eggs can be kept for a long time if the shells are smeared with butter or sweet oil, then packed in plenty of sawdust, not allowing the eggs to touch each other. Another way is to plunge them in lime water directly they have been laid, and allow the vessel to stand in a cool cellar. Eggs for preserving should not be more than twenty-four hours old, and should be collected in fine weather. Take care the eggs are covered with the lime water, and it is a good plan to lay a piece of board on the top of the eggs with a little lime and salt upon it.



## KETCHUPS

- 421. Mushroom Ketchup**—Ingredients—To 2 gallons of mushrooms,  $\frac{1}{2}$  lb. salt; to every quart of mushroom liquor, allow a small saltspoonful of cayenne, a teaspoonful of allspice, a teaspoonful of ginger, 2 blades of powdered mace.

Select some freshly gathered (gather in dry weather or else the ketchup will not keep), full sized mushrooms. Lay in an earthenware pan in layers, first a layer of mushrooms and then one of salt, and so on until all are used. Allow them to stand a while (say five or six hours). Then break to pieces with the hand, place in the refrigerator for three days, stirring or mashing them occasionally. Extract as much juice as possible, measure the liquor without straining, adding to each quart the above mentioned spices. Pour into a stone jar, exclude the air; place the jar in a saucepan of boiling water and allow to boil three hours. When this is done pour the contents of the jar into a stewpan and allow it to simmer *gently* for half an hour. Pour into a vessel, place in refrigerator till the next day. Pour off into another vessel and strain. Have ready some clean dry bottles; pour into the bottles, taking care not to squeeze the mushrooms, and allow the sediment to remain at the bottom of the vessel, (if wanted very clear and bright, the liquor must be strained after the above operation through a flannel bag). Cork and seal. Examine occasionally and if there is any sign of spoiling boil again with a few peppercorns. The sediment may be bottled for immediate use.

- 422. Lemon Ketchup**—Ingredients—One dozen lemons,  $\frac{1}{2}$  a breakfast cupful of white mustard seed, 1 eggcupful of turmeric and white pepper,  $\frac{1}{2}$  an eggcupful of cloves and mace,  $\frac{1}{2}$  a *small* teacupful of white sugar, 1 saltspoonful of cayenne,  $\frac{1}{2}$  a small teacupful of horse radish,  $\frac{1}{2}$  a small teacupful of salt, 4 shallots.

Finely grate the rind of lemons, pound the spices in a mortar, grate the horse radish. Thoroughly blend these ingredients, then sprinkle the salt over all, extract the juice from the



lemons and add to the mixture. Allow to stand in a cool place for three or four hours. Boil in an enamelled kettle thirty minutes, pour into a stone jar, cover tightly. Stir every day for fourteen days, then strain, bottle and seal.

423. **Tomato Ketchup** (1)—Ingredients—To 1 peck of tomatoes allow 1 tablespoonful of salt, mace, black pepper cloves, powdered, and one of celery seed ; a teaspoonful of cayenne,  $\frac{1}{2}$  lb. tin of mustard.

Make a small incision in each tomato, put into an enamelled saucepan, and boil until perfectly soft, and the pulp dissolved ; work through a cullender, then through a hair sieve. Place upon the stove adding the remaining ingredients (the celery seed must be confined in a muslin bag), and boil six hours. Stir occasionally for the first five hours and all the last hour. Pour into a stone jar ; allow to stand from twelve to fourteen hours in a cool place. When perfectly cool add a pint of strong vinegar. Remove the celery seed ; bottle, cork, and seal. Exclude from the light.

424. **Tomato Ketchup** (2)—Ingredients—Ripe tomatoes, to every lb. of juice add a pint of vinegar, a dessertspoonful of sliced garlic, a small spoonful of salt and white pepper.

Take a number of ripe tomatoes ; place in a jar ; cover and bake till tender. Strain and work through a sieve, and add the above ingredients. Pour into a stewpan and boil until the ingredients are perfectly soft. Work through a sieve a second time, and to every pound squeeze the juice of three lemons. Boil again until of the thickness of cream. Set aside to get cold. Bottle, cork and seal, and keep in a dry, dark place.

425. **Mustard (to make).**

Mix the best Durham flour of mustard by degrees with boiling water to a proper thickness, rubbing it perfectly smooth ; add a little salt, and keep it in a small jar closely covered, and put only as much into the glass as will be used soon, which should be wiped daily round the edges.

426. **Mustard (Another way, for immediate use).**

Mix the mustard with new milk by degrees, to be quite smooth, and add a little raw cream. It is much softer this way, is not bitter, and will keep well.

427. **Mint Vinegar.**

Take a wide-mouthed bottle or bottles. Fill them (loosely)

with nice fresh mint leaves, then add good vinegar to fill the bottle or bottles; cork well. Allow to stand for two or three weeks, and at the expiration of this time, strain into fresh bottles and cork securely. Useful when mint is not in season.

428. **Horse Radish Vinegar**—Ingredients—Three oz. of scraped horse radish, 1 oz. of minced shallot, 1 drachm of cayenne, 1 quart of vinegar.

Pour the vinegar upon the above ingredients; allow to stand ten days. This will be found exceedingly useful for cold joints, salads, etc., and a very economical relish.

429. **An excellent substitute for Capers Sauce.**

Boil slowly some parsley to let it become a bad color, cut, but don't chop it fine; put it to melted butter, with a teaspoonful of salt, and a dessertspoonful of vinegar. Boil up and serve.

430. **Nasturtium (for Capers).**

Keep them a few days after they are gathered, then pour boiling vinegar over them, and when cold cover. They will not be fit to eat for some months, but they are then finely flavored, and by many preferred to capers.

431. **Chili Vinegar**—Fifty fresh red chilies, one pint of vinegar.

Cut the chilies in half, steep in the vinegar for a fortnight, it will then be ready for use, and will be found a very nice relish for fish.

432. **Cherokee**—Ingredients—One eggspoonful of cayenne, 5 cloves of garlic, an eggcupful of soy,  $\frac{1}{2}$  an eggcupful of walnut ketchup, 1 pint of vinegar.

Boil all the ingredients for half an hour. Strain, and bottle for use. Will keep good for a long time.

433. **Green Gooseberry Chutnee**—Ingredients—Two pints of unripe gooseberries or green apples, 3 oz. mustard seed, 3 oz. powdered ginger, 5 oz. coarse sugar, 10 oz. raisins, 3 oz. salt, 2 pints vinegar, 3 oz. garlic.

Chop the gooseberries and the raisins (after being stoned) quite fine, also the onions and garlic almost to a paste; add one ounce cayenne, and a proper quantity of turmeric to make it a nice color. When well mixed, boil ten minutes or quarter of an hour, and rub through a sieve.

**434. Herbs (to Dry).**

Gather the herbs for drying before they begin to flower. Free from dirt and dust and tie in bunches, having previously removed the roots. Dry in the oven or before the fire, in either case, dry *quickly* as the flavor is better preserved by quick drying. Upon no consideration allow them to burn. Tie up in paper bags and hang in a dry place. N.B.—Take care to gather the herbs on a dry day.

- 435. My Mother's Chutnee**—Ingredients— $\frac{1}{2}$  a lb. brown sugar,  $\frac{1}{2}$  lb. salt,  $\frac{1}{4}$  lb. garlic,  $\frac{1}{4}$  lb. onions,  $\frac{1}{4}$  lb. ginger,  $\frac{1}{4}$  lb. mustard seed or cayenne pepper,  $\frac{1}{2}$  lb. raisins, stoned and chopped fine, 15 large apples (sour), 3 pts. best vinegar.

Boil the apples, onions, and garlic in the vinegar, rub this through a sieve, steep the mustard seed in vinegar, then shred it fine; add all together and mix well. Bottle when cold. It is much more of a relish than pickles.

- 436. Himalaya Chutnee**—Ingredients—8 lbs. green apples, 1 lb. sultana raisins, 1 lb. brown sugar, 1 oz. birdseye chilies, 2 oz. whole mustard, 4 oz. garlic, 4 oz. coarse salt, 1  $\frac{1}{2}$  bottles brown vinegar.

Chop all the ingredients very fine, then add the salt, vinegar and sugar; put in a jelly pan on a slow fire and let it stew till soft like a pulp. This is very good when bottled and well corked.

- 437. Herb Powder (for Winter use)**—Ingredients—Take 2 oz. each of winter savory, sweet marjoram, lemon, thyme, lemon peel and 4 oz. of parsley.

Thoroughly dry the herbs and take off the leaves. Grind to a powder and pass through a sieve. Dry the lemon peel and pound as finely as possible, then mix all together thoroughly. Keep in glass bottles tightly corked.

- 438. Parsley (to keep for Winter use).**

Take fresh bunches of parsley and plunge into boiling water slightly salted, boiling for three or four minutes. Remove from the water, and drain dry very quickly before the fire, and put in bottles for use. Soak in tepid water five minutes when required for cooking.

- 439. Garlic Vinegar.**

Steep an ounce of garlic in two quarts of the best white wine vinegar; add a nutmeg scraped. This vinegar is much esteemed by the French.

440. **A Useful Ketchup**—Ingredients— $\frac{1}{2}$  pint of mushrooms ketchup,  $\frac{1}{2}$  pint of walnut pickle, 2 tablespoonfuls of Chili vinegar, 2 shallots.

Take one-half pint of freshly made mushroom ketchup, peel the shallots and add them to the ketchup and allow it to simmer for ten minutes; then add the pickle and vinegar and boil again for ten minutes. Stand in a cool place and when perfectly cold, bottle, and having placed a small piece of shallot in each bottle, cork and set by for use.

441. **Grape Catsup**—Ingredients—5 lbs. of ripe grapes,  $2\frac{1}{2}$  lbs. of sugar, 1 pt. of vinegar, 1 teaspoonful each of cinnamon, cloves, allspice and pepper,  $\frac{1}{2}$  teaspoonful of salt.

Simmer the grapes in enough water to prevent burning, strain through a colander, add the other ingredients, and boil until a little thickened. Bottle, and cork and seal.



# FORCEMEATS

## OBSERVATIONS ON FORCEMEATS.

Whether in the form of stuffing-balls or for patties, forcemeat makes a considerable part of good cooking, by the flavor it imparts to the dish it accompanies, and considerable care should be taken in cooking it. It is often the case, at many excellent tables where everything else is well done, to find very bad forcemeat or stuffing.

442. **Forcemeat (to Force Fowls or Meat)**—Ingredients—A little ham or gammon, veal, or fowl, beef-suet, onion, parsley, lemon-peel, salt, nutmeg, pounded mace, white pepper or cayenne, bread-crumbs, 1 or 2 eggs.

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 in a mortar, and bind it with one or two eggs beaten and strained; for forcemeat patties the same mixture as above.

443. **Forcemeat (for cold Savory Pie)**—Ingredients—As above.

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.

444. **Forcemeat (Common, for Veal or Hare)**—Ingredients  $\frac{1}{2}$  lb. of bread crumbs, 4 oz. of beef suet, the rind of half a lemon, 1 tablespoonful of *minced* savory herbs, pepper and salt to taste, a little nutmeg, 2 eggs.

Mince the lemon rind as fine as possible and blend with the other ingredients; mix well and bind with the beaten eggs.

- 445. Force meat (for Fish Soups)**—Ingredients—1 lobster, 1 small head of celery, butter the size of an egg, a cupful of bread crumbs, 3 eggs, pepper, salt, and a little nutmeg.

Pick the meat from the lobster and pound in a mortar, boil the celery until soft, drain, and mix with the lobster, bread crumbs, seasoning, and the yolk of one hard-boiled egg. Pound well for a quarter of an hour, warm the butter, and mix with two beaten eggs; add this to the lobster and other ingredients. Dip your hands in flour, form the mixture into little balls, fry in butter, and serve in fish soup.

- 446. Force meat (for Fowls)**—Ingredients— $\frac{1}{4}$  lb. of suet, 2 oz. of ham, the grated rind of half a lemon, a dessertspoonful of minced parsley, 1 teaspoonful of minced sweet herbs, cayenne, salt ground mace to taste, 7 oz. bread crumbs, 2 eggs.

Cut the ham into small, thin strips, chop the suet finely, also the lemon peel; add the seasoning, then the crumbs; thoroughly blend, and after the eggs have been well beaten add to the other ingredients, and it is ready for use. If wished for balls, fry a golden brown in hot lard.

- 447. Force meat Balls (for Mock Turtle)**—Ingredients—Pounded veal, udder, or butter, bread crumbs, milk, chopped parsley, shallot, yolks of 3 hard-boiled eggs, pepper, salt, curry powder or cayenne, yolks of 2 uncooked eggs.

Take the pounded veal and rub through a sieve, with an equal quantity of udder, or if there is no udder at hand one third of the quantity of butter will do instead. Then place the bread crumbs into a stewpan and mix with a very small quantity of milk, enough to moisten it. Add to this the chopped parsley and shallot, and mix well until they have become a paste; pour it through a sieve and leave to cool. When cold pound it and mix well together. Have ready the yolks of three hard-boiled eggs, add these and some pepper and salt, curry powder or cayenne for seasoning; then add the yolks of the two uncooked eggs, rub all well together, and shape into balls. Place in the soup ten or fifteen minutes before serving.

- 448. Force meat Balls (very fine Balls for Fish Soups or Stewed Fish)**—Ingredients—Lobster, a little essence of anchovy to taste, boiled celery, yolk of a hard-boiled egg, cayenne, mace, salt, white pepper, 2 tablespoonfuls of bread crumbs, one of oyster liquor, 2 oz. of butter, 2 eggs.

Beat the flesh and soft parts of a middling lobster; essence of anchovy to taste, a large piece of boiled celery, the yolk of a

hard egg, a little cayenne, mace, salt, and white pepper, with two tablespoonfuls of bread crumbs, one ditto of oyster liquor, two ounces of butter warmed, and two eggs well beaten ; make into balls, and fry of a fine brown in Lutter.

449. **Forcemeat Balls (for Soup)**—Ingredients—8 oz. bread crumbs, sweet herbs, salt and pepper to taste, 5 eggs.

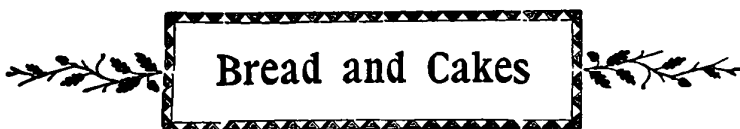
Have the bread crumbs finely grated, and the herbs pounded to a powder ; sprinkle with pepper and salt ; boil two eggs hard and mince finely. Mix all together and bind the whole with the remaining eggs. Form into little balls, and drop into the soup about five or six minutes before serving.

450. **Forcemeat (Oyster, for Roast or Boiled Turkey)**  
—Ingredients—2 teacupfuls of bread crumbs, 1 oz. of minced suet, 1 tablespoonful of savory herbs, a sprinkle of nutmeg, salt and pepper to taste, 2 eggs, 1½ doz. oysters.

Have the bread crumbs and suet finely minced, add the herbs chopped as finely as possible ; mix well. Having opened the oysters, beard and chop them (not very small) and add to the other ingredients ; beat up the eggs, and with the hand work all together thoroughly ; it is then ready for use.

451. **Sage and Onion Stuffing (for Pork, Ducks, Geese)**  
—Ingredients—2 teacupfuls of bread crumbs, 4 large onions, 12 sage leaves, butter the size of an egg, pepper and salt to taste, 1 egg.

Peel and boil the onions for five or six minutes, dip the sage leaves in the same water (while boiling) for a minute or two, then chop finely ; add seasoning, the bread crumbs and butter ; beat up the egg, and work altogether. It is then ready for use.



## Bread and Cakes

### OBSERVATIONS ON BREAD.

Of all articles of food, *bread* is perhaps the most important, therefore it is necessary to be well acquainted with the quality of the ingredients and the art of making it. Flour ought to be a few weeks old before being used, and care must be taken to keep it perfectly dry. Genuine flour will hold together in a mass when pressed with the hand. American flour requires almost twice as much water to make it into bread, as is used for English flour, and therefore it is more profitable, for a stone of the American which weighs fourteen pounds will make twenty-one and a half pounds of bread, but the best sort of English flour produces only eighteen and one-half pounds. In wet weather, or when wheat is badly stored, causing it to be damp, the soluble albuminoids which it possesses acts upon the insoluble gluten causing it to decompose, and at once generating dextrin by their action on the starch of the grain, consequently the flour prepared from such grain is poor in gluten and rich in dextrin, the consequence being that when used it produces heavy bread, therefore it is of the utmost importance to purchase only the best quality of flour, for it is the truest economy. Do not place the sponge or dough too near the fire, as some cooks are liable to do in cold weather, or the quality of bread will be endangered. The proper heat should be gentle and equal for fermentation. Care must also be taken to mix and knead (brisk and long kneading will fully repay for the trouble) when it has reached the point for either. Some authorities say the heat of the oven should rise to  $280^{\circ}$  and after a quarter of an hour slacken to  $220^{\circ}$ , others from  $300^{\circ}$  to  $400^{\circ}$ . The cook must be guided by experience as to the exact degree of heat. Doubtless the bread will require a brisk oven and should take about an hour to an hour and a half to bake.



## OBSERVATIONS ON CAKES.

For good cakes (as in bread) it is of great importance to use no ingredients, but those of the finest quality. The flour must be dry and sifted. It will be found a good plan after purchasing currants, to wash in three waters, pick and dry in a cloth. Then look them carefully over, discarding any stone, stalk, or grit. Lay before the fire or in the sun to dry. Put by in jar, and they will always be ready for use. Eggs should be well whisked, the whites and yolks beaten separately and strained. Butter must not be allowed to oil. Lemon peel should be cut thinly as possible. Sugar should be finely powdered. When soda is used it is a good plan to dissolve it in warm water. When all the ingredients are mixed, vigorous and patient beating will greatly add to the lightness of the cake. The heat of the oven is of great importance for cakes, especially those that are large. If not pretty quick, the batter will not rise. Should you fear its catching by being too quick, put some paper over the cake to prevent its being burnt. If not long enough lighted to have a body of heat, or it is become slack, the cake will be heavy. To know when it is soaked, take a broom straw, and pierce into the very centre, draw it instantly out, and if the least stickiness adheres, put the cake immediately in, and shut up the oven.

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452. **Yeast** (1)—Ingredients—A double handful of hops,  $\frac{1}{2}$  doz. potatoes,  $\frac{1}{2}$  gal. of water, 1 or  $\frac{1}{2}$  cupful of ginger, small cupful of flour, a cupful of brown sugar,  $\frac{1}{2}$  cupful of salt, a cupful of good yeast.

Allow the hops and potatoes to boil together in one-half gallon of water till done; strain and mash the ginger, then add remaining ingredients, excepting the yeast. Let stand until cool, then add the yeast. Next day cork up tight in a jug.

453. **Yeast** (2)—Ingredients—2 oz. of hops, 1 gal. of water, a handful of salt, 1 lb. of best flour, 3 lbs. of potatoes.

Boil the hops in a gallon of water for half an hour; strain it, and let it cool down to the heat of new milk; then put the salt and moist sugar; beat the flour with some of the liquor, and then mix all together. Two days after, add the potatoes, boiled and then mashed, to stand for four-and-twenty hours; then put it into bottles, and it will be ready for use. Stir it

frequently while making, and keep it warm. Before using, shake the bottle up well. It will keep in a cool place for two months.

**454. Yeast (Compressed).**

This yeast will make good and wholesome bread, but bread made from it will not keep as long as with brewers or home-made yeast. Potatoes mixed with the dough will keep it moist longer.

**455. Potato Yeast**—Ingredients—To every lb. of potatoes 2 oz. of treacle, 2 large spoonfuls of yeast.

This is made of mealy potatoes boiled thoroughly soft; they are skinned and mashed as smooth as possible; as much hot water should then be put on them as will make a mash of the consistency of good beer yeast. Add to the potatoes the treacle; and when just warm, stir in the yeast. Keep it warm till it has done fermenting, and in twenty-four hours it will be fit for use. One pound of potatoes will make nearly a quart of yeast; and it is said to be equally as good as brewers' yeast.

**456. Home-made Bread** (1)—Ingredients—4 lbs. of flour, 1 table-spoonful of solid brewers' yeast, 1½ pints of luke-warm milk and water, salt.

Put the flour into a deep pan, sprinkle a little salt into it, hollow out the middle with a wooden spoon (take care to leave the bottom of the pan well covered with flour). Next take the yeast, which has been made solid by liberally mixing with cold water and allowing it to settle twenty-four hours. Then proceed to pour the yeast into the hole in the flour, and mix with it as much flour as is round about it until it is of the consistency of thick batter; be careful there are no lumps. Sift plenty of flour over the top, cover with a clean cloth, and set it where the air is warm and equal. Allow to stand an hour or a little longer, and if the yeast has broken through it is then ready to be made into dough. Pour into the sponge the remaining milk and water. Mix into it as much of the flour as you can with the spoon. Now take plenty of the flour, sprinkle on the top of the leaven, and proceed to knead briskly, and when perfectly free from lumps and does not adhere to the hands, it may be covered with a cloth and left to rise a second time. When it begins to crack, which will be in about three-quarters of a hour, it can be formed into loaves and baked. In forming the loaves

divide in two and make up the shape and size required, and with a sharp knife make incisions in the top of each loaf. If baked in tins, take care to grease them before using. When baked stand on end to allow the steam to evaporate. The dough can be made without making a sponge (if desired) by mixing the yeast with the best part of the milk and water, and after a little salt has been added proceed to work up the whole of the flour at once, and then act as above. The dough will soften in the rising, so it should be made firm at first.

**457. Home-made Bread (2).**

Put the flour into a large pan ; mix in a dessertspoonful of salt ; make a hole in the middle, and pour in the yeast (half a teacupful of yeast to two quarts of flour), with about a pint of water or milk (which use warm in winter, and cold in summer), not mixing in all the flour ; then put a blanket, or towel, over the pan, and let it stand to rise, near the fire in winter. This is "putting bread in sponge." When it has risen, mix all the flour with the sponge ; knead it well, and let it stand two hours till quite light. Then mould the dough on a board till elastic and put the loaves into greased or floured baking-tins ; prick them two or three times through with a fork ; let them rise again for a quarter of an hour, and bake them in a quick oven.

**458. White Bread**—Ingredients—Sponge, a pan of butter milk, or sour milk, flour, teacupful of yeast.

For the sponge take a pan of buttermilk or sour milk which has just turned thick. Put it on the stove and scald. When the curd is well separated from the whey strain or skim it out. Let the whey cool until it will not scald, then stir in the flour, beating thoroughly. It should be about as thick as batter for griddle cakes. Sweet milk, or even water may be used as wetting for the sponge, if good sour milk or buttermilk cannot be had. But fresh buttermilk is, perhaps, the best of all. When the sponge is about milkwarm, beat in a teacupful of yeast. One teacupful of the yeast is enough for four ordinary white loaves, and a tin of rolls. The sponge should be made at night. Let it stand until morning. Unless the weather is very cold, it is not necessary to put it near the fire. In the morning, when the sponge is light, mix with flour, taking care not to put in too much, as that will make the bread dry and hard. Knead half an hour. The whiteness and delicacy of the

bread will be much increased by thorough kneading. Put the dough away to rise again. When it is light, if you wish to make rolls, save enough of the dough for that purpose. Make the remainder into loaves. Set them away to rise. When light, bake.

495. **Yeast Bread**—Ingredients—Yeast, 12 potatoes, 3 large table-spoonfuls of flour, 2 each of sugar and salt, 2 yeast cakes, to every loaf of bread allow 1 pint of yeast.

To make the yeast pare twelve medium-sized potatoes and put them in a kettle to boil. While they are boiling put in a pan three heaped tablespoonfuls of flour, two each of sugar and salt. Pour slowly over these a pint of boiling water, stirring constantly to free from lumps. When soft mash the potatoes and add to the contents of the pan. Now pour in a quart of cold water and one of boiling water. Set aside till cool enough to bear your finger in. Stir in two yeast cakes dissolved in a little water. Keep warm till a foam rises over the top, when it is ready for use. For each loaf of the bread take one pint of the yeast, no other wetting being required. Make a hole in the centre of a pan of flour, pour in the yeast and stir it thick as possible, cover and set in a warm place to rise, which will be in about two hours—sometimes less—now mix into loaves, let it rise again, and bake from a half to three-quarters of an hour. A great advantage of this bread is, it is so quickly made. If the yeast should become a little sour, a pinch of soda may be put in when first stirred for bread.

460. **Plain Bread**—Ingredients— $\frac{1}{2}$  lb. of white flour, 1 teaspoonful of baking powder, a pinch of salt  $\frac{1}{4}$  pt. of milk and water.

The simplest way of making bread in small quantities is as follows :—Take one-half pound of white flour, and, whilst in a dry state, mix in thoroughly a small teaspoonful baking powder and a pinch of salt. Then add about a quarter of a pint of milk and water, or water alone ; knead it as quickly as possible and put immediately into a very hot oven ; the whole secret of making light bread after this fashion lies in attention to these last rules. If the oven is well heated, it will rise almost directly, and it should be baked until the outside is quite crisp and hard. I generally knead mine into the desired shape, but they can be baked in tins if preferred. For brown bread, I use three parts of brown and one of white flour, and a little extra

baking powder ; also adding a little more water, if necessary, to mix it.

461. **Rice and Wheat Bread**—Ingredients—1 lb. of rice, 2 qts. of water, 4 lbs. of flour, 4 large spoonfuls of yeast, salt.

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 extremely well ; then set it to rise before the fire. Some of the flour should be reserved to make up the loaves. If the rice should require more water, it must be added, as some rice swells more than others.

462. **French Bread**—Ingredients— $\frac{1}{4}$  pk. of fine flour, yolks of 3 and whites of 2 eggs, salt,  $\frac{1}{2}$  pt. of good yeast,  $\frac{1}{2}$  pt. of milk.

With a quarter of a peck of fine flour mix the yolks of three and whites of two eggs, beaten and strained, a little salt, half a pint of good yeast, that is not bitter, and as much milk, made a little warm, as will work into a thin light dough ; stir it about, but don't knead it ; have ready three quart wooden dishes, divide the dough among them, set to rise, then turn them out into the oven, which must be quick. Rasp when done.

463. **Brown Bread**—Ingredients—Sponge as for white bread, 2 parts of Graham flour,  $\frac{1}{3}$  white flour, to every qt. of this add a large breakfast cupful of Indian meal, 2 saltspoonfuls of salt, for a good sized loaf allow  $\frac{1}{2}$  a cupful of molasses.

Take the Graham and white flour, Indian meal, and salt, in the above proportions, and mix this up with the sponge, then pour in the molasses. If it cannot be brought to the proper congruity (which should be very soft) with the sponge, add a little warm water ; be careful to knead it well and for a long time ; then allow it to rise ; it will take longer than white bread ; then make into loaves, and bake carefully. When baked allow to cool before cutting.

464. **Brown Bread** (2)—Ingredients—1 pt. of brown flour,  $\frac{1}{2}$  cupful of yeast, white flour, sweeten to taste.

Scald one pint of brown flour, make it as thick as stiff mush ; then put in half a cupful of yeast, and let this sponge stand over night ; in the morning mix it up with white flour, and sweeten to taste. This quantity makes two small loaves. It requires longer to bake than white bread.

465. **Brown Bread** (3)—Ingredients—3 teacupfuls of corn meal, 2 cupfuls of boiling sweet milk, 1 teacupful of molasses, 1 cupful of wheat flour, 1 cupful of sour milk, 1 teaspoonful of soda,  $\frac{1}{2}$  teaspoonful of salt.

Take the corn meal, stir into it the boiling sweet milk ; when cold, add the molasses, wheat flour, and sour milk ; into the sour milk stir well the soda ; add also the salt ; steam three hours.

466. **Brown Bread** (4)—Ingredients—1 pt. of corn meal, 1 pt. of rye flour, 1 tablespoonful of brown sugar, 1 teaspoonful of salt, 2 of baking powder, 1 tablespoonful of lard,  $\frac{3}{4}$  pint of milk.

Sift together the above ingredients, excepting the lard and milk ; rub into the mixture the lard and add the milk. Mix into a batter-like cake and bake one hour. Protect it with brown paper if it should brown too fast at first.

467. **Brown Bread** (5)—Ingredients—1 cupful of corn meal, 1 cupful of Graham flour, 1 cupful of sour milk, 1 cupful of warm water,  $\frac{1}{2}$  cupful of molasses, 1 teaspoonful of soda, a little salt.

Steam two hours. Serve at table hot.

468. **Brown Bread (Steamed)**—Ingredients—1 cupful of sour milk,  $\frac{1}{2}$  cupful of warm water, 1 cupful of molasses,  $\frac{1}{2}$  teaspoonful of soda, 1  $\frac{1}{2}$  cupfuls of Indian meal,  $\frac{1}{2}$  cupful of flour.

Steam three hours and bake one-half hour. It may seem thin but it will be just right when done.

469. **Brown Bread Boston (Delicious and Genuine)**—Ingredients—1  $\frac{1}{2}$  cupfuls of yellow meal, 1 cupful of rye flour, 1 cupful of Graham flour, 1 cupful of New Orleans molasses, 2 full teaspoonfuls of baking powder and a little salt.

Mix all to a consistency of a thick batter with either milk or water, pour into a buttered mold or tin pan, and steam in boiling water four hours.

470. **Rye Bread**—Ingredients—2 cupfuls of Indian meal, scalding water, a small cupful of white bread sponge, sugar, salt, a teaspoonful of soda, rye.

Make the Indian meal into a thick batter with scalding water ; when cool add the white bread sponge, a little sugar and salt, and the soda, dissolved. In this stir as much rye as is possible with a spoon ; let it rise until it is very light ; then work in with your hands as much rye as you can, but do not knead it, as that will make it hard ; put it in buttered bread tins, and let it rise for about fifteen minutes ; then bake it for

an hour and a half, cooling the oven gradually for the last twenty minutes.

471. **Corn Bread Steamed (Canadian Recipe)**—Ingredient—3 cupfuls of corn meal, boiling water, 1 cupful of flour, 2 cupfuls of sour milk, 1 cupful of molasses, 1 teaspoonful of soda, a little salt.

Scald two cups of corn meal with boiling water, add another cup of meal and remaining ingredients. Mix thoroughly, and steam three hours.

472. **Corn Bread (Baked)**—Ingredients— $\frac{1}{2}$  a pint of butter milk,  $\frac{1}{2}$  a pint of sweet milk,  $\frac{1}{2}$  a teaspoonful of soda, 2 eggs, 9 table-spoonfuls of sifted corn meal, lard, a teaspoonful of salt.

Half a pint of buttermilk, half a pint of sweet milk ; add to the buttermilk half a teaspoon of soda ; beat the eggs, whites and yolks together, pour the milk on to the eggs, and thicken with the sifted corn meal. Put the pan in which it is to be baked on the stove with a piece of lard the size of an egg ; when melted pour in the batter, add the salt, stir well and bake.

473. **Rice Bread**—Ingredients—A plate of boiled rice, 2 eggs,  $1\frac{1}{2}$  cups of flour, lump of butter size of walnut, milk.

Take the boiled rice warm enough to melt the butter, beat the eggs separately, mix with them the flour, and milk enough to make a thick batter. Grease the pans and bake like bread or muffins.

474. **Soda Bread**—Ingredients—Allow a teaspoonful of tartaric acid to every 2 lbs. of flour, 2 saltspoonfuls of salt,  $\frac{3}{4}$  pint of milk with a teaspoonful of carbonate of soda dissolved in it.

Pound the tartaric acid and the salt to a powder. Then put them into a basin with the flour and mix well together. Take the milk with the soda well dissolved in it and pour in with the flour. Great expedition is required in working it into a dough. Form into two loaves and bake in a brisk oven for an hour.

475. **American Corn Bread**—Ingredients—1 large tablespoonful of lard,  $\frac{1}{2}$  a teacup of brown sugar, 1 teacup of flour, 3 teacups of Indian meal, 2 small teaspoonful cream of tartar, 1 small teaspoonful of carbonate of soda, 1 egg, 1 saltspoon of salt, enough sour milk to make a batter about as thick as for cake, or thinner.

Beat eggs, lard and sugar together, then add flour, meal and milk gradually with the salt and cream of tartar ; when just ready for the oven, mix in the carbonate of soda, put in tins, and bake in a good oven, but not too hot. Bake about

three-quarters of an hour or until done. If the tins have paper at the bottom they bake better, and do not stick. If you have not sour milk, sweet will do, but buttermilk is the best of all. These cakes can be kept in the tins and heated up the next day.

476. **Rusks**—Ingredients—1 pint of new milk, 2 tablespoonfuls of yeast, flour, 2 tablespoonfuls of butter, 1 cupful of sugar, 2 eggs, 2 salt-spoonfuls of salt.

Rusks require a longer time for rising than ordinary rolls or biscuits. Prepare a sponge of the yeast, milk and flour, (sufficient to make a thin batter) and allow it to rise all night. Next morning add eggs, butter and sugar (which must have been mixed well together), salt and flour enough to produce a soft dough. Shape into neat balls of equal size, place in a pan and allow to rise until very light. Flavor according to taste. Bake in a quick, steady oven till of a pretty brown color; glaze with the yolk of an egg and sprinkle with powdered white sugar.

477. **Butter Rolls**—Ingredients—1 quart of flour,  $\frac{1}{2}$  a teaspoonful of salt, 2 teaspoonfuls of baking powder, 1 egg, 1 pint of milk, 1 tablespoonful of lard.

Sift the flour, salt and baking powder together, rub in the lard cold, then add the egg and milk, mix as soft as possible. Roll it out one half inch in thickness and cut with a plain round biscuit cutter. Dip them in melted butter, fold one-third of each piece over the remainder and bake in a quick oven for fifteen minutes.

478. **Swiss Rolls**—Ingredients—2 eggs, their weight in flour and sifted sugar and butter, lemon juice, jam.

Take two eggs as your weights and take their weight in flour, sifted sugar and butter. First cream the butter and sugar, stir in the two yolks slightly beaten, then the two whites beaten to a stiff froth, and last of all the flour, strewn lightly in; mix thoroughly, and add a little lemon juice. Grease a Yorkshire pudding-dish, and pour in the mixture about half an inch in depth; bake in a hot oven for not more than seven minutes, as otherwise it would become too crisp to roll; strew a sheet of paper with sugar, and turn it out on this, and immediately spread with jam, and quickly roll it; if not done whilst very hot, it will break in the rolling. The top can be orna-



mented with bars of pink sugar icing, silver comfits and preserved fruit.

479. **Breakfast Rolls**—Ingredients—2 quarts flour, 1 tablespoonful sugar, 1 tablespoonful butter,  $\frac{1}{2}$  cup of yeast, 1 pint scalded milk, or water if milk is scarce, and a little salt.

Set to rise until light; then knead until hard and set to rise, and when wanted make in rolls; place a piece of butter between the folds, and bake in a slow oven.

480. **Graham Biscuits**—Ingredients—1 quart water or milk, butter the size of an egg, 3 tablespoonfuls sugar, 2 of baker's yeast, and a pinch of salt; enough white flour to use up the water, making it the consistency of batter cakes, and as much Graham flour as can be stirred in with a spoon.

Set it away till morning; in the morning grease pan, flour hands; take a lump of dough the size of a large egg; roll lightly between the palms; let them rise twenty minutes and bake in a tolerably hot oven.

481. **Soda Biscuits**—Ingredients—18 oz. flour,  $\frac{3}{4}$  of a breakfast cup of lard, 2 small cups of new milk, 2 teaspoonfuls of cream-tartar, 1 of soda, a pinch of salt.

Take care that the cream-tartar and the soda are of the finest powder and mix well with the flour; add the salt and lard, and with the hands rub well into the flour; pour in the milk and work up the dough as *quickly* as possible, taking care to have it as soft as is possible to handle. Roll, cut into cakes, and bake in a brisk oven.

482. **Milk Biscuits**—Ingredients— $\frac{1}{4}$  lb. of butter, 1 qt. of milk, 1 gill of yeast, salt to taste, as much flour as will form the dough.

Stir flour into the milk so as to form a very thick batter, and add the yeast; this should be done in the evening; in the morning cut up the butter and set it near the fire where it will melt, but not get hot, pour the melted butter into the sponge, then stir in enough flour to make a dough; knead well and leave to rise; as soon as it is perfectly light, butter your tins, cut the dough into cakes and let them rise; when they have risen bake in a *very* quick oven. When done, rub over the tops with water and serve hot.

483. **Baking Powder Biscuit.**

Take one quart of flour, three teaspoonfuls of baking powder, mix thoroughly, then rub in butter or lard the size of an egg, and wet with milk, stirring with a spoon until thick enough

to lay on the moulding-board. Cut thin and bake in a quick oven.

484. **Sally Lunn**—Ingredients—2 lbs. of flour,  $\frac{1}{2}$  a lb. of butter, 3 eggs, 1 pint of milk,  $\frac{1}{2}$  a gill of yeast, salt according to taste.

Cut up the butter into the flour, and with your hands rub it well together; beat the eggs; add them gradually to the flour alternately with the milk; stir in the yeast and salt. Bake it in an earthen mould, or iron pan, one hour.

485. **Breakfast Muffins**—Ingredients—3 eggs, 1 breakfastcupful of milk, 1 tablespoonful of butter melted, 1 of sugar, a pinch of salt, 2 heaped teaspoonfuls of baking powder.

Whisk the eggs and mix with the milk; put the melted butter into a basin with the above ingredients, mixing in flour enough to make a batter. Bake in round tins, and when almost done wash the top of each with a feather dipped in milk.

486. **Graham Muffins**—Ingredients—1 qt. of Graham flour, 2 teaspoonfuls of baking powder, a piece of butter the size of a walnut, 1 egg, 1 tablespoonful of sugar,  $\frac{1}{2}$  teaspoonful of salt, milk enough to make a batter as thick as for griddle cakes.

Bake in muffin-rings, about twenty minutes, in a quick oven.

487. **Rice Muffins**—Ingredients—2 cups of cold boiled rice, 1 pint of flour, 1 teaspoon of salt, 1 tablespoon of sugar, 2 teaspoons of baking powder,  $\frac{1}{2}$  pint of milk, 3 eggs.

Mix into a smooth and rather firm batter, and bake as above.

488. **Oatmeal Muffins**—Ingredients—1 cup oatmeal,  $1\frac{1}{2}$  pints of flour, 1 teaspoonful of salt, 2 teaspoonfuls of baking powder, 1 pint of milk, 1 tablespoonful of lard, 2 eggs.

Mix smoothly into a batter rather thinner than for cup cakes. Fill the muffin rings two-thirds full and bake in a hot oven.

489. **Crumpets** (1)—Ingredients—2 eggs, 1 teaspoonful each of salt and sugar, 4 teaspoonfuls of baking powder, 1 qt. of milk, 3 pts. flour.

Mix into a stiff batter and bake in greased muffin rings on a hot greased griddle.

490. **Crumpets** (2)—Ingredients—2 pts. flour,  $1\frac{1}{2}$  teaspoonful of sugar, 1 teaspoonful of salt,  $2\frac{1}{2}$  teaspoonfuls of baking powder, 2 eggs, 1 pt. milk, 1 teaspoonful of cinnamon.

Mix thoroughly, adding the eggs and milk last. Stir to a stiff batter, and bake on a hot, well greased griddle.

491. **Waffles**—Ingredients—2 eggs, 1 pt. of milk,  $\frac{1}{2}$  oz. of butter,  $\frac{1}{2}$  gill yeast, salt to taste, and flour enough to form a thick batter.

Warm the milk and butter together ; beat the eggs, and add them by turns with the flour ; stir in the yeast and salt. When they are light, heat your waffle-irons and butter them, pour in some of the batter, and brown them on both sides ; butter them, and serve them with sugar.

492. **Rice Waffles**—Ingredients—1 gill of rice, 3 gills of flour, salt to taste, 1 oz. of butter, 3 eggs, as much milk as will make it a thick batter.

Boil the rice in very little water until it is soft ; drain it and mash it fine. Then add the butter to the rice whilst it is warm ; whisk the eggs very light, the yolks and whites separately. Add the yolks to the rice, and as much milk as will form a batter. Beat the whole very hard, then stir the whites of the eggs gently into the mixture. Grease your waffle-irons, and bake them. If the batter should be too thin, add a little more flour.

493. **Waffles (without yeast)**—Ingredients—3 eggs, 1 pt. of milk, 1 teaspoonful of butter, as much flour as will make a batter.

Beat the yolks and whites separately ; melt the butter, and while lukewarm stir it into the milk ; whisk the yolks very light ; add to them the milk and flour alternately ; beat it well ; lastly stir in the whites, which should be whisked very dry. The batter should not be beaten after the whites are in. Grease your waffle irons after having heated them ; fill them nearly full of the batter, close them, and place them over the fire ; turn the irons so as to bake the waffle on both sides. When done, take it out and butter it. These must be baked the moment they are mixed.

494. **Spanish Buns**—Ingredients—1 lb. of flour,  $\frac{3}{4}$  of a lb. of sugar,  $\frac{1}{2}$  lb. of butter, 4 eggs, 1 gill of yeast, 1 teaspoonful of cinnamon,  $\frac{1}{2}$  teaspoonful of nutmeg,  $\frac{1}{2}$  pt. of milk, 2 tablespoonfuls of rose water.

Cut up the butter, and rub it well with the flour, add the sugar, beat the eggs very light, and stir in lastly the spices and rose-water, with milk enough to form a very thick batter, then add the yeast. The next morning stir it again, and let it rise the second time. Butter your pans, and fill them three parts full. When they are done and cold, sift sugar over, and with a sharp knife cut them in squares.

495. **Buns**—Ingredients—1 lb. of flour, 3 oz. butter,  $\frac{1}{4}$  lb. sugar, 2 eggs, 3 half gills of milk, 1 gill of home-made yeast, 1 tablespoonful of rose-water, 2 teaspoonfuls of powdered cinhamon.

Warm the butter in the milk; beat the eggs; mix them with the milk and butter, and pour altogether into the pan of flour; then add the rose-water, cinnamon, and yeast. Mix all thoroughly, knead the dough well, let it rise; when light, make it out into cakes; put them in buttered pans, let them stand till they rise again, and bake them.

496. **Easter Buns**—Ingredients— $\frac{1}{2}$  quartern of white bread dough, 6 oz. fresh butter, 6 oz. white sugar, 4 eggs.

Beat the sugar and eggs together and mix them well with the dough (if it is stiff the best plan is to beat it with your hand, but if not a spoon will answer the purpose). When this is done add the butter. Put the mixture into tins or cups, and bake for about twenty minutes in a quick oven.

497. **Pop-Overs**—Ingredients—Take of equal proportions (say 2 cupfuls) milk and flour, 2 eggs, a little salt, butter the size of an egg.

Mix the salt in the flour, beat the eggs, add to it milk and pour upon the flour; mix well, melt the butter and add to other ingredients; the last thing, grease and half fill the tins; bake quickly.

498. **Doughnuts**—Ingredients—2 qts. flour, 1 teacupful of sour cream, 2 cupfuls of sugar, 3 eggs, 1 teaspoonful of soda.

Place a pan of lard on stove to boil, beat sugar and eggs together, dissolve the soda in a little warm water, add cream, now sift in the flour as you stir, adding a little spice if preferred. Roll out the dough, cut in rings or make into twists. Fry a golden brown in the boiling lard.

499. **Buttermilk Cakes.**

Take one pint of buttermilk, and stir into it as much flour as will form a dough, with one tablespoonful of dissolved carbonate of ammonia; roll the dough out in sheets, cut the cakes, and bake them in a moderate oven. The carbonate of ammonia may be obtained at any of the druggists; it is the common smelling-salts, without any of the aromatic drugs. It never imparts any taste to the food, as the heat disengages the carbonic acid gas and the ammonia.

500. **Mush Cakes**—Ingredients—1 qt. of milk,  $\frac{1}{4}$  lb. of butter, flour enough to make a dough, salt according to taste, Indian meal sufficient to thicken the milk,  $\frac{1}{2}$  a pt. of yeast.

Boil the milk, and stir into it as much Indian meal, mixed with cold milk, as will make a mush as thick as batter ; add the butter and salt while the mush is hot ; as soon as it becomes lukewarm stir in the yeast and as much flour as will form a dough ; cover it and stand it to rise. When light, make it out into biscuits, put them in buttered pans, and, as soon as they rise again, bake them in a hot oven. These cakes are very nice.

**501. Buckwheat Cakes**—Ingredients—1 pt. of buckwheat meal, 1 qt. of water, salt according to taste, 1 gill home-made yeast.

Mix the water (which should be lukewarm if the weather is cold) with the meal ; add the salt and yeast ; beat it well ; when light, bake them on a griddle. Grease the griddle ; pour on a little of the batter ; spread it so as to form a cake about the size of a breakfast-plate ; the cakes should be very smooth at the edges. When they are done on one side, turn them ; when brown on both sides, put some butter on the plate, put the cake on it, butter the top, bake another and put on it, butter hot, and send them to the table. Buckwheat cakes are much better if they are sent to the table with only one or two on the plate.

**502. Rye Batter Cakes**—Ingredients—1 pt. of rye meal, enough lukewarm milk to make a thin batter, salt according to taste, one gill home-made yeast.

Add enough lukewarm milk to the rye to make a thin batter, with salt ; beat it well, then add the yeast ; when they are light, bake them on a griddle, as buckwheat cakes.

**503. Milk and Butter Cakes**—Ingredients— $\frac{3}{4}$  of a lb. of flour,  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of sugar, 1 teaspoonful of grated nutmeg, as much milk as will form a dough.

Cut up the butter in the flour, add the sugar and spices by degrees ; stir in as much milk as will make a dough ; knead it well, roll it out in sheets, cut in cakes, butter your tins, lay them on so as not to touch, and bake in a moderate oven.

**504. Sponge Jelly Cake**—Ingredients—3 eggs, 4 oz. of sugar, 1 cup of flour, 1 dessertspoonful of baking powder, 3 tablespoonfuls of boiling water.

Mix the baking powder with the flour, and beat each of the eggs separately. Then mix all the ingredients together, and bake in jelly tins in a brisk oven. When cool, chocolate

frosting put between the cakes makes them very delicious, or jelly if preferred.

505. **Jelly Rolls**—Ingredients—3 eggs,  $\frac{1}{2}$  a cupful of butter,  $1\frac{1}{2}$  teaspoonful of baking powder,  $\frac{2}{3}$  of a cup of pulverized sugar, 1 cupful of flour, a little salt.

Bake in shallow pans—a dripping pan well buttered is good for this purpose; put in the dough till it is about half an inch thick; take it carefully from the tins when baked and lay on a cloth; spread jelly over it evenly with a knife; roll while hot; if this is not done the cake will crumble.

506. **Sponge Jelly Cake (Rolled)**—Ingredients—5 eggs, 1 cup of sugar, 1 cup of flour, and 1 teaspoonful of baking powder.

Beat the yolks and sugar to a cream, add the whites, beaten to a stiff froth; then the flour, in which the baking powder has been mixed. Bake in a dripping-pan. When done, turn out on a cloth, spread jelly on the bottom of the cake, and roll from the side.

507. **Roll Jelly Cake**—Ingredients— $1\frac{1}{2}$  cups of brown sugar, 3 eggs, 1 cup of milk, 2 cups of flour, 1 teaspoonful of cream of tartar, 1 teaspoonful of soda, 1 teaspoonful of lemon or vanilla essence.

Thoroughly beat the eggs and sugar together; mix the cream of tartar and soda with the milk, stirring in the flavoring also; next mix in the flour; spread them upon a long pan, and as soon as done spread jelly on the top and roll.

508. **Johnny Cake**—Ingredients—1 pt. of Indian meal, 1 teacupful of sugar, 1 pt. of milk, 2 eggs, 1 teaspoonful of butter, salt to taste, 1 teaspoonful of dissolved saleratus.

Mix the butter and sugar with the meal; boil half the milk. Add the dissolved saleratus and the eggs, after they have been well beaten, to the remaining half of cold milk. Pour the boiling milk over the meal and let it cool. Then add the cold milk and saleratus. Bake in a shallow pan.

509. **Indian Meal Breakfast Cakes**—Ingredients—1 qt. of Indian meal, 2 eggs, 1 teaspoonful of dissolved saleratus,  $\frac{1}{2}$  oz. of butter, salt to taste, milk sufficient to make a thick batter.

Beat the eggs very thick and light. Cut up the butter into the meal; then pour over enough boiling water to wet it. When it is cool add the eggs and salt; pour the dissolved saleratus into the milk, and add as much milk as will make it into a thick batter. Butter square tin pans, fill them about two-thirds full, and bake in a quick oven. When done, cut into squares and serve hot.

- 510. Icing for Cakes** (1)—Ingredients—4 eggs, 1 lb. of finely powdered white sugar, vanilla, strawberry, lemon, or any other flavoring.

Take the whites of the eggs, and beat well adding the sugar to stiffen in small quantities ; continue until you have beaten the eggs to a stiff froth ; it will take about half an hour if well beaten all the time ; if not stiff enough then add more sugar ; spread carefully on the cake with a broad bladed knife ; to color icing yellow, put the grated peel of a lemon (or orange) into a piece of muslin, strain a little juice through it and press hard into the other ingredients. Strawberry juice or cranberry syrup colors a pretty pink color.

- 511. Icing for Cakes** (2)—Ingredients—The whites of 2 eggs,  $\frac{1}{2}$  lb. of castor sugar, and the juice of a lemon or a few drops of orange flower water.

Beat the mixture until it hangs upon the fork in flakes, then spread over the cake, dipping the knife in cold water occasionally ; stand it before the fire, and keep turning the cake constantly, or the sugar will catch and turn brown ; as soon as it begins to harden it may be removed ; the icing must not be put on until the cake itself is cold, otherwise it will not set. A few drops of cochineal will color it if desired.

- 512. Excellent Frosting.**

Take one cupful of granulated sugar and four tablespoonfuls of hot water, boil them together until it threads from the spoon, stirring often. Beat the white of one egg until firm ; when the sugar is ready set it from the stove long enough to stop boiling, then pour on to the egg slowly, but continually, beating rapidly ; continue to beat until of the right consistency to spread on the cake and flavor while beating ; it hardens very quickly after it is ready to put on the cake, so it is best to have the white of another egg ready to add a little if it gets too hard to spread smoothly. Boil the sugar the same as for candy ; when right for candy it is right for frosting ; if at last it hardens very rapidly it has been boiled too hard ; but a little white of egg will rectify it. Or if not boiled enough (that is, if it remains too thin after beaten until cold) put in pulverized sugar, adding a little and beating hard, then if not just right, a little more and beat again until thick enough. The one thing is to have the sugar boiled just right ; if you hit that point you will not have a bit of trouble, if not, it will require "doctoring,"

as I have told you. A good deal depends upon stirring the sugar into the white of the egg at first ; if too fast or too slow it will cook the egg in lumps ; if you should not get it just right at first do not be discouraged ; when once you get it perfect you will never make it any other way. This quantity is for one cake.

513. **Almond Icing for Cakes**—Ingredients—4 eggs, a small quantity of rose water, and to every lb. of sweet almonds add 1 lb. of powdered loaf sugar.

Blanch and pound the almonds until of the consistency of thick cream, wetting now and then with a little rose water ; next beat the whites of the eggs to a firm froth ; add to the almonds mixing in the sugar, and stir all well together (be sure it is nice and smooth). After spreading on the cakes cover with plain icing, after this, if desired, pop it in the oven to dry, and harden.

514. **Chocolate Icing for Cakes (Simple)**—Ingredients— $\frac{1}{4}$  cake chocolate,  $\frac{1}{2}$  cupful sweet milk, sugar, 2 dessertspoonfuls of corn starch, a teaspoonful of vanilla.

Mix together the chocolate, milk, and starch ; boil for two minutes, flavor with the vanilla, and sweeten with powdered white sugar to taste.

515. **Plain Fruit Cakes**—Ingredients—1 lb. of flour,  $\frac{1}{4}$  lb. of dripping, 2 teaspoonfuls of baking powder, a little allspice and salt,  $\frac{1}{4}$  lb. of currants,  $\frac{1}{4}$  lb. of white sugar, and  $\frac{1}{2}$  pint of milk.

Mix into the flour the baking powder and salt, then with the hands rub the dripping in the flour until it resembles bread-crumbs. Add the currants, allspice and sugar. Take care that the ingredients are well mixed ; pour in the milk and mix with a wooden spoon. Grease a quartern tin and pour the mixture into it ; bake for one hour. To ensure the cake being done stick a piece of broom straw into it. This answers the same purpose as a knife and is better, as the knife is apt to make the cake heavy. Turn the cake on end to allow the steam to evaporate.

516. **Farmer's Cake**—Ingredients—1 cupful of dried sour apples, 1 cupful sugar, 1 cupful golden syrup, 1 small cupful of butter, 1 small cupful of sour milk, 1 teaspoonful of soda, cinnamon and cloves, 1 pt. of flour, 1 egg.

Mince the apples and soak over night ; now let them simmer with the syrup for two hours. Mix other ingredients



as you would for any cake. Add apples and syrup when cool. Bake in tins, the oven must not be too hot. Should take half an hour.

517. **Plain Fruit Cake** (2)—Ingredients—1 lb. of flour,  $\frac{1}{2}$  lb. of raisins, 4 oz. of dripping, 4 oz. of white sugar, a teacupful of milk, 1 egg, 2 teaspoonfuls of baking powder, a little salt, 1 oz. of lemon peel.

Add to the flour the baking powder and salt; rub the dripping into the flour with your hands. Take care it is well incorporated. Stone the raisins, grate the lemon rind, and with the sugar add to the other ingredients. Well whisk the egg, and mix in the milk, adding to the mixture; thoroughly mix. Grease a cake tin and bake for an hour. Proceed to test if done, as above.

518. **Soda Cake**—Ingredients—1 lb. of flour, 3 oz. of butter, 8 oz. of sugar,  $\frac{1}{4}$  pt. of milk, 3 eggs,  $\frac{1}{2}$  lb. of currants; 1 teaspoonful of carbonate of soda, grate in a quarter of a nutmeg.

Beat the whole well and lightly together. Remember that the soda should only be stirred into the ingredients just before putting it (in a well buttered pan) into the oven. Bake it for about an hour and a quarter.

519. **Economical Fruit Cake**—Ingredients—5 oz. of butter, 2 lbs. of flour,  $\frac{1}{2}$  lb. of sugar, 1 lb. of currants, 1 gill of yeast, enough milk to make a thick batter, 1 tablespoonful of powdered cinnamon.

Mix the flour, leaving out a quarter of a pound, with the butter cut in small pieces, the sugar, cinnamon and fruit; add milk enough to form a thick batter, and lastly stir in the yeast. Mix it over night, and set it away to rise; in the morning stir in the remainder of the flour, and let it rise; when light, mould it out very lightly; butter your pan, and bake it in an oven about as hot as for bread.

520. **New York Plum Cake**—Ingredients—1 lb. of butter, 1 lb. of flour, 2 lbs. of raisins, seeded, 2 lbs. of currants,  $\frac{1}{4}$  oz. of ground cloves, 1 lb. of sugar, 1 lb. of citron, cut in small, thin pieces, 8 eggs,  $\frac{1}{4}$  oz. of ground cinnamon;  $\frac{1}{4}$  oz. ground mace,  $\frac{1}{4}$  oz. of grated nutmeg.

Slice the citron, pick, wash and dry the currants, seed the raisins, and mix the fruit together, and dredge over it as much flour as will adhere to it. Prepare the spice. Stir the butter and sugar till it is smooth and light. Beat the eggs very light, and stir them into the butter and sugar. Add the flour and

fruit gradually ; beat the batter till the fruit is thoroughly mixed with it, then add slowly the spice. Beat the mixture very hard for ten or fifteen minutes. Line your pans with two thicknesses of stout white paper, which should be well buttered ; pour in the batter, and bake from four to five hours. Rose water and lemon may be used to flavor it ; a wine glass of rose water, and as much lemon as to give it a taste.

**521. Plum Cake**—Ingredients—1 lb. each of butter, sugar and flour, 10 eggs, 1 lb. of raisins,  $\frac{1}{2}$  lb. each of currants and sliced citron, a teaspoonful of ground cloves, 1 of mace, 1 nutmeg, the juice and grated peel of a lemon,  $\frac{1}{2}$  a coffee cupful of molasses, 1 teaspoonful of cream of tartar,  $\frac{1}{2}$  teaspoonful of soda.

Beat the butter till it is soft and creamy, then add the sugar. Beat the whites and the yolks of the eggs separately ; stir the yolks in with the butter and sugar ; stir the flour in gradually (having first mixed one heaping teaspoonful of cream of tartar with it). When the flour is about half worked in, put in half a teaspoonful of soda dissolved in as little water as is possible to use ; then add the whites of the eggs, and lastly the fruit, which is well covered with the rest of the flour. Bake in a large tin, with a buttered paper on the sides as well as on the bottom ; it will need to bake slowly for five hours. Then, do not attempt to lift it from the tin until it is perfectly cold. This should be made several days before it is used.

**522. A Rich Plum Cake**—Ingredients—1 lb. of fresh butter, 1 lb. of powdered loaf sugar, 1 lb. of flour,  $1\frac{1}{2}$  lbs. of currants, 2 lbs. candied peel, 1 lb. sweet almonds, 2 oz. allspice,  $\frac{1}{4}$  oz. of cinnamon (both these in powder) 10 eggs.

Beat the butter to a cream, and add the sugar ; stir till light, and put in the spices ; in fifteen minutes work in the eggs two or three at a time, then add the orange, lemon, and citron peel and currants, and mix them well with the almonds, blanched and cut small ; last of all add the flour ; bake in a hot oven for three hours, in a tin hoop with plenty of paper underneath.

**523. Seed Cake**—Ingredients—10 oz. of flour, 2 oz. of sugar, 2 teaspoonfuls of baking powder, and one of carraway seeds, 1 egg, 3 oz. butter, a little salt, and half a glass of milk.

Mix the baking powder and salt in the flour, rub in the butter (with the hands). Add the sugar and carraway seeds, taking care to thoroughly blend them. Well whisk the egg

and add the milk to it, add to the other ingredients and beat well for about ten minutes. Grease a baking tin and pour the mixture in. It will take about one hour to bake.

524. **Another Seed Cake (Good)**—Ingredients—1 lb. of butter, 12 oz. of sifted white sugar, 6 eggs, nutmeg grated and powdered mace to taste, 1 lb. of flour,  $\frac{3}{4}$  oz. of caraway seeds.

Beat the butter until of the consistency of a thin paste; sift in the flour. Add the remaining ingredients excepting the eggs, mixing all well together. Beat the eggs separately, add to the other ingredients and beat the mixture for ten or twelve minutes. Line a tin with buttered paper and put the cake in and allow to bake for about one and a half or two hours.

525. **Seed Biscuits**—Ingredients—18 oz. of flour, 6 oz. of sugar, 6 oz. of butter,  $\frac{1}{2}$  oz. of caraway seeds, 3 eggs.

Beat the butter until it is of the consistency of cream. Work in gradually the flour, sugar, and caraway seeds. When thoroughly mixed add the eggs, well whisked. Roll out the paste, cut into fancy shapes, and bake for a quarter of an hour. It is an improvement to brush over the tops with a little milk, strewing a little white sugar over them.

526. **Rice Cake**—Ingredients—2 handfuls of rice, a little less than a quart of milk, sugar to taste, rind of a lemon cut in one piece, a small stick of cinnamon, 4 eggs, a small quantity of candied citron.

Pick and wash in two or three waters the rice and put it to cook in the milk, sweeten to taste, add the lemon rind and cinnamon. Let the rice simmer gently until tender and has absorbed all the milk. Turn it into a basin to cool, and remove the lemon rind and cinnamon. Then stir into it the yolks of four and the white of one egg. Add a little candied citron cut in small pieces. Butter and bread crumb a plain cake mould; put the mixture into it and bake in a quick oven half an hour.

527. **Rich Rice Cake**—Ingredients—1 lb. of ground rice, 1 lb. of flour, 1 lb. of sugar, 17 eggs, 36 drops of essence of lemon, or, if preferred, the rind of 2 lemons,  $\frac{3}{4}$  lb. of butter.

Whisk the egg separately; beat the butter to a cream, and add the yolks of the eggs, mixing well. Then add the flour, rice and lemon (if lemon rind take care it is finely minced). Beat the mixture for about ten minutes, and lastly add the whites of the eggs. Beat again for a quarter of an hour; put

into a buttered mould. It will take about an hour and a half to bake.

528. **Rice Cakes**—Ingredients—8 oz. of rice flour, 4 oz. of white sugar, 4 oz. of butter, 3 eggs.

Work the butter to a creamy substance, add the sugar and flour, and mix in the well whisked eggs. Roll upon pastry board and shape into cakes with a cake cutter. Bake in a slow oven.

529. **Jumbles**—Ingredients—2 lbs. of flour,  $1\frac{1}{4}$  lbs. of sugar, half a pint of milk, 3 eggs,  $\frac{1}{2}$  lb. of butter, 1 teaspoonful of *dissolved* saleratus, essence of lemon according to taste.

Beat the butter and sugar to a cream; add the eggs, which must have been whisked till very thick, and some essence of lemon; then pour in the milk and saleratus. The saleratus should be dissolved in water, and a teaspoonful of this solution be mixed with the milk. Bake in the form of jumbles.

530. **Indian Loaf Cake**—Ingredients—1 lb. of Indian meal,  $\frac{1}{4}$  lb. of butter, 2 eggs,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{4}$  lb. of raisins,  $\frac{1}{4}$  lb. of currants, 1 eggspoonful soda.

Cut up the butter in the Indian meal; pour over it as much boiling milk as will make a thick batter; beat the eggs very light; when the batter is cool pour them into it. Seed the raisins; wash, pick, and dry the currants; mix them with the raisins, and dredge as much wheat flour on them as will adhere to them. Stir the fruit into the batter, and add the sugar and soda (dissolved in hot water). Bake it in a moderate oven two hours.

531. **Cream Cake and Chocolate**—Ingredients— $\frac{2}{3}$  of a cupful of butter, 2 cupfuls of white sugar, 4 eggs,  $\frac{1}{2}$  a glass of milk, 3 cupfuls of prepared flour.

Beat the butter and sugar to a cream; add the yolks of the eggs, well beaten, the milk and then the whites of the eggs also well beaten to a froth, alternately with the flour; when cold spread with the following filling:—A cupful of milk, a dessertspoonful of corn starch, an egg, a teaspoonful of vanilla, half a cupful of sugar. Scald the milk; mix in the corn starch, previously moistened with a little cold milk; pour over the well beaten eggs and sugar; allow to remain on the fire until thick, stirring well. Flavor when cold. Serve with chocolate.

532. **Daisy Cake**—Ingredients— $\frac{1}{2}$  cupful sugar,  $\frac{1}{2}$  cupful butter, 3 cupfuls flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  cupful currants, a little nutmeg, cupful of milk, 2 eggs.

Mix the baking powder in the flour, then rub in the butter, add sugar, currants, and nutmeg, beat the eggs and add to the milk ; now moisten and mix thoroughly, put in buttered tin and bake half an hour.

533. **Queen Cakes**—Ingredients—1 lb. of dried flour, same of sifted sugar and of washed clean currants, 1 lb. of butter, 8 eggs.

Mix the flour, sugar and currants ; wash the butter in rose water, beat it well, then mix with it the eggs, yolks and whites beaten separately, and put in the dry ingredients by degrees ; beat the whole for one hour ; butter little tins and put the mixture in, only filling half full, and bake ; sift a little fine sugar over just as you put into the oven.

534. **Queen Cakes** (2)—Ingredients—1 lb. of fine flour,  $\frac{1}{2}$  lb. of powdered white sugar, the same of butter, and of currants,  $\frac{1}{2}$  pt. of cream, 3 eggs, a teaspoonful of carbonate of soda, flavoring, either lemon or almond.

When the butter is beaten to a cream, sift in the flour, then put in the currants and sugar, being careful to mix the ingredients well together ; beat the eggs, pour in the cream and flavoring and pour into the flour, etc. Finally, mix in the carbonate of soda, and mix well for quarter of an hour. Pour the paste into little buttered tins and bake about twenty minutes.

535. **Handy Cake**—Ingredients—2 cupfuls of flour, 2 cupfuls of sugar, 3 eggs, 4 teaspoonfuls of baking powder, 1 cupful of butter, 1 gill of boiling water.

This is a very handy cake, any filling convenient may be used.

536. **Ginger Cup Cake**—Ingredients—2 cupfuls of butter, 2 cupfuls of sugar, 1 cupful of molasses, 1 cupful of cream, 3 eggs, 1 tablespoonful of *dissolved* saleratus, 4 heaping cupfuls of flour,  $\frac{1}{2}$  a cupful of ginger.

Beat the butter and sugar to a cream ; whisk the eggs light, and add to it ; then stir in the other ingredients. Butter a pan or earthen mould, and pour in the mixture. Bake in a moderate oven, or it may be baked in queen cake pans.

537. **Ginger Nuts**—Ingredients— $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of sugar, 1 pt. of molasses, 2 oz. ginger, 1 tablespoonful of cinnamon, as much flour as will form a dough,  $\frac{1}{2}$  an oz. of ground cloves and allspice mixed.

Stir the butter and sugar together ; add the spice, ginger,

molasses, and flour enough to form a dough. Knead it well, make it out in small cakes, bake them on tins in a very moderate oven. Wash them over with molasses and water before they are put in to bake.

538. **Ginger Nuts** (2)—Ingredients— $\frac{1}{2}$  lb. of butter, 2 lbs. of flour, 1 pt. of molasses, 2 eggs, 6 oz. ground ginger, 3 oz. ground allspice, 1 oz. powdered cinnamon.

Mix in the same manner as for gingerbread. Roll out the dough into ropes about half inch thick ; cut these transversely into pieces, which roll into small balls ; place these at a little distance apart, upon greased baking sheets, and flatten them down with the palm of your hand ; when the sheet is full, wash them over the tops with a brush dipped in thin molasses, and bake in a moderate oven.

539. **Ginger Bread**—Ingredients— $\frac{1}{2}$  lb. of moist sugar, 2 oz. of ground ginger, 1 lb. of flour,  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of treacle.

Put the butter and treacle into a jar near the fire ; when the butter is melted mix it with the flour while warm, and spread the mixture thinly on buttered tins, mark it in squares before baking, and as soon as baked enough separate it at the marks before it has time to harden. Time to bake, fifteen minutes.

540. **Honeycomb Gingerbread**—Ingredients— $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of the coarsest brown sugar,  $\frac{1}{4}$  lb. of butter, 1 dessertspoonful of allspice, 2 dessertspoonfuls of ground ginger, the peel of half a lemon grated, and the whole of the juice ; mix all these ingredients together, adding about  $\frac{1}{2}$  lb. of treacle so as to make a paste sufficiently thin to spread upon sheet tins.

Beat well, butter the tins, and spread the paste very thinly over them, bake it in a rather slow oven, and watch it till it is done ; withdraw the tins, cut it in squares with a knife to the usual size of wafer biscuits (about four inches square), and roll each piece round the fingers as it is raised from the tin.

541. **Drop Ginger Cakes**—Ingredients—Put in a bowl 1 cupful of brown sugar, 1 of molasses, 1 of butter, then pour over them 1 cupful boiling water, stir well ; add 1 egg, well beaten, 2 teaspoonfuls of soda, 2 tablespoonfuls each of ginger and cinnamon,  $\frac{1}{2}$  teaspoonful of ground cloves, 5 cupfuls of flour.

Stir altogether and drop with a spoon on buttered tins ; bake in a quick oven, taking care not to burn them.

542. **Ginger Biscuits**—Ingredients—Rub 4 oz of fresh butter into  $\frac{1}{2}$  lb. of flour, add 3 tablespoonfuls of sugar,  $\frac{1}{2}$  oz. of ground ginger, and 1 egg beaten up with a little milk to a smooth paste.

Bake on buttered paper for ten minutes. Keep the biscuits in a tin in a dry place.

543. **Apple Cake**—Ingredients— $1\frac{1}{2}$  lbs. of apples cut and cored, 1 lb. white sugar, the juice of 3 lemons, and about half the rinds grated.

Simmer in a stew pan for four hours until it becomes quite stiff. Then put into a mould, in which let it remain all night. Before turning out plunge the mould in warm water to prevent it sticking.

544. **Washington Cake**—Ingredients—1 lb. of sugar,  $\frac{3}{4}$  lb. of butter, 4 eggs, 1 lb. flour, 1 teacupful of milk, 2 teaspoonfuls of dissolved saleratus,  $\frac{1}{2}$  a teaspoonful of cinnamon, half a nutmeg, 1 lb. dried currants, washed, picked, and wiped dry.

Beat the butter and sugar until it is smooth and light. Whisk the eggs till they are thick, and add them to the butter and sugar. Stir in the flour and spice. Flour the fruit and stir it in. Beat the whole very hard for fifteen minutes. Then stir in the saleratus. Line the sides and bottom of your pan with thick paper; butter it well, pour in the mixture, and bake it in a moderate oven.

545. **Metropolitan Cake**—Ingredients—Light part: 2 cupfuls sugar,  $\frac{3}{4}$  cupful butter, 1 cupful sweet milk,  $2\frac{1}{2}$  cupfuls of flour, whites of 5 eggs, 3 teaspoonfuls baking powder. Dark part:  $\frac{1}{2}$  cupful molasses,  $\frac{1}{2}$  cupful flour, 1 cupful raisins, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful cloves, 2 large spoonfuls of the light part.

Bake the light part in two cakes. Bake the dark part in one cake and place between the two light cakes with jelly or frosting.

546. **Gateau de Savoye (French Sponge Cake)**—Ingredients—(Take the weight of 8 eggs in their shells) of finely powdered white sugar and half their quantity of potato flour, 2 eggs, juice of half a lemon, some (glace) sugar (icing), preserved cherries, and sugar plums.

Put the sugar and the yolks of the eggs in a basin, and beat them well together with an egg whisk or with a fork until the mixture assumes a white creamy appearance. Add essence of lemon to taste. Sprinkle in (beating the mixture all the time) half the potato flour, and add the whites of four eggs whisked to a stiff froth. Then put in, in the same manner, the rest of the flour; and lastly add the remaining four whites beaten to a froth. As soon as the composition is smoothly mixed to-

gether—and this must be done quickly—pour it into a buttered plain mould, and bake it in a slow oven. When quite done, turn the cake out of the mould and leave it to get cold. In the meantime put the whites of two eggs into a basin, with the juice of half a lemon and some *glace* sugar; stir the mixture briskly with a wooden spoon, adding more *glace* sugar as it gets thin, until it becomes a smooth white paste of the consistency of butter. Lay the mixture all over the cake with a knife, and lay it on as smoothly as possible. Put the cake in the oven just long enough for the icing to glaze. Take it out, and before the icing has time to cool ornament the cake with preserved cherries, small coloured sugar plums, etc., in any pattern you please.

**547. Thanksgiving Cake**—Ingredients—1 lb. butter, 1 lb. sugar, 1 lb. flour, a small teaspoonful of cinnamon and mace mixed, a very small nutmeg grated, 3 oz. of candied lemon peel, 2 oz. of blanched and chopped almonds, 6 oz. of currants, 8 eggs.

Beat the sugar and butter to a cream, whisk the eggs and add to the former, now mix in the flour slowly, stirring all the time, add remaining ingredients, thoroughly mix, place in buttered tins and bake about two hours.

**548. Sponge Cake**—Ingredients—5 eggs,  $\frac{1}{2}$  lb. white sugar, the grated rind and juice of 1 lemon,  $\frac{1}{4}$  lb. flour.

Separate the yolks from the whites. Beat the yolks and sugar together until they are very light; then add the whites, after they have been whisked to a dry froth; alternately with the flour stir in the lemon, put the mixture in small pans, sift sugar over them, and bake immediately.

**549. Italian Sponge Cake**—Ingredients—1 lb. of white sugar, 18 eggs, 1 lb. potato flour.

Put into a large basin the sugar and half the number of eggs; beat for ten minutes with an egg whisk. Then place the basin in a large vessel containing hot water. Add the rest of the eggs, and continue beating the mixture for ten minutes longer, sprinkle in the potato flour and continue beating, taking care that it is mixed very slowly with the eggs and sugar. Pour into a buttered mould and bake in a slow oven.

**550. Hickory Nut Cake**—Ingredients—1  $\frac{1}{2}$  cupfuls of sugar,  $\frac{1}{2}$  a cupful of butter, a scant half-cupful of sweet milk, 2 cupfuls of flour, 3 eggs, 2 teaspoonfuls of cream-tartar, 1 of soda or 3 teaspoonfuls of baking powder.



Bake in layers. Filling for same :—One cupful of sweet cream or milk ; let it come to a boil ; then stir in one tablespoonful of corn starch which has previously been wet with cold milk ; sweeten to taste ; let it just boil up ; remove from the fire, and stir in one pint of pulverized hickory nut meats. Flavor to taste, and when partially cool spread between each two layers.

551. **Lady Fingers**—Ingredients—4 oz. of sugar, 4 yolks of eggs, mix well ; 3 oz. flour, a pinch of salt.

Beat the four whites and stir in gradually ; butter a shallow pan and squirt the mixture through a piece of stiff paper rolled up ; dust with sugar and bake in a not too hot oven.

552. **Squash Cakes**—Ingredients—Sieve  $2\frac{1}{2}$  cupfuls of cooked squash ; add a pint of milk, 2 eggs, a pint of flour, 1 teaspoonful of sugar, 2 teaspoonfuls of baking powder, and a little salt.

Beat together until smooth and fry brown in butter.

553. **Strawberry Short-Cake**—Ingredients—Butter, flour, strawberries, sugar, whipped cream.

Make a rich, short crust with butter and flour, allowing one ounce more of flour than butter ; bake in flat tins of equal size (the pastry when baked should be about an inch thick) ; open the shortcake, butter it well, and cover one-half with a layer of strawberries previously mixed with sugar ; have alternate layers of berries and pastry, finishing with the former, over which place a layer of whipped cream.

554. **Short-Cake (Spanish)**—Ingredients—3 eggs,  $\frac{1}{2}$  a cupful of butter, 1 cupful of sugar,  $\frac{2}{3}$  of a cupful of sweet milk, a little cinnamon, 2 cupfuls of flour and 1 teaspoonful of baking powder.

Stir the flour in, do not knead it ; the eggs, butter and sugar should be beaten together till very light ; bake in a shallow tin ; when it is done spread a thin frosting over the top ; make this of the white of one egg, a little pulverized sugar and a teaspoonful of cinnamon ; set it in the oven to brown.

555. **Short-Cake (Blackberry)**—Ingredients—2 qts. of flour, 3 tablespoonfuls of butter, 2 of lard,  $2\frac{1}{2}$  cupfuls of butter milk, or thick sour milk, yolks of 2 eggs, a teaspoonful of soda and salt.

Mix the salt in the flour, then work in the shortening ; beat the yolks of the eggs ; dissolve the soda in a little hot water and add to the above proportion of milk ; add these to the

for t mixture ; quickly make into a paste, roll out half an inch thick, having upper and under crust. Lay the paste in a well greased baking tin, cover thickly with berries, sprinkle with sugar, cover with the top crust. Bake about half an hour ; cut into squares and eat (splitting these open) with sugar and butter.

**556. Short-Cake (Scotch)**—Ingredients—4 oz. of white sugar,  $\frac{1}{2}$  lb. of slightly salted butter, 1 lb. of flour.

Mix the flour and butter with the hands ; then add the sugar, and work all into a smooth ball ; then roll out until it is an inch thick ; prick over with a fork and pinch round the edges, and bake for one-half hour, in an oven with a moderate fire, in a round or square pan, according to taste.

**557. Short-Cake (Raspberry or Huckleberry)**—Ingredients—1 qt. of flour, 2 tablespoonfuls each of butter and lard, 2 half cupfuls of butter milk, yolks of 2 eggs, a teaspoonful of soda and salt, 1 qt. of raspberries or huckleberries.

Sort the flour ; chop up the lard and butter in the flour, whisk well the yolks of the eggs ; dissolve the soda in a little warm water. Make all these ingredients into a soft paste. Roll lightly into two sheets ; lay the bottom crust in a greased square pan ; strew thickly with berries, sprinkle with sugar and cover with the upper crust. Bake about half an hour ; cut into squares and send to table piled upon a dish. Split and eat with butter and sugar.

**558. Chocolate Cake**—Ingredients— $\frac{1}{2}$  a lb. of butter, yolks of 12 eggs,  $\frac{1}{2}$  lb. of white sugar, same of ground almonds,  $\frac{1}{4}$  lb. of chocolate, 2 tablespoonfuls of cinnamon,  $\frac{1}{2}$  teaspoonful of pounded cloves.

Melt the butter and stir it until it froths, beat the yolks of the eggs and stir into the butter ; add the sugar and pounded almonds, grated chocolate, cinnamon and pounded cloves, beat well for fifteen minutes ; then beat the whites of the eggs to a froth, and add these to the above mixture ; butter the mould, and bake the above in a moderate oven for an hour and a quarter.

**559. Chocolate Cake (2).**

Beat for ten minutes the yolks of three eggs, stir them into the butter, add two ounces of sugar, two ounces of Jordan almonds, blanched and pounded, two ounces of powdered

chocolate, half a teaspoonful of cinnamon, and the same of cloves, pounded. Stir well for a quarter of an hour, then add the whites of the eggs, beaten to a froth; butter a mould and bake in a moderate oven for an hour.

560. **Ratafias**—Ingredients—8 oz. of sweet almonds, 4 of bitter, 10 oz. of white sugar, 4 eggs.

Blanch and skin the almonds, and pound them in a marble mortar with the white of an egg; add gradually the sugar, and the whites of three eggs, having previously well whisked them. Take a large sheet of cartridge paper and drop the mixture through a biscuit syringe upon it and bake for about twelve minutes. The oven should be rather quick, and the cakes should not be larger than a 25c. piece.

561. **Macaroons**—Ingredients—4 oz. of almonds, 4 spoonfuls of orange flower water, 1 lb. of white sugar, wafer paper, 4 eggs.

Blanch the almonds, and pound with the orange flower water; whisk the whites of four eggs to a froth, then mix it, and a pound of sugar sifted with the almonds, to a paste; and laying a sheet of wafer paper on a tin, put it on in different little cakes, the shape of macaroons. Bake from fifteen to twenty minutes.

562. **Malaga Cake**—Ingredients—1 cupful of butter, 2 cupfuls of sugar,  $\frac{1}{2}$  cupful of sweet milk, 2 teaspoonfuls of baking powder, 3 cupfuls of flour, whites of 6 eggs. Filling:—Whites of 3 eggs beaten with sugar, 1 cupful of seeded and chopped raisins, 2 teaspoonfuls of extracts of lemon.

Beat to a cream the butter and sugar, add the milk; mix the baking powder with the flour; beat the whites of the eggs to a froth, stir all together and flavor with lemon. Bake in sheets, and when done spread with the above filling.

563. **Charlotte a La Polonaise**—Ingredients—A sponge cake, cream, sugar, sweetmeats.

Make a sponge cake, cut it transversely, dip each piece in cream, and then place them back where they were, so as to give the cake its original form as near as possible. When thus reformed, cover it with cream, dust with sugar, and decorate it with any kind of sweetmeats. Besides the sweetmeats that are placed here and there all round, some currant jelly may be used to decorate. Place on ice for some time and serve.

564. **Cocoanut Cake**—Ingredients—6 oz. of butter, 1 lb. of sugar, 1 lb. of flour, 1 large cupful of milk, 1 teaspoonful of soda, 2 of cream of tartar.

Rub the butter into the flour ; add the sugar and cream of tartar ; well whisk the eggs ; dissolve the soda in a little warm water, adding these to other ingredients. Bake in layers as for jelly cake. Icing to place between the layers :—eight ounces of white sugar, whites of two eggs. Well whisk the eggs and sugar, add the grated cocoanut and place between the layers.

565. **Scotch Snow Cake**—Ingredients—7 oz. white sugar, 1 lb. arrowroot,  $\frac{1}{2}$  lb. butter, whites of 7 eggs, any flavoring that is preferred.

Beat the butter until like cream, and while beating add gradually the arrowroot and sugar. When the whites of the eggs are beaten to a stiff froth, mix with the other ingredients and beat for a quarter of an hour. Flavor to taste, pour into buttered mould and bake for an hour and a quarter.

566. **Scotch Oat Cake**—Ingredients—8 oz. Scotch oatmeal, a small spoonful of butter, as much carbonate of soda as will lie on a 5c. piece.

Place the butter in a teacup with the above proportion of soda, and pour upon this half a teacupful of hot water. Mix until both are melted. Having put the meal into a basin (holding about a pint) pour quickly the contents of the teacup upon it, and mix well with the point of a knife. Place upon the paste-board and with the knuckles spread it out gradually. Care must be taken that the edges do not crack. Sprinkle plenty of dry meal over it and roll with a crimped roller to the thickness of a quarter of an inch. Take care to keep the paste round. Then put the knife in the centre and divide into three. Place them upon a hot griddle, and as they get done move in order from a cool spot to a warmer. When they are done enough they will not be doughy. Remove from the fire on to a toaster before the fire and allow them to dry gradually, and as done remove from the fire, stand them on edge to allow to get cold. Proceed in this manner till the mixture is used.

567. **Rich Bride Cake**—Ingredients—5 lbs. sifted flour, 3 lbs. fresh butter, 2 lbs. white sugar, 5 lbs. currants,  $1\frac{1}{4}$  lbs. of sweet almonds,  $\frac{3}{4}$  lb. of candied citron, 6 oz. each of candied orange and lemon peel,  $\frac{1}{4}$  oz. of mace, half a quarter of cloves, 17 eggs, 2 nutmegs, a little orange flower water.

Blanch and pound the almonds, adding a little orange

flower water to prevent oiling. Then proceed to work the butter with the hands until of the consistency of cream. Add the sugar. Whisk the whites of the eggs to a stiff froth and add to the butter and sugar. Beat the yolks of the eggs for twelve minutes, and add them to the flour, grated nutmeg, and finely powdered mace and cloves, beating the whole for three-quarters of an hour. Then proceed to add lightly the almonds, with the thinly sliced peel. Then beat for half an hour. Line your cake tin with buttered paper, and fill with the mixture. The oven should be tolerably quick, but great care must be taken that it is not too fierce, or the cake will brown before it begins to soak. It will take about six hours to bake. Test if done as in Recipe for "Plain Fruit Cake," No. 515. Turn on end to allow the steam to evaporate and spread with icing when cold. See Recipe for "Almond Icing," No. 513.

**568. White Bride Cake.**

Take one pound of butter, put it into a basin and beat it with your hand till it comes to a fine cream, then add one and one-quarter pounds of pulverized sugar, and beat together until it is fine and white; then add one pound of sifted flour, give it a stir and then add the whites of fourteen eggs; continue to beat it and add another pound of flour and fourteen more whites; beat well; mix all together, paper your dish around the sides and bottom, put in your batter and bake in a moderate oven.

**569. Plain Luncheon Cake**—Ingredients— $\frac{1}{4}$  lb. of butter, 2 oz. of dripping, 3 eggs well beaten,  $\frac{1}{4}$  lb. moist sugar,  $\frac{1}{4}$  lb. of currants,  $\frac{1}{4}$  lb. sultanas, 2 oz. candied peel,  $\frac{3}{4}$  lb. of flour, 2 teaspoonfuls of baking powder.

Melt the butter and dripping in the oven, let it stand till cool, then add the eggs, moist sugar, currants, sultanas, and candied peel, cut up finely. Have ready in a separate basin the flour mixed with two teaspoonfuls of baking powder; and add this gradually to the other ingredients; bake an hour and a half in a moderate oven. These cakes are excellent.

**570. Shrewsbury Cake**—Ingredients—1 lb. of sugar, pounded cinnamon, a little grated nutmeg, 3 lbs. of flour, a little rose water, 3 eggs, melted butter.

Sift the sugar, cinnamon and nutmeg into the flour (which must be of the finest kind); add the rose water to the eggs and mix with the flour, etc., then pour in enough melted butter

to make it a good thickness and roll out. Mould well, roll thinly, and cut into such shapes as you like.

**571. Marble Spice Cake**—Ingredients— $\frac{3}{4}$  of a lb. of flour, well dried; 1 lb. white sugar,  $\frac{1}{2}$  lb. of butter, whites of 14 eggs, 1 tablespoonful of cream tartar mixed with the flour.

When the cake is mixed, take out about a teacupful of batter and stir into it one teaspoonful of cinnamon, one of mace, one of cloves, two of spice and one of nutmeg. Fill your mould about an inch deep with the white batter, and drop into this, in several places, a spoonful of the dark mixture; then put in another layer of white, and add the dark as before; repeat this until your batter is used up. This makes one large cake.

**572. Corn Starch Cake**—Ingredients—4 eggs, whites only;  $\frac{1}{4}$  lb. of sugar, 1 cupful of butter,  $\frac{3}{4}$  cupful of corn starch,  $\frac{1}{2}$  cupful of sweet milk, 1 cupful of flour, 2 teaspoonfuls baking powder, lemon or rose water flavoring.

Cream the butter and sugar thoroughly either with the hand or a silver spoon; mix the corn starch with the milk, and add; then add the eggs, beaten stiff, next the sifted flour, into which the baking powder has been stirred. Put into well greased mould and bake.

**573. Potato Cake**—Ingredients—A few mashed potatoes, melted butter, flour.

Take the potatoes and stir in melted butter according to the quantity of potatoes used; thicken to a paste with flour, bake in a quick oven and serve hot.

**574. Cracknels**—Ingredients—1 qt. of flour,  $\frac{1}{2}$  a nutmeg, 4 eggs, 4 spoonfuls of rose water, 1 lb. of butter.

Mix with the flour, the nutmeg grated, the yolks of the eggs, beaten, and the rose water, into a stiff paste with cold water; then roll in the butter and make into cracknel shape; put them into a kettle of boiling water, and boil them till they swim, then take out, and put them into cold water; when hardened, lay them out to dry and bake on tin plates.

**575. Orange Biscuits**—Ingredients—4 whole Seville oranges, loaf sugar pounded.

Boil the oranges in two or three waters until most of the bitterness has gone; then cut them and remove the pulp and juice; beat the outside very finely in a mortar, and add to it an

equal weight of fine white sugar, well pounded and sifted. When well mixed to a paste, spread it thinly on china dishes, and set to dry before the fire; when half dry, cut into shapes, turn the other side up, dry that well, and then pack in boxes with layers of papers between.

**576. Oatmeal Biscuits**—Ingredients—6 oz. of flour, 3 oz. of oatmeal and white sugar, 3 oz. of butter, enough carbonate of soda to lie on a 5c. piece, 1 large egg.

Melt the butter and add to the flour, oatmeal, sugar, and soda; mix thoroughly; put a tablespoonful of cold water into a basin and break the egg into it and whisk slightly; add this to the other ingredients and mix smoothly; turn on to a well floured board, roll as thinly as possible and cut into shapes with a cake cutter. Grease a baking tin, and bake for about twenty minutes.

**577. Rock Biscuits**—Ingredients— $\frac{1}{2}$  a doz. eggs, 1 lb. of white sugar, 9 oz. of flour,  $\frac{1}{4}$  lb. of currants.

Beat the eggs until very light, add the sugar and mix thoroughly; add the flour and currants, gradually mixing all the time. Place upon greased tins in the form of small pieces of rock. This is best done with a fork. Bake half an hour, and keep in a tin canister.

**578. Lemon Biscuits**—Ingredients—1 lb. of flour,  $\frac{1}{2}$  lb. of white sugar,  $\frac{1}{4}$  lb. of fresh butter, 1 oz. of lemon peel, 1 tablespoonful of lemon juice, 3 eggs.

Add the butter to the flour and rub finely with the hands; mince the lemon peel and stir it and the sugar into the former mixture; well whisk the eggs and lemon juice, and thoroughly mix the whole. Drop from a spoon to a greased baking tin about two inches apart. Bake for twenty minutes.

**579. Cocoanut Biscuits**—Ingredients—6 oz. of cocoanut grated, 9 oz. white sugar, 3 eggs.

Whisk the eggs for about twelve minutes, then sprinkle in the sugar gradually, lastly the cocoanut; form with your hands into little pyramids; place upon white paper, and the paper on tin. Bake in a cool oven until slightly brown.

**580. Biscuit Powder (for Babies)**

Dry plain biscuits in a slow oven. Roll them with a rolling pin. Then grind in a marble mortar till reduced to powder. Keep in a tin canister.

581. **Rice Biscuits**—Ingredients— $\frac{1}{2}$  lb. of ground rice, 5 oz. of white sugar, 4 oz. of butter, 2 eggs.

Well beat the butter ; stir in gradually the ground rice and sugar ; well whisk the eggs and add to the other ingredients. Roll out on the paste board and cut into shapes with paste cutter. Place upon greased tin and bake a quarter of an hour in a *slow* oven.

582. **Soda Biscuits**—Ingredients—3 pts. of flour, 1 tablespoonful of butter and 1 tablespoonful of lard, a teaspoonful of salt and an even teaspoonful of cream of tartar, 1 teaspoonful of soda.

Sift the cream of tartar with the flour dry, rub the butter and lard very thoroughly through it ; dissolve the soda in a pint of milk and mix all together. Roll out, adding as little flour as possible ; cut with a biscuit cutter, and bake twenty minutes in a quick oven.

583. **Plain and very Crisp Biscuits**—Ingredients—1 lb. of flour, yolk of 1 egg, some milk.

Make 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.

584. **Hard Biscuits**—Ingredients—2 oz. butter, skimmed milk, 1 lb. of flour.

Warm the 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.

585. **Seed Biscuits**—Ingredients—1 lb. of flour,  $\frac{1}{4}$  lb. of sifted sugar,  $\frac{1}{4}$  lb. of butter,  $\frac{1}{2}$  oz. of caraway seeds, 3 eggs.

Beat the butter to a cream ; add the flour, sugar and caraway seeds ; and when these are well mixed, add the eggs, which should be well whisked. Roll out the paste, with a round cutter, and bake them in a moderate oven from ten to fifteen minutes. The tops of the biscuits may be brushed over with the white of an egg, and then a little sugar strewn over.



## PASTRY AND PUDDINGS

### OBSERVATIONS.

A good hand at pastry will use less butter and produce lighter crust than others. Salt butter is very good, and if well washed makes a good flaky crust. If the weather is warm the butter should be placed in ice water to keep it as firm as possible; when lard is used take care it is perfectly sweet.

In making pastry (*See Pastry Recipes*), as in other arts, "practice will make perfect;" it should be touched as lightly as possible, made in a cool place, and with hands perfectly cool; if possible, use a marble slab instead of a pastry board; if the latter is used, it is better to procure it made of hardwood.

It is important to use great expedition in the preparation of pastry, and care must be taken not to allow it to stand long before baking, or it will become flat and heavy. A brisk oven will be required for puff pastry; a good plan to test the proper heat is to put a small piece of the paste in before baking the whole. Be sure that the oven is as near perfection as possible; for, "an oven in which the heat is not evenly distributed can never produce a well baked pie or tart; where there is an unequal degree of heat the pastry rises on the hottest side in the shape of a large bubble and sinks into a heavy indigestible lump on the coolest." This is a truism which many people must have discovered for themselves, as they would be well accustomed to the sight of miniature mountains and tableland on their tarts and pies. Raised pie crust should have a good soaking heat, and glazed pastry rather a slack heat. When suet is used it must be perfectly free from skin and minced as finely as possible; beef suet is considered the best.

All moulds, pie dishes, patty pans, and vessels of all descriptions used for baking or boiling must be well buttered.

The outside of a boiled pudding often tastes disagreeably, which arises from the cloth not being nicely washed, and kept in a dry place. It should be dipped in boiling water, squeezed dry, and floured when to be used.

If bread, it should be tied loosely, if batter, tightly over.

The water should boil quickly when the pudding is put in ; and it should be moved about for a minute, lest the ingredients should not mix.

Batter pudding should be strained through a coarse sieve when all is mixed. In others the eggs separately.

A pan of cold water should be ready, and the pudding dipped in as soon as it comes out of the pot, and then it will not adhere to the cloth.

Very good puddings may be made *without* eggs ; but they must have as little milk as will mix, and must boil three or four hours. A spoonful of yeast will answer instead of eggs.

*Snow* is an excellent substitute for eggs either in puddings or pancakes. Two large spoonfuls will supply the place of one egg, and the article it is used in will be equally good. This is a useful piece of information, especially as snow often falls at the season when eggs are the dearest. The snow may be taken up from any clean spot before it is wanted, and will not lose its virtue, though the sooner it is used the better.

*Note.*—The yolks and whites beaten long and separately, make the article they are put into much lighter.

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**586. Almond Pudding**—Ingredients— $\frac{3}{4}$  lb. sweet almonds, a large spoonful of rose water, 6 eggs, 3 spoonfuls of pounded white sugar, 1 qt. of milk, 3 spoonfuls of powdered crackers, 4 oz. of clarified butter, same of citron cut into pieces.

Blanch and pound the almonds in the rose water ; beat the eggs to a stiff froth with the sugar, mix the milk with the crackers, butter and citron ; add almonds, etc. ; stir all together and bake in a small pudding dish with a lining and rim of pastry. This pudding is nicer eaten cold. Bake an hour and a half in a quick oven.

**587. Amber Pudding**—Ingredients—1 lb. of fresh butter,  $\frac{1}{2}$  lb. white sugar, 8 eggs, jam.

Line a pudding dish with good puff paste, take the yolks of the eggs, mix with the sugar and butter on the fire till it becomes thick, but not boiling, whip the whites of the eggs to

a froth, and mix with the other when cold. Put any sort of jam on the bottom of the dish, according to taste, and pour the mixture of eggs, etc., over it, and bake half an hour.

**588. Apple Pudding (Boiled)**—Ingredients—Suet or butter crust, apples, sugar to taste, a little minced lemon peel, 2 tablespoonfuls lemon juice.

Butter a pudding mould, line with the paste, pare, core and cut the apples into small pieces. Fill the basin and add the sugar, finely minced lemon peel and juice. Cover with the crust, press the edges firmly, cover with a floured cloth. Tie securely and plunge into boiling water. Allow to boil two hours. Remove from basin and send to table quickly.

**589. Apple Dumpling (Boiled)**—Ingredients—Apples, quince or orange marmalade, or sugar, some cold paste.

Peel the apples, remove the core with an apple scraper, and fill the hole with the marmalade or sugar; then take a small piece of the cold paste and place the apple in it, then take another piece of the same shape and place on the top, join the paste as neatly as possible. Tie in a cloth and boil three-quarters of an hour. Pour melted butter over them and serve.

**590. Currant Dumpling**—Ingredients—1 lb. of flour, 5 oz. of beef suet, 7 oz. of currants, 1 glass of water.

Mince the suet finely, mix with the flour and currants, which of course have been washed, picked and dried; mix with the above proportion of water or milk, divide into dumplings about the size of an orange; tie in cloths, plunge into boiling water, and boil from an hour to an hour and a quarter. Serve with butter and white sugar.

**591. Norfolk Dumplings**—Ingredients—1 lb. of dough.

Divide one pound of dough into six equal parts; mould these into dumplings, drop them into a pan of fast boiling water, and boil quickly for about a quarter of an hour. Send to table with melted butter well sweetened.

[*Note*—These dumplings should never be cut, but torn apart with two forks.]

**592. Lemon Dumplings**—10 oz. of fine bread crumbs, 1 large tablespoonful of flour,  $\frac{1}{2}$  lb. finely chopped beef suet, the grated rinds of 2 small lemons, 4 oz. of powdered sugar, 3 large eggs beaten and strained, and last of all the juice of the 2 lemons also strained.

Mix the ingredients well, divide into four dumplings, tie them in well floured cloths, and let them boil an hour.

593. **Apple Slum**—Ingredients—Apples, lemon, sugar, suet, flour, salt, baking powder.

Peel and cut in slices the apples, put them in a saucepan with lemon rind, a cupful of sugar and glass of water. Allow to stew half an hour. Take out lemon rind. Then make a cover for the saucepan of one large cupful of suet finely minced, three large cupfuls of sifted flour, two teaspoonfuls of baking powder, and a pinch of salt. Moisten stiff with cold water, roll out the size you need to cover the apples. Place the paste upon them and steam one and a half hours, keeping closely covered all the time. Serve from the saucepan on to the plates.

594. **Apple Pudding (Baked)**—Ingredients—10 apples, 4 oz. of brown sugar, 3 oz. of butter, 4 eggs,  $2\frac{1}{2}$  breakfast cupfuls of bread-crumbs.

Pare and cut into quarters the apples, removing the cores. Boil them to a pulp. Well whisk the eggs and put them and the butter into the apple pulp. Stir the mixture for five minutes. Grease a pie dish and place a sprinkling of bread-crumbs, then of apple, and proceed in this manner until all are used. Bake for three-quarters of an hour. N.B.—Care must be taken that the top layer is of bread-crumbs.

595. **Bakewell Pudding**—Ingredients—Puff-paste, jam, few strips of candied lemon peel, yolks of 4 eggs, whites of 2,  $\frac{1}{2}$  lb. of clarified butter,  $\frac{1}{4}$  lb. of pounded sugar, 2 oz. of almonds.

Line a shallow dish with the puff paste, spread over it any kind of jam and the candied lemon peel. Fill the dish with the rest of the ingredients, beating the yolks of the eggs, and blanching and pounding the almonds. Mix well and pour over the jam. Bake in a moderate oven.

596. **Batter Pudding**—Ingredients— $1\frac{1}{2}$  cupfuls of flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, 1 tablespoonful butter, 2 eggs, 1 pt. of milk.

Steam one hour, and serve with sauce. By adding a cupful of raisins, or any other desirable fruit, either fresh or dried, to the above pudding, a most delicious dish is made.

97. **Bread Pudding**—Ingredients—Bread, boiling milk, allowing  $\frac{1}{2}$  a pt. to 1 lb. of soaked bread, 2 beaten eggs, a little nutmeg, sugar.

Soak the bread in cold water, then squeeze it very dry, take out any lumps, and add the milk, beat up the eggs, sweeten to taste, add nutmeg, and bake the pudding slowly until firm. If desired, a few sultanas may be added to the pudding; or, if the bread is light, such as the crusts of French rolls, it may be soaked in as much cold milk as it will absorb, and when it is perfectly soft have sugar, eggs and flavoring added to it.

**598. Brown Bread Pudding**—Ingredients— $\frac{1}{4}$  lb. stale brown bread finely and lightly grated, the same of suet chopped fine, the same of sultanas;  $\frac{1}{4}$  of a saltspoonful of salt,  $1\frac{1}{2}$  oz. of sugar,  $\frac{1}{4}$  of a nutmeg (grated), the grated rind of 1 lemon, 2 well beaten eggs.

Mix all the ingredients thoroughly, and boil in the mould for three hours. A warm jam sauce should be poured over the pudding, or round it, when sent to table.

**599. Toronto Pudding**—Ingredients—3 eggs, 4 apples,  $\frac{1}{4}$  lb. of bread-crumbs, 4 oz. of sugar, 3 oz. of currants, salt and grated nutmeg to taste, the rind of  $\frac{1}{2}$  lemon.

Pare, core, and mince the apples into small pieces, and mix them with the other dry ingredients; beat up the eggs, moisten the mixture with these, and beat it well; and put the pudding into a buttered mould; tie it down with a cloth, boil for one hour and a half, and serve with sweet sauce.

**600. Carrot Pudding** (2)—Ingredients—10 oz. of bread crumbs, 5 oz. of suet, 5 oz. of raisins, 12 oz. of carrots, 4 oz. of currants, 4 oz. of sugar, 4 eggs, a little nutmeg, milk.

Boil the carrots until tender. Mash them. Stone the raisins and well whisk the eggs. Mix all the ingredients together with enough milk to make a thick batter. This pudding can either be boiled or baked. If for baking, put into a pie dish and bake for an hour. If for boiling, put into a buttered mould, secure with a cloth and boil for three hours. Serve with white sugar sifted over.

**601. Martha's Pudding**—Ingredients— $\frac{1}{2}$  pt. of milk, laurel leaf, a piece of cinnamon, 1 cupful of bread crumbs, 3 eggs, nutmeg and lemon peel, teaspoonful orange flower water.

Put the laurel leaf and cinnamon into the milk and boil, then pour over the bread crumbs, add the eggs well beaten, the nutmeg, lemon-peel and flower water. Sweeten to taste, butter a basin, stick currants or split raisins in rows upon it. Stir all the ingredients well together and pour into the basin. Cover with a cloth and boil one hour and a half.

602. **Pease Pudding**—Ingredients—1 qt. of split peas, a piece of butter, the yolk of an egg.

Dry the peas before the fire, then tie up loosely in a cloth; plunge into warm water, boil them two hours or more, until tender, take them up, beat in a dish with a pinch of salt, yolk of an egg and butter, make it quite smooth, tie it up again in a cloth, and boil one hour longer.

603. **Countess Pudding**—Ingredients—1 lb. each of suet, flour, and raisins (stoned),  $\frac{3}{4}$  of a pt. of milk, a pinch of salt.

Chop the suet *very* fine, cut the stoned raisins in half and mix with the flour and salt. Now moisten with the milk, stirring thoroughly, dip the cloth in boiling water (to prevent it sticking) and put mixture in, tie securely and plunge in boiling water and boil five hours.

*Note*—Take care it does not cease boiling during this time.

604. **Chocolate Pudding**—Ingredients—1 qt. of milk, 14 even tablespoonfuls of grated bread-crumbs, 12 tablespoonfuls of grated chocolate, 6 eggs, 1 tablespoonful vanilla, sugar to make very sweet.

Separate the yolks and whites of four eggs; beat up the four yolks and two whole eggs together very light with the sugar. Put the milk on the stove, and when it comes to a perfect boil pour it over the bread and chocolate; add the beaten eggs and sugar and vanilla; be sure it is sweet enough; pour into a buttered dish; bake one hour in a moderate oven. When cold, and just before it is served, have the four whites beaten with a little powdered sugar, and flavor with vanilla and use as a meringue.

605. **Currant Pudding (Boiled)**—Ingredients—14 oz. of flour, 7 oz. of suet, 7 oz. of currants, a little milk.

Have the currants washed and dried, mixed with the finely minced suet and flour. Moisten the whole with sufficient milk to form a stiff batter. Place in a floured cloth and plunge into boiling water. Boil four hours and serve with butter and sugar.

606. **Currant Bun Pudding**—Ingredients—4 buns, jam, white of 1 egg, 2 oz. of sugar.

Line a pie dish with the buns previously soaked in milk, put between them a layer of jam and bake half an hour. Whip the white of the egg up with the sugar, and place on the top when done. These last two receipts are nursery puddings.

607. **Gingerbread Pudding**—Ingredients—2 oz. lard or butter, 2 tablespoonfuls brown sugar, 2 do. golden syrup, 1 egg, 1 teacupful milk, 1 teaspoonful ground ginger, 8 oz. flour, 1 teaspoonful baking powder.

Work the butter and sugar together, then add the egg beaten well, the ginger, treacle and milk, and then the flour and baking powder. Steam four hours.

608. **Ginger Pudding**—Ingredients—9 oz. of flour, 5 oz. of suet, 5 oz. of sugar, 1 large tablespoonful of grated ginger.

Chop the suet finely. Add to the flour sugar and ginger; mix well. Butter a mould and put the ingredients in perfectly dry. Cover securely with a cloth and boil three hours. To be eaten with sweet sauce.

609. **Orange Pudding** (1)—Ingredients—Puff paste,  $\frac{1}{2}$  lb. of butter, 9 eggs, 1 Seville orange,  $\frac{1}{4}$  lb. of white sugar, a teaspoonful of orange flower water, 2 teaspoonfuls of rose water,  $\frac{1}{4}$  pt. of cream, 1 hard biscuit.

Make some puff paste and lay it thin in a dish and round the rim ready to receive the pudding. Melt the butter, break the eggs and add them (the yolks of all, the whites of five) well beaten, to the melted butter. Shake well together, then grate the yellow part of the rind of the orange, add the sugar finely sifted; mix all well together, add the orange-flower water and rose water and cream; grate into the mixture a hard biscuit; mix all the ingredients thoroughly, pour into the dish lined with paste, and bake very carefully as long as you would a custard pudding.

610. **Orange Pudding** (2)—Ingredients—The rind of 1 Seville 6 oz. fresh butter, 6 oz. of white sugar, 6 eggs, 1 apple, puff paste.

Grate the rind and mix with the butter and sugar, adding by degrees the eggs well beaten; scrape a raw apple and mix with the rest; line the bottom and sides of a dish with paste, pour in the orange mixture, and lay over it crossbars of paste. It will take half an hour to bake.

611. **Orange Pudding** (3)—Ingredients—2 Seville oranges, 1 sweet orange, 6 eggs,  $\frac{1}{2}$  lb. of white sugar,  $\frac{1}{2}$  lb. of butter, puff paste.

Boil the oranges, changing the water four times to remove all bitterness. When they are quite tender take them out, cut them in halves and remove the seeds and inward skins and stringy portions. Beat the rinds and juice in a stone mortar, squeeze in the juice of a sweet orange through a sieve, beat

up the yolks of six eggs and whites of three, and half a pound of white sifted sugar. Mix all well together, and stir in the melted butter. Bake in a dish lined and ornamented with puff paste in not too quick an oven.

612. **Shropshire Pudding**—Ingredients— $\frac{1}{2}$  lb. of suet,  $\frac{1}{2}$  lb. of bread-crumbs, 1 lemon, juice and rind, 1 nutmeg,  $\frac{1}{2}$  lb. of sugar, 5 eggs.

Boil three hours and serve with sweet sauce.

613. **Lemon Pudding** (1)—Ingredients—2 eggs, 2 cupfuls of sugar, 4 tablespoonfuls of corn starch, 2 lemons, butter.

Beat the yolks of the eggs light, add the sugar; dissolve the corn starch in a little cold water, stir into it two tea-cupfuls of boiling water; put in the juice of the lemons, with some of the grated peel. Mix all together with a tea-spoonful of butter. Bake about fifteen minutes. When done spread over the top the beaten whites of the eggs and brown.

614. **Lemon Pudding** (2)—Ingredients— $\frac{3}{4}$  of lb. of bread-crumbs, 1 qt. of milk, 3 oz. of butter, 1 lemon, 4 oz. of white sugar, 4 eggs, paste.

Place the milk in a stewpan and bring to a boil; add the butter and when melted pour over the bread-crumbs. Mince the lemon peel and with the sugar add to the other ingredients. Well whisk the eggs, beat the whole for a few minutes. Line a pie dish with paste and pour the mixture in. Bake for nearly an hour.

615. **Favorite Pudding**—Ingredients—3 eggs, flavoring, grated rind and juice of a lemon,  $\frac{1}{2}$  teaspoonful of grated nutmeg, 1 cup of grated bread-crumbs, 1 cup of finely chopped apples, 1 cup of English currants and  $1\frac{1}{2}$  cups of sugar.

Beat the eggs very lightly, flavor; to this add the bread-crumbs and remaining ingredients. Stir thoroughly; then put in a buttered pudding dish and boil at least two and a half hours. Serve with any good sauce.

616. **Marmalade Pudding**—Ingredients—2 oz. of lard or butter, 2 tablespoonfuls of brown sugar, 4 oz. of marmalade, 1 egg, 1 tea-cupful of milk, 8 oz. of flour, 1 teaspoonful of baking powder.

Well mix the butter and sugar, then add the eggs well beaten, the marmalade and milk, then the flour and baking powder. Steam four hours.

617. **Teacake Pudding**—Ingredients—A teacake, butter custard, milk, 2 eggs, sugar to taste.



Cut the teacake into thin slices, butter and line a pie-dish with them ; make the custard, pour in and bake forty minutes.

**618. Holiday Pudding**—Ingredients—A plain sponge cake, strawberry jam, icing, a rich custard, some preserved ginger.

Make the sponge cake in a round mould, take out the inside of the cake with a cutter not too near the edge, put in a good layer of strawberry jam, not too thickly spread. Cut the inside of the cake you have taken out in slices, spread some jam between each slice (different sorts of jam may be used, but strawberry does very nicely), and replace the cake. Ice it nicely over ; put it into a very slow oven to try the icing. Then make the custard and pour into it small pieces of preserved ginger. Pour into the cake and serve hot.

**619. Cabinet Pudding**—Ingredients—1½ pts. of new milk, white sugar, 1 lemon, cinnamon, mace, cloves, 5 eggs and the yolks of 4, butter, 4 or 5 sponge cakes.

Boil the milk with enough white sugar to sweeten it, the peel of a fresh lemon cut thinly, the cinnamon, mace and cloves. Boil these ingredients as for a custard. Beat up the eggs. Pour the boiling milk, etc., on to these, stirring continually, then strain the whole through a hair sieve and leave to cool. Take a good sized pudding mould, butter it well and line with sponge cakes, cut into thin slices. Pour the custard into the mould and tie it close. It will take an hour and a half to boil. It is an improvement after buttering the mould and before placing the sponge cakes, to arrange some stoned raisins, slices of candied peel and nutmeg. Serve hot with sauce.

**620. College Pudding**—Ingredients—8 oz. bread crumbs, 8 oz. suet, 8 oz currants, 1 oz. citron peel, 1 oz. orange peel, a little sugar and nutmeg, 3 eggs, beaten yolks and whites separately.

Mix well and shape them into balls, rub them over with egg, and roll them in flour. Fry a nice brown in boiling butter or lard, and drain them on blotting paper. Or they may be put into small moulds and baked in the oven. Serve with sweet sauce.

**621. Steamed Pudding**—Ingredients—1 cup of suet, chopped fine, 1 cup of molasses, 1 cup of currants—washed and dried—1 cup of sour milk, 1 teaspoonful of soda, a little salt, flour.

Mix well, using flour enough to make a stiff dough ; pour into a mould and steam four hours.

622. **Oxford Dumplings**—Ingredients—2 oz. grated bread, 4 oz. currants, 4 oz. suet chopped fine, 1 large spoonful of flour, 1 oz. pounded sugar, 3 eggs, grated lemon peel and a little spice.

Mix with the yolks of the eggs well beaten and a little milk. Divide into five dumplings half an inch thick, and fry a nice brown in plenty of lard. Sifted sugar on them.

623. **Marrow Pudding**—Ingredients—1½ pts. of boiling milk, ½ pt. of bread crumbs, 4 eggs, 6 oz. of shredded marrow, 2 oz. raisins and dried currants, grated nutmeg, and sugar to taste.

Pour the milk on the bread crumbs, cover up and allow to soak thoroughly, then beat the eggs with the marrow and add to the bread crumbs, with the raisins and currants, grated nutmeg and sugar. Put into a buttered mould, boil two and a half hours, turn it out and serve with pounded sugar.

624. **Marrow Pudding**—Ingredients—2 teacupfuls of flour, 1 of suet chopped very fine, 1 egg beaten in a cup and the cup filled with treacle, 1 teaspoonful of carbonate of soda, ½ teaspoonful of tartaric acid and a little flavoring.

Mix well together; put into a basin, but do not fill the basin or tie it down, as the pudding will rise. Steam for two or three hours. Serve with sweet sauce.

625. **Fruit Pudding**—Ingredients—Crust, 4. oz of suet to 6 of flour, pinch of salt, and water enough to make a thick paste, fruit, sugar.

Make the crust of the suet, flour, salt and water; roll it out thin before putting into a buttered basin, then add the fruit mixed with the sugar except in the case of apples, which are sometimes hardened by boiling with sugar; put on a lid of paste, and boil the pudding an hour and a half. Care should be taken to roll the crust thin, in order to get as much fruit as possible into the pudding. It is a good plan to stew a little fruit, and serve it with the pudding, as it should be given to children in large proportion to the crust.

626. **Layer Pudding**—Crust as for fruit pudding, jam or treacle.

Make a crust as for fruit pudding. Roll it out and line a buttered basin with it, lay at the bottom a layer of jam or treacle, then a thin layer of crust, and so on until the basin is full. Boil an hour and a half.

- 627 **Mincemeat (without Meat)**—Ingredients for 4 different receipts—3 lbs. raisins, 3 lbs. currants, 3 lbs. almonds, well chopped, 3 lbs. apples, 2 oz. mixed spices, 1 oz. candied peel, juice of 1 lemon, peel of 3 lemons, sugar to taste.

1½ lb. of suet, 1½ lb. raisins, 1½ lb. currants, 1½ lb. sugar, 2 lbs. apples, chopped fine, of mace, cinnamon, and salt ¼ oz. pounded together, four cloves, the grated rind of 2 lemons and the juice of one, 1 oz. of sweet almonds, pounded, ½ lb. of candied peel.

2 lbs. raisins, stoned, 2 lbs. currants, 2 lbs. beef suet, 3 lbs. raw sugar, ¼ lb. candied citron, ¼ lb. candied lemon, ¼ lb. candied orange, the juice and rind of four lemons, 2 lbs. apples.

Currants and raisins, 2 lbs. each, brown sugar 1½ lb., suet 1¼ lb., salt ½ oz., cloves, mace, cinnamon, less than a ¼ oz. each, apples 4, lemon 1, orange and lemon peel ¼ lb. each, all chopped up together. When well soaked put in a jar for use.

**628. Mincemeat (with Meat)**—Ingredients—1½ lb. lean beef, 3 lbs. beef suet, 2 lbs. raisins, 2 lbs. currants, 2 lbs. sugar, 2 lbs. mixed peel, 1 nutmeg, the rind of two lemons, the juice of 1, 2 lbs. of apples.

Stone the raisins and cut in halves, add the sugar, have the currants washed, dried and ready for use. Slice the peel, grate the nutmeg, mince the apples, beef, suet and lemon peel, strain the juice. Mix *well* and cover air tight. Will be ready for use in three weeks.

**629. Plum Pudding**—Ingredients—2 lbs. beef suet, 1½ lb. bread crumbs, 1½ lb. flour, 2 lb. raisins, 2 lb. currants, ½ lb. mixed peel, 1½ lb. foots sugar, 14 eggs, a little nutmeg, ginger, allspice (powdered), a large pinch of salt, ½ pint of milk.

Chop the suet as finely as possible, and any stale piece of bread can be used for grating, allowing the above quantity; mix with the suet and flour. Stone the raisins, and have the currants perfectly washed and dried, the peel cut into thin slices and added to the suet, bread and flour, mixing well for some minutes, then add the sugar and continue working with the hands for five minutes. Put the eggs into a bowl (breaking each into a cup first to ascertain that it is fresh and to remove the speck), add to them grated nutmeg, powdered ginger, and powdered allspice, according to taste, and a large pinch of salt; then stir in half a pint of milk; beat all up together, and pour it gradually into the other bowl, working the whole mixture with the hand for some time. If the mixture be too stiff add more milk, and continue to work it with a wooden spoon for at least half an hour. Scald two pudding cloths, spread each in a bowl and dredge them well with flour. Divide the composition in two equal parts, put each in its cloth and tie it up tightly. To boil the puddings place two inverted plates in saucepans

filled with water, and when the water boils fast put each pudding into its saucepan. Let them boil six hours, keeping the saucepan full by adding more water as it is required, and taking care that it never ceases boiling. Then take the puddings out, and hang them up till the next day, when the cloth of each pudding should be tightened and tied afresh, and three hours' boiling as in the first instance will make them ready for table. Serve with a sprig of holly stuck on the top.

**630 An Excellent Plum Pudding**—Ingredients—1 lb. of bread crumbs, 1 lb. of suet,  $1\frac{1}{4}$  lb. raisins,  $\frac{3}{4}$  lb. currants, 10 oz. of mixed candied peel, 9 eggs,  $\frac{1}{2}$  gill of milk.

Wash the currants carefully, pick and dry them; then stone the raisins and halve them carefully with a knife; chop the suet until very fine; slice the candied peel thinly, and when grating the bread crumbs be sure they are nice and fine. Mix all well together, wetting with the well beaten eggs and milk. Give the mixture a good stirring and empty into a mould previously well buttered. Press it down firmly. Cover with a floured pudding cloth and tie tightly. Boil for from five and a half to six hours. When done hang the pudding up until it is required. If the pudding is to be eaten hot boil two hours on Christmas day, or on the day it is wanted.

**631. Christmas Pudding**—Ingredients—Pick and stone 2 lbs. of good Valentias; pick, wash and dry 1 lb. of currants; chop 2 lbs. of beef suet; have ready  $\frac{1}{2}$  a lb. of brown sugar, 6 oz. candied peel, cut thin,  $2\frac{1}{2}$  lbs. of flour, 6 eggs, a quart or more of milk, an ounce of mixed spice, and a tablespoonful of salt.

Put the flour into a large pan, add the plums, currants, suet, sugar, peel, spice and salt, and mix them well together *while dry*. Beat the eggs well up in a large basin, and add a portion of the milk, stirring it at the same time. Make a well in the middle of the flour, and pour in the milk and eggs. Keep stirring till all the ingredients are thoroughly mixed. Add more milk if necessary, and stir up again; the batter should be rather stiff. Have a good stout cloth ready; wet and flour it well, lay it over a pan, pour in the batter, and tie it firmly up. When the water in the copper or large kettle *boils*, put the pudding in and let it boil gently for five or six hours. Turn it carefully out of the cloth. Serve with or without sauce.

**632. Ice Pudding**—Ingredients— $\frac{1}{2}$  lb. white sugar, a stick of vanilla, 10 eggs, 1 gill of cream, 12 lbs. of ice, 6 lbs. of fine salt, dried fruits.

Put the milk into a stewpan with white sugar and a stick of vanilla ; leave it to boil ten minutes. Mix the yolks of ten eggs with the cream, pour in the milk, then put it back into the stewpan, and stir until it thickens, but do not let it boil ; strain it into a basin, and leave it to cool. Take the ice, pound it small, add the salt ; mix together quickly, cover the bottom of an ice pail (a common pail will do), place the ice pot in it, and build it around with the ice and salt. This done pour the cream into the pot, put on the cover, and never cease turning until the cream becomes thick ; move it from the sides occasionally with the ice scoop, to prevent it getting into hard lumps. The mould to be used to set the pudding should be put on ice to get quite cold. It is then filled with the cream to the level, and three or four pieces of white paper wetted with cold water are placed on it before you put on the cover, which should fit very tight. The mould is then buried in the same mixture of ice and salt used for freezing the cream in the first instance, and is left until wanted, when it is dipped in cold water, turned out on a napkin, and served. Dried fruits, cut small, may be put in the cream when the mould is being filled.

**633. Roly Poly Jam Pudding**—Ingredients—Suet crust, 10 oz. of any kind of jam.

Having made a nice suet crust, roll to the thickness of about half an inch. Place the jam in the centre and spread equally over the paste, allowing a margin of about half an inch for the pudding to join. Roll up lightly, join the ends securely, place upon a floured cloth, and secure with tape, allowing a little room for the pudding to swell. Plunge into boiling water and boil two hours.

**634. Red Currant Pudding**—Ingredients—Some red currants and raspberries, sugar, slices of bread.

Stew the red currants and raspberries with sugar till thoroughly done, pour off all the juice, and put the fruit while hot into a pudding basin lined with bread made to fit nicely ; fill the basin up with fruit, and cover it with a slice of bread made to fit nicely ; let it stand till quite cold with a plate on it. Boil up the juice which was poured off with a little more sugar, and let that get cold. When served the pudding must be turned out on a dish and the juice poured all over it so as to color the bread thoroughly. It can be served with custard or cream.

635. **Raspberry Pudding**—Ingredients—1 pt. of bread crumbs, 1 qt. of milk, 2 cupfuls of sugar, 1 lemon, butter, a cupful of preserved raspberries, 4 eggs.

Mix the bread crumbs, milk, two cupfuls of sugar, the peel of the lemon grated, the yolks of the eggs, and a small piece of butter, and bake. When done spread over the top a cupful of preserved raspberries; put over that a meringue made with the whites of the eggs, a cupful of sugar and the juice of the lemon. Return it to the oven to color; let it partly cool and serve it with rich cream.

636. **Sweet Potato Pudding**—Ingredients—2 cups of mashed sweet potato (the potato must first be boiled), a cup of sugar, a small cup of butter, 3 eggs,  $\frac{1}{2}$  teaspoonful of soda dissolved in a little hot water, a teaspoonful of lemon extract, and  $\frac{1}{2}$  teaspoonful of grated nutmeg.

Beat the eggs until they are very light, rub the butter and sugar to a cream, and mix all with the potato; cover a deep plate or shallow pudding dish with a thick crust; then put in the mixture, and bake slowly for three-quarters of an hour.

637. **A Good Baked Pudding**—Ingredients—1 pt. of new milk, 3 spoonfuls of flour,  $\frac{1}{2}$  lb. of butter, 5 eggs, salt to taste, rind of lemon and sugar.

Make the milk and flour into a hasty pudding, mix with the butter; when cold add the eggs well beaten, and the remaining ingredients. Bake three-quarters of an hour.

638. **Rice and Raisin Pudding**—Ingredients—5 eggs, 1 cup of rice, 1 cup of sugar, butter the size of an egg, 2 handfuls of raisins.

Simmer the rice in a quart of milk until tender; remove from the stove to cool. Well whisk the yolks of the eggs and add to the rice, also the rest of the milk, sugar, and butter. Then well beat the whites of the eggs, stone the raisins, and add to the other ingredients. Grate nutmeg on the top and bake one hour.

639. **Sir Watkin Wynn's Pudding**—Ingredients—4 oz. ground rice,  $\frac{1}{2}$  lb. suet,  $\frac{1}{2}$  lb. bread crumbs, 4 yolks and 2 whites of eggs, 4 tablespoonfuls of orange marmalade.

Mix well together the day before using. Put it in a well-buttered mould that will just hold a quart, taking care to beat it up well just before you mould it, and do not press it tightly. Let it boil four hours. Serve with or without sauce.

640. **Newcastle Pudding**—Ingredients—4 oz. butter, 6 oz. rice flour, 6 oz. white sugar, 4 eggs, a pinch of carbonate of soda, 10 drops of essence of lemon.

Beat the rice flour, sugar, eggs and soda in a basin until very light and white; then beat the butter to a cream, and put it into the pudding with ten drops of essence of lemon. Beat all together for five minutes. Butter a mould, pour the pudding into it, and boil for two hours. Serve with or without sauce.

641. **Plain Rice Pudding**—Ingredients— $\frac{1}{4}$  lb. best rice, 1 pt. of new milk.

Wash the rice, put it in a pie dish with a pint of new milk, and allow it to bake rather quickly for three-quarters of an hour. If the pudding is required to be moist, half a pint more milk must be allowed. A good nourishing rice pudding may be made with a quarter of a pound of rice, a pint of milk, half a pint of water, and one ounce of finely-shred beef suet. Sugar and flavoring may, if desired, be stirred into the pudding before sending to the table. Children generally like rice thus cooked with sugar and lemon juice, which should be added when served to them.

642. **Rice Custard Pudding**—Ingredients— $\frac{1}{4}$  lb. best rice,  $1\frac{1}{2}$  pts. of milk, an egg or two, sugar, flavoring.

Bake the rice as in the preceding recipe; when done, add to it half a pint of milk, into which an egg or two, sugar to taste, and flavoring have been whisked. Bake very gently for three-quarters of an hour.

643. **Rice and Apple Pudding**—Ingredients—A cupful of rice, 6 apples, a little chopped lemon peel, 2 cloves, sugar.

Boil the rice for ten minutes, drain it through a hair sieve until quite dry. Put a cloth into a pudding basin and lay the rice round it like a crust. Cut the apples into quarters, and lay them in the middle of the rice with a little chopped lemon peel, cloves and some sugar. Cover the fruit with rice, tie up tight, and boil for an hour. Serve with melted butter, sweetened and poured over it.

644. **Ground Rice Pudding**—Ingredients—2 oz. of ground rice, 1 pt. of cold milk, 6 lumps of sugar, 1 egg.

Mix the rice in half a pint of cold milk, pour on it half a pint of boiling milk, in which the sugar has been dissolved, and

stir over the fire for ten minutes. Put in the pudding the egg well beaten, and bake in a buttered tart dish for three-quarters of an hour.

645. **Cream Tapioca Pudding**—Ingredients—3 tablespoonfuls of tapioca, 4 eggs, 3 tablespoonfuls of sugar, 3 tablespoonfuls of prepared cocoanut, 1 qt. of milk.

Soak the tapioca in water over night, put it in the milk and boil three-quarters of an hour. Beat the yolks of the eggs into a cup of sugar, add the cocoanut, stir in and boil ten minutes longer; pour into a pudding dish; beat the whites of the eggs to a stiff froth, stir in three tablespoonfuls of sugar; put this over the top and sprinkle with cocoanut and brown five minutes.

646. **Tapioca Pudding**—Ingredients—10 tablespoonfuls of tapioca, 1 qt. of rich milk, 2 tablespoonfuls of butter, 6 tablespoonfuls of white sugar, 1 lemon.

Take the tapioca, wash it in warm water, drain and put the tapioca in a pan with the milk. Set the pan over a kettle of boiling water and stir till it thickens; then add the butter, sugar and lemon, grated (or flavor to suit the taste with good lemon or vanilla extract).

647. **French Tapioca**—Ingredients—2 oz. of fine tapioca,  $\frac{1}{2}$  pt. of milk, 1 well-beaten egg, sugar and flavoring.

Take the tapioca de la couronne, and boil it in half a pint of water until it begins to melt then add the milk by degrees, and boil until the tapioca becomes very thick; add the egg, sugar, and flavoring to taste, and bake gently for three-quarters of an hour. This preparation of tapioca is superior to any other, is nourishing, and suitable for delicate children.

648. **Velvet Pudding**—Ingredients—5 eggs,  $1\frac{1}{2}$  cupfuls of sugar, 4 tablespoonfuls of corn starch, 3 pts. of milk.

Dissolve the corn starch in a little cold milk, and add one cupful of sugar and the yolks of the eggs beaten. Boil three pints of milk and add the other ingredients while boiling; remove from the fire when it becomes quite thick; flavor with vanilla and pour into a baking dish; beat the whites of the eggs to a stiff froth, add half a cup of sugar, turn over the pudding, and place it in the oven and let brown slightly.

649. **Sauce (for Velvet Pudding)**—Ingredients—Yolks of 2 eggs, 1 cupful of sugar, 1 tablespoonful of butter, 1 cup of milk.



Well beat the yolks, sugar and butter; add to the milk (boiling), and set on the stove till it comes to boiling heat; flavor with vanilla.

650. **Florentine Pudding**—Ingredients—1 qt. of milk, 3 tablespoonfuls of corn starch dissolved in a little cold milk, 3 eggs,  $\frac{1}{2}$  a teacupful of sugar, flavoring, lemon or vanilla, or according to taste, white sugar.

Put the milk in a saucepan and allow it to boil. Add to the corn starch (mixed in the milk) the yolks of the three eggs beaten, the sugar and flavoring; stir in the scalding milk, continue stirring until the mixture is of the consistency of custard. Pour into baking tin; beat the whites of the eggs in a teacup of pulverized sugar and when the pudding is cooked spread on the top; place in the oven to brown. Can be eaten with cream, but is very nice without.

651. **Semolina Pudding**—Ingredients—2 oz. of semolina, 1 pt. of milk, sugar, flavoring, 1 egg.

Boil the semolina in the milk, sweeten and flavor, and beat in the egg; put the pudding in a buttered tart dish; bake an hour in a slow oven.

652. **Sweet Macaroni**—Ingredients— $\frac{1}{4}$  lb. of best macaroni, 2 qts. of water, a pinch of salt, 1 teacupful of milk,  $\frac{1}{4}$  lb. of white sugar, flavoring.

Break up the macaroni into small lengths, and boil in the water (adding the salt) until perfectly tender; drain away the water, add to the macaroni, in a stewpan, the milk and sugar, and keep shaking over the fire until the milk is absorbed. Add any flavoring and serve with or without stewed fruit.

653. **Macaroni Pudding**—Ingredients— $\frac{1}{4}$  lb. of macaroni, custard, 2 eggs, 1 pt. of boiling milk, sugar and flavoring to taste.

Boil the macaroni as for the above dish, when done drain away the water, and put the macaroni into a tart dish; pour over it custard, the sugar and flavoring to taste; bake very slowly for an hour.

654. **Custard Pudding (Baked)**—Ingredients— $\frac{1}{2}$  pt. of milk, a little white sugar, 2 eggs, flavoring.

Boil the milk, with sufficient sugar to taste, and whip into it the eggs (the whites and yolks previously well beaten together), add flavoring to taste; put the pudding into a pie dish, and place it in another vessel half full of boiling water.

put into the oven, and bake gently for about half an hour ; or, if more convenient, the pie dish may be placed in a stewpan half filled with water, by the side of the fire, and allowed to cook slowly.

**655. Oatmeal Pudding**—Ingredients—2 oz. of fine Scotch oatmeal,  $\frac{1}{4}$  pt. of cold milk, 1 pt. of boiling milk, sugar to taste, 2 oz. of bread crumbs, 1 oz. of shred suet, 1 or 2 beaten eggs, lemon flavoring or grated nutmeg.

Mix with the oatmeal, first the cold milk, and then add the boiling milk ; sweeten, and stir over the fire for ten minutes, then add the bread crumbs ; stir until the mixture is stiff, then add the suet and eggs ; add flavoring. Put the pudding in a buttered dish and bake slowly for an hour.

**656. Indian Corn Flour Pudding**—Ingredients—2 oz. of Indian corn flour,  $\frac{1}{2}$  pt. of milk,  $\frac{3}{4}$  pt. of boiling milk, sweetening and flavoring to taste, 1 egg.

This must not be confounded with corn flour sold in packets, which in some cases is the starch of Indian corn or maize, deprived of much of its nutritive value by the process it undergoes to render it white and smooth. Indian corn flour is the finely-ground flour of maize. "Properly prepared, it furnishes a wholesome, digestible, and nutritious food." Like oatmeal, it requires to be thoroughly well boiled. Vanilla is the most suitable flavoring for this pudding, but any other may be used. Mix the corn flour smooth in the cold milk and then stir in the boiling milk. Sweeten and flavor. Put into a clean stewpan and stir over the fire until it becomes thick ; beat in the egg, put the pudding in a buttered tart dish and bake very slowly for three-quarters of an hour.

**657. Sunday Pudding**—Ingredients— $\frac{1}{4}$  lb. of bread crumbs,  $\frac{1}{2}$  pt. of milk, sugar and flavoring to taste, 2 eggs, strawberry jam.

Boil the bread crumbs in the milk, sweeten and flavor, and when the bread is thick stir in the yolks of the eggs. Put the pudding into a buttered tart dish, bake slowly for three-quarters of an hour. Then spread over the top a layer of strawberry jam, and on this the whites of the eggs beaten with a teaspoonful of sifted sugar to a strong froth. Dip a knife in boiling water, and with it smooth over the whites, put the pudding again into a moderate oven until the top is a light golden brown. Serve immediately.

658. **Yorkshire Pudding** (1)—Ingredients—1 egg, a pinch of salt, milk, 4 tablespoonfuls of flour.

Take the egg and salt and beat with a fork for a few minutes. Add to this three tablespoonfuls of milk and the flour; beat (with a spoon) very well, whilst in a batter, for ten minutes. Then add milk till it attains almost the consistency of cream. Take care to have the dripping hot in the pudding tin. Pour the batter into the tin to the thickness of about a quarter of an inch, then bake under the roasting joint. The above will make a pudding of moderate size, perhaps one dozen squares. The great secret of a pudding being light is to mix it two hours before cooking it.

659. **Yorkshire Pudding** (2)—Ingredients—6 tablespoonfuls (heaped) of flour,  $1\frac{1}{2}$  pts. of milk, 3 eggs.

Put the flour in a basin with a little salt, stir in enough milk to make it a stiff batter. When quite smooth put in the eggs, well beaten, and the rest of the milk. Beat again, put in shallow tin rubbed with beef dripping. Bake for an hour, then put under the meat half an hour to catch a little dripping. Cut in small squares to serve. The secret of lightness is to have smooth batter highly beaten, hot oven, and serving very quickly—in fact, that intelligent care in small details which gives perfect cooking.

660. **Steak Pudding**—Ingredients— $\frac{1}{2}$  lb. of suet, 18 oz. of flour, a large teaspoonful of baking powder, pepper and salt to taste,  $1\frac{3}{4}$  lbs. of steak, 6 oz. of bullock's kidney.

Chop the suet finely. Add the baking powder and salt to the flour, and then mix in the suet. Add gradually a glass of cold water (about half a pint), mixing all the time; roll into a sheet. Cut the steak into pieces and the kidney into slices, sprinkling well with pepper and salt. Grease a pudding mould and line it with the paste. Place the meat in and pour in about two wine glasses of cold water. The meat must only come level with the top. Cover with the paste, tie down in a floured cloth, plunge into boiling water and boil for two and a quarter hours.

661. **Graham Pudding**—Ingredients—2 cups of Graham flour, 2 eggs, 1 qt. of milk, butter the size of an egg, salt to taste.

Put a pint of milk into a buttered stewpan, and allow to heat slowly. Mix the rest of the milk, in the flour, and beat lightly with the butter, eggs and salt. Then pour the hot milk

upon it, mix well, return to the fire surrounded by *boiling* water, and stir constantly for a quarter of an hour; grate nutmeg upon it. Serve in uncovered dish, and eat with butter and sugar.

662. **Cottage Pie**—Ingredients—2 lbs. of potatoes, scraps of cold meat, 1 onion, 1½ oz. of butter, pepper and salt to taste, ½ a glass of milk.

Boil and mash potatoes (or if there are any cold ones at hand, they will do as well); put the milk and butter on the fire to boil, and when boiling pour upon the mashed potatoes and mix to a paste; place the meat in a pie dish with a little fat in layers, mince the onion and sprinkle each layer with it, also pepper and salt; half fill the dish with water or gravy and cover with the potatoes, smoothing neatly and marking with a fork into a pattern; bake half an hour.

663. **Pork Pie**—Ingredients—For paste, ¼ lb. of lard, ½ oz. of butter, 1 lb. of flour.

Make a paste thus:—Melt the lard and butter in hot milk (not boiling); when it rises to the top of the stewpan skim it off, and mix it warm with the flour; raise the crust, when sufficiently kneaded, on a round block of wood about four inches in circumference and six inches in height. Take lean pork, cut it up in small square pieces, season with pepper and salt, fill the pie, put on a lid of paste, and decorate with paste ornaments, cut out with tin cutters.

664. **Eel Pie**—Ingredients—Eels, salt, pepper and nutmeg, puff paste, 1 onion, a few cloves, a little stock, 1 egg, butter, flour, and lemon juice.

Skin and wash some eels, remove the heads and tails; cut up the fish into pieces about three inches long, season them with salt, pepper and nutmeg. Border a pie dish with puff paste, put in the eels with a chopped onion, and a few cloves, add a little clear stock; cover with puff paste, brush over the crust with the yolk of an egg, and bake; make a sauce with the trimming of the eels, some white stock seasoned with salt and pepper; thicken it with a *liaison* of butter and flour, add some lemon juice, strain and pour it quite hot through a funnel into the pie.

665. **Pigeon Pie**—Ingredients—Pigeons, pepper, and salt, a piece of butter, a bunch of parsley, a beef steak, 2 hard boiled eggs, 1 cup of water, a few pieces of ham, crust.

Rub the pigeons with pepper and salt, inside and out ; in the former put a piece of butter, and if approved, some parsley chopped with the livers, and a little of the seasoning ; lay the steak at the bottom of the dish, and the birds on it ; between every two a hard egg. Put the water in the dish ; and if you have any ham in the house, lay a piece on each pigeon, it is a great improvement to the flavor. Observe when the ham is cut for gravy or pies, to take the under part rather than the prime. Season the gizzards, and the two joints of the wings, and put them in the centre of the pie ; and over them in a hole made in the crust, three feet nicely cleaned to show what pie it is.

666. **Raised Beef Steak Pie**—Ingredients—Some tender steak, butter, pepper and salt, lemon juice, shalots chopped finely, oysters, crust, ketchup.

Remove any skin there may be adhering to the fat of the steaks, heat them over the fire with the butter, pepper, salt, lemon juice and finely chopped shalots ; when half cooked, remove from the fire and place on a dish to cool ; blanch the oysters, strain off the liquor, preserving for future use, make a crust and place a layer of steaks at the bottom of the dish, and then put in some oysters, and continue to do this until all are used ; cover with crust, ornament the top with a pretty device and put in the oven to bake. When done mix with some nice ketchup, serve with oyster liquor.

667. **Raised French Pie**—Ingredients—Pie crust, some veal, a few mushrooms, a few slices of ham, a chicken cut up, a sweetbread cut into slices, pepper and salt, sweet herbs, 6 yolks of hard boiled eggs.

Raise a crust about three inches high, lay in some slices of the veal, then a few of the mushrooms, then a few slices of ham, then the chicken, a few more mushrooms and the sweetbread ; add seasoning, cover in and bake for two hours in a slack oven ; when done pour off the fat and add the eggs.

668. **Macaroni Pie**—Ingredients— $\frac{1}{4}$  lb. of macaroni,  $\frac{1}{2}$  lb. of sausages, a small bunch of parsley, water, a gill of stock, a pinch of salt, chopped parsley. Pastry—8 oz. of flour, 6 oz. of lard (or well clarified dripping).

Stew the macaroni till tender in a pint of water to which add the stock and salt ; open the sausages lengthwise and scrape out the meat ; then put a layer of macaroni in a small pie dish, another of sausage meat and a sprinkling of pepper,

salt and chopped parsley, and so on in alternate layers until all are used. Moisten with two tablespoonfuls of water ; cover with the pastry and bake half an hour.

669. **Chicken Pie**—Ingredients—2 young fowls ; seasoning : white pepper, salt, a little mace, and nutmeg all of the finest powder, and cayenne. Some fresh ham cut in slices, or gammon of bacon, some forcemeat balls, and hard eggs. Gravy from knuckle of veal or a piece of scrag, shank bone of mutton, herbs, onions, mace, and white pepper.

Cut up the fowls ; add the seasoning. Put the chicken, slices of ham, or gammon of bacon, forcemeat balls and hard eggs by turn in layers. If it be baked in a dish put a little water, but none if in a raised crust. By the time it returns from the oven have ready a gravy made of the veal or scrag, shank bones of mutton and seasoning. If to be eaten hot you may add mushrooms, etc., but not if to be eaten cold. If it is made in a dish, put as much gravy as will fill it ; but in raised crust the gravy must be nicely strained, and then put in cold as jelly. To make the jelly clear, you may give it a boil with the whites of two eggs, after taking away the meat, and then run it through a fine lawn sieve.

670. **Giblet Pie**—Ingredients—Some goose or duck giblets, water, onion, black pepper, a bunch of sweet herbs, a large teacupful of cream, sliced potatoes, plain crust, salt.

Line the edge of a pie dish with a plain crust. Stew the giblets in a small quantity of water with the seasoning 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 the bottom. Add the giblets that the liquor was boiled in. Lay slices of cold potatoes on the top and cover with the crust ; bake for an hour and a half in a brisk oven.

671. **Beefsteak and Oyster Pie**—Ingredients—Steak, seasoning: pepper, salt, eschalot minced finely. Oysters, lemon peel, mace and a sprig of parsley, 1 oz. of butter rolled in flour.

Prepare your steaks by beating them gently with a circular steak beater, add the seasoning, put layers of them and of oysters. Stew the liquor and beards of the latter, with the lemon peel, mace, and the sprig of parsley. These ingredients are to be boiled in about three spoonfuls of water and butter rolled with flour, then strained off, and put into the dish when the pie is baked.

672. **Oyster Pie**—Ingredients—Oysters, sweetbreads, salt, pepper, mace,  $\frac{1}{2}$  a teacupful of liquor, some gravy, a teacupful of cream, white gravy.

Open the oysters, and strain the liquor from them ; parboil them after taking off their beards. Parboil sweetbreads, cut them in slices, lay them and the oysters in layers, add seasoning, then put the liquor, and the gravy. Bake in a slow oven, and before you serve, add the cream, a little more oyster liquor, and a cupful of white gravy, all warm, but not boiling.

673. **Veal Pie**—Ingredients—3 or 4 lb. of veal, a few slices of ham or bacon, powdered mace, cayenne, nutmeg, salt, forcemeat, 3 eggs.

Cut the veal into convenient pieces, place in saucepan and cover with cold water. Allow to come slowly to a boil then remove from the stove and place in a pie dish ; pour the liquor over the meat, add the ham or bacon and seasoning, boil the eggs hard and cut into rings, place neatly over the meat, have ready veal forcemeat made into balls about the size of marbles. Line the edge of the pie dish with any paste preferred and cover the whole with the same, make a hole in the centre and bake about one to one and a half hours.

674. **Veal, Chicken & Parsley Pie**—Ingredients—Slices of neck or leg of veal, salt, parsley, milk, crust,  $\frac{1}{2}$  pint of cream.

Take the slices of veal (if from the leg, about the knuckle), season them with the salt ; scald some parsley picked from the stems, and press 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 milk, but not so high as the crust ; cover it with crust, and when baked pour out a little of the milk, and put in the scalded cream. Chickens may be cut up and cooked in the same way.

675. **Mutton Pie**—Ingredients—Loin of mutton, 2 kidneys, pepper and salt to taste,  $\frac{1}{2}$  pint of gravy or water, a little minced parsley, a little onion if liked.

Cut the meat into chops, remove the bone and trim them neatly, allowing a very small piece of fat to each chop. Cut the kidneys into small pieces also and mix with the mutton ; arrange neatly in pie dish, sprinkle parsley and seasoning, pepper and salt over it, then pour in the gravy and cover with puff or any paste preferred. Bake one and a half hours.

676. **Lemon Pie**—Ingredients—Crust, 1 lemon,  $1\frac{1}{4}$  cups of white sugar, 1 cup of water, a piece of butter the size of an egg, 1 table-spoonful of flour, 1 egg.

First make your crust as usual; cover your pie tins. (I use my jelly cake tins) and bake exactly as for tart crusts. If you make more than you need, never mind, they will keep. While they are baking, if they rise in the centre, take a fork and open the crust to let the air out. Now make the filling as follows: For one pie take a nice lemon and grate off the outside, taking care to get only the yellow; the white is bitter. Squeeze out all the juice; add white sugar, water, and butter. Put in a basin on the stove. When it boils stir in the flour, and the yolk of one egg, beaten smooth with a little water. When it boils thick take off the stove and let it cool. Fill your pie crust with this. Beat the white of an egg stiff; add a heaping tablespoonful of sugar; pour over the top of the pie. Brown carefully in the oven.

677. **Lemon Pie** (2)—Ingredients—1 cup of sugar, 1 tablespoonful butter, 1 egg, 1 lemon, juice and rind, 1 teacupful of boiling water and 1 tablespoonful corn starch.

Dissolve the corn starch in a little cold water, then stir it into the boiling water; cream the butter and sugar, then pour over them the hot mixture; cool, add the lemon juice, rind and beaten egg; bake with or without upper crust.

678. **Lemon Pie** (3)—Ingredients—3 eggs, 1 large spoonful of butter, 1 small cup of sugar, juice and rind of a lemon.

Beat the butter and sugar until like cream. Beat the yolks and whites of the eggs separately, grate the lemon peel and strain the juice, add the yolks and lemon to the butter and sugar, and mix well. Then bake in two open tins of paste. Beat the whites to a stiff meringue, with three tablespoonfuls of sugar and a few drops of rose water. When the pies are done spread the meringue over and return to the oven for five minutes.

679. **Peach Pie**—Ingredients—Puff or short crust, peaches, sugar.

Line a dish with a nice crust, skin the peaches, remove the stones, and put the fruit into the dish, with a little sugar and water. Cover with crust and bake a golden brown.

680. **Rhubarb Pie**—Ingredients—Rhubarb, a little lemon peel, sugar, water, short crust.

Take a deep pie dish, wipe with a clean damp cloth the stalks, cut into pieces about an inch in length, mince the lemon peel, line the edge of the dish with the crust, then fill the dish



with rhubarb, sugar and lemon, adding a cup of water. Cover with crust, making a hole in the middle. Bake about three quarters of an hour.

681. **Gooseberry Pie**—Ingredients—Gooseberries, sugar, crust.

Top and tail the berries, line the edge of a deep dish with short crust. Put the berries into it with at least six ounces of moist sugar and a little water. Cover with upper crust and bake from half to three quarters of an hour.

682. **Red Currants and Raspberry Pie**—Ingredients—1 qt. of currants,  $\frac{1}{2}$  pt. of raspberries, 6 oz. of moist sugar, crust.

Pick the currants, and proceed as above.

683. **Cocoanut Pie**—Ingredients—1 cup of grated cocoanut,  $\frac{1}{2}$  pt. of milk, 2 crackers, 3 eggs, butter, salt, rind of  $\frac{1}{2}$  lemon, sugar if desired, puff crust.

Make a nice puff crust, line a dish and bake, when done, set aside to cool; soak the cocoanut in the milk, pound the crackers, well whisk the eggs, and grate the rind of the half lemon. Mix all together, adding a little salt, sugar and butter. When well mixed place in the pie dish, and put in the oven to slightly brown.

684. **Pudding Pies**—Ingredients—1  $\frac{1}{2}$  pts. milk,  $\frac{1}{4}$  lb. ground rice,  $\frac{1}{4}$  lb. of butter,  $\frac{1}{4}$  lb. of white sugar, 6 eggs, puff paste, a few currants, flavoring.

Put the lemon rind in the milk, and set on the stove to infuse; when well flavored strain, add the rice, and allow it to come to a boil slowly, and boil ten or fifteen minutes, stirring all the time. Remove from the fire and add butter and sugar; well whisk the eggs and add also. Line patty pans with puff paste, put about a tablespoonful in each pie. Strew a few currants on each pie and bake about twenty minutes.

685. **Pumpkin Pie**—Ingredients—1 pt. of well stewed and strained pumpkin, 1 qt. of scalding hot rich milk, 1  $\frac{1}{2}$  cups of sugar, 4 eggs, 1 teaspoonful of salt, 1 tablespoonful of ginger and 1 of ground cinnamon.

Bake in pie plate lined with good paste; do not let mixture stand after it is put together, but bake at once.

686. **Pumpkin Pie** (2)—Ingredients—1 qt. of stewed pumpkin pressed through a sieve, 9 eggs, whites and yolks beaten separately, 2 qts. milk, 1 teaspoonful of mace, 1 of cinnamon and 1 of nutmeg, 1  $\frac{1}{2}$  cups of sugar.

Beat all together and bake with one crust.

687. **Pumpkin Pie** (3)—Ingredients—A pumpkin, 1 good cupful of molasses, to a whole pumpkin allow 3 pts. of rich milk, 4 eggs, some salt, a little cinnamon, brown sugar to taste, crust.

Prepare the pumpkin by cutting into small pieces. Stew rapidly until it is soft and the water is stewed out, then let it remain on the stove to simmer all day. When well cooked add the molasses, and cook all down until dry. Then sift through a cullender, it will nearly all go through if properly cooked. Then add the milk, spices and eggs. Too much spice destroys the flavor of the pumpkin. Sweeten to taste. Then bake in a crust the same as for custard. Let it cook until of a dark brown color. This is a very wholesome dish.

688. **Marlborough Pie**—Ingredients—6 tart apples, 6 oz. of sugar, 6 oz. of butter or thick cream, 6 eggs, the grated peel of 1 lemon, and  $\frac{1}{2}$  the juice.

Grate the apples, after paring and coring them; stir together the butter and sugar, as for cake; then add the other ingredients, and bake in a rich under paste only.

689. **French Pancakes** - Ingredients—5 eggs, nearly a pt. of cream, 1 oz. of butter.

Beat the cream till it is stiff, and the yolks and whites separately, and add to the cream and beat the mixture for five minutes; butter the pan and fry quickly, sugar and roll, and place on a hot dish in the oven. Serve very hot.

690. **French Pancakes** (2)—Ingredients— $\frac{1}{2}$  pt. of milk, 2 oz. of butter, 2 oz. of loaf sugar, 2 oz. of flour, 2 eggs.

Put milk, butter and sugar into a saucepan to dissolve (not boil), beat eggs and flour together till quite smooth, then add the other ingredients and well mix. Divide this quantity and put it in four saucers to bake for twenty minutes; lay two pancakes on a dish, and spread preserve over, cover them with the other two pancakes; serve very hot.

691. **Rice Pancakes**—Ingredients— $\frac{1}{2}$  lb. of rice, 1 pt. of cream, 8 eggs, a little salt and nutmeg,  $\frac{1}{2}$  lb. of butter, flour.

Boil the rice to a jelly in a small quantity of water; when cold, mix it with the cream, well whisk the eggs and add also, with a little salt and nutmeg. Then stir in the butter, just warmed, and add, slowly stirring all the time, as much flour as will make the batter thick enough. Fry in as little lard as possible.

692. **Irish Pancakes**—Ingredients—8 eggs, 1 pt. of cream, nutmeg and sugar to taste, 3 oz. of butter,  $\frac{1}{2}$  pt. of flour.

Beat eight yolks and four whites of eggs, strain them into the cream, put in grated nutmeg and sugar to taste ; set three ounces of fresh butter on the fire, stir it, and as it warms pour it to the cream, which should be warm when the eggs are put to it ; then mix smooth almost half a pint of flour. Fry the pancakes very thin ; the first with a piece of butter, but not the others. Serve several on one another.

693. **English Pancakes**—Ingredients—4 oz. flour, 2 eggs, a little more than  $\frac{1}{2}$  pt. of milk, a pinch of salt, 2 oz. of lard, a few drops of lemon juice, 2 oz. of sugar.

Add the salt to the flour, break the eggs into the flour with a spoonful of milk, and mix well ; then add slowly the rest of the milk, mixing all the time ; grease the pan with a small piece of lard, and proceed to fry them (they should be very thin) ; and as they are done put two or three drops of lemon juice and a sprinkling of sugar on each.

694. **Apple Pie**—Ingredients—Some nice cooking apples, sugar, some shred lemon peel, juice or a glass of cider.

Pare and core the fruit having wiped the outsides with a damp cloth. Then boil the apples in a little water with the cores until it tastes well, strain, and put a little sugar, and a piece of bruised cinnamon, and simmer again. In the meantime place the apples in a dish, a paste being put round the edge ; when one layer is in, sprinkle half the sugar, and shred lemon peel, and squeeze some juice over, put in the rest of the apples, sugar, and the liquor that you have boiled. Cover with paste. You may add some butter when cut, if eaten hot ; or put quince-marmalade, orange paste, or cloves, to flavor.

695. **Another Apple Pie**—Ingredients—Puff paste, apples, sugar (brown will do), a small quantity of finely minced lemon peel, and lemon juice.

Prepare the paste (See Recipe No. 710), spread a narrow strip round the edge of your baking dish, and put in the fruit which you have previously peeled, cored and cut into convenient slices. Sweeten according to taste and add the flavoring. Cover with a pie crust, making a small hole in the middle, and place in the oven to bake. When nearly done ice the crust with the white of an egg, beaten to a froth and spread lightly

over it. Sprinkle with white sugar and replace in the oven until done.

**696. Orange and Apple Pie**—Ingredients—Puff paste, oranges, apples, sugar.

Cover a tin pieplate with puff pastry and place a layer of sliced oranges, with the pips removed, on it, and scatter sugar over them. Then put a layer of sliced apples, with sugar, and cover with slices of oranges and sugar. Put an upper crust of nice pastry over the pie, and bake it for half an hour, or until the apples are perfectly soft. Take the pie from the tin plate while it is warm, put into a china plate and scatter sugar over the top.

**697. Apple Tart**—Ingredients—Puff paste, apple marmalade, 1 egg.

Lay a disc of puff paste on a round tin, spread a layer (about three-eighths of an inch thick) of apple marmalade over it, leaving a rim an inch wide clear all round; roll out and cut some of the paste in strips the size of a straw; form a trellis work with them over the marmalade, then put a border of paste all round over the rim. Glaze the top of the border and trellis with beaten-up egg, and bake in quick oven.

**698. Rice Paste for Tartlets**—Ingredients—7 oz. of rice, 1 tablespoonful of butter, 2 eggs.

Simmer the rice until tender, drain, place in a marble mortar with the butter and well whisked eggs; beat thoroughly, and with the hands make into paste.

**699. To Ice or Glaze Pastry**—Ingredients—The whites of 3 eggs, 4 oz. sugar.

Place the whites upon a plate (beaten with a knife to a stiff froth), just before the pastry is done remove from the oven; brush with the beaten egg and sprinkle the white sugar upon it. Return to the oven to set.

**700. Glaze**—Ingredients—The yolk of 3 eggs, a small piece of warm butter, white sugar.

Beat the yolks and butter together, and with a pastry brush the pastry just before it is finished baking, sift white sugar upon it and return to the oven to dry.

**701. Light Paste for Tarts**—Ingredients—1 egg,  $\frac{3}{4}$  lb. of flour  $\frac{1}{2}$  lb. butter.

Beat the white of an egg to a strong froth, then mix it with

as much water as will make the flour into a very stiff paste ; roll it very thin, then lay the third part of half a pound of butter upon it in little pieces ; dredge with some flour left out at first and roll up tight. Roll it out again, and put the same proportion of butter, and so proceed till all be worked up.

**702. Genoise Pastry**—Ingredients— $\frac{1}{4}$  lb. of the freshest butter, 4 oz. of white sugar, 4 eggs,  $\frac{1}{4}$  lb. of fine flour.

Take the butter, put it in a bowl, and warm it until it can be beaten with a spoon ; add to it the sugar, and beat the two together until a smooth white cream is obtained, then add one egg, and keep on beating the mixture till it is smooth again, then add three more eggs in the same manner. The speck of the eggs should be removed. Lastly, incorporate quickly with the mixture the flour, and as soon as it is smooth pour it out to the thickness of half an inch on a buttered flat tin, and put it into the oven at once. When done (in about ten or fifteen minutes) turn out the slab of Genoise, and put it to cool, under side uppermost, on a sieve. There is a great knack in beating this paste to prevent its curdling. Should this happen, it can generally be remedied by beating as quickly as possible until the mixture is smooth again.

**703. Chocolate Genoise**—Ingredients—Icing,  $\frac{1}{2}$  lb. white sugar, 2 oz. of grated chocolate, and about a gill of water. Genoise pastry as above, apricot jam.

Prepare the icing as follows:—Put the sugar in a sugar boiler and add the chocolate and water ; stir over the fire until the mixture assumes the consistency of a smooth thick cream. Take a slab of Genoise, spread on the top of it the thinnest possible coating of apricot jam, then a coating of the icing. Put it into a very hot oven for rather less than a minute, take it out, and place it in a cold place to get cool ; then cut it up with a sharp knife in lozenges or any other shape, and serve piled up on a napkin.

**704. Almond Genoise**—Ingredients—2 oz. of blanched almonds, a little orange flower water, 2 oz. of fresh butter (warmed), 4 oz. of white sugar, yolks of 4, and whites of 2 eggs, 4 oz. of fine flour, essence of vanilla, apricot jam. Icing :—whites of 2 eggs, lemon juice, a little *glace* sugar.

Beat in a mortar the almonds, moistening with the orange flower water to prevent oiling. Beat in a bowl the butter and sugar, add the almonds and the yolks and whites of the eggs,

one at a time, then very gradually add the flour. Continue beating until the mixture is perfectly smooth, then flavor it with some essence of vanilla, and bake as above. Spread the Genoise with apricot jam as above, and, instead of chocolate, use icing made as follows:—Put the whites of the eggs into a basin with a little of the lemon juice and some of the sugar. Work the mixture well with a wooden spoon, and as it gets thin, add more sugar, until a smooth paste of the consistency of butter is obtained. Lay this icing on the slab of Genoise with a palette knife, put it in the oven for a minute to set the icing, and take it out at once in a cool place, then cut up the slab as above.

**705. Almond Pastry**—Ingredients— $\frac{1}{4}$  lb. of flour,  $\frac{1}{4}$  pt. of milk, a piece of butter the size of an egg, juice of 1 lemon, white sugar to taste, a handful of sweet almonds, yolks of 4 eggs, whites of 3 eggs.

Make a batter with the flour, milk, lemon juice and sugar. Mix in (off the fire) the sweet almonds, chopped up, and the yolks. Let the whole get cold, then work into it the whites, whisked to a froth, and spread out the batter on a baking sheet. Sift plenty of powdered sugar over, bake ten minutes in a slow oven, and cut it out in strips; serve hot or cold.

**706. Almond Pastry** (2)—Ingredients—3 oz. of almonds,  $\frac{1}{4}$  lb. butter, 2 oz. of loaf sugar, a little rose water.

Pound the almonds, butter, and loaf sugar with a little rose water till it becomes a thick paste. Spread it on a buttered tin, bake in a slow oven. When cold divide it into eight pieces, put a spoonful of preserves on each piece, and cover with whipped cream.

**707. Pyramid Paste**—Ingredients—A sheet of puff paste, raspberry or apricot jam, or currant jelly, dried greengages, cherries or barberries.

Roll out the puff paste to half an inch thick; cut or stamp it into oval shapes; the first, the size of the bottom of the dish in which you serve it, the next smaller, and so on till it forms a pyramid; then lay each piece separately on paper in a baking plate, egg the tops of the pieces and bake them of a light color. When done, take them off the paper, lay them on a large dish till cold, set the largest piece in the dish, put on it either of the above preserves, lay the next size on that, and more sweetmeats, and proceed in the same way with the other pieces till they are

all placed on each other. Put dried greengages, barberries, or cherries round, and serve. Instead of stamping the pieces, they may be cut with a sharp knife; small pieces may be cut out round the edges to appear like spires, which will cause the paste to appear still lighter.

**708. Paste for Mince Pies**—Ingredients—2 lbs. of the finest pastry flour, 2 lbs. of fresh butter, the yolks of 4 fresh eggs, 2 pinches of salt, the juice of half a lemon, tepid water.

Work the butter in a napkin till it is well freed from water. Place the flour on the pastry slab in a heap, make a hole in the middle of it, put in it the yolks of the eggs, freed from the speck, salt, the juice of half a lemon, and the fourth part of the butter cut up in very small pieces; work the paste as quickly as possible with the fingers of one hand, adding as much moderately tepid water as will make the paste smooth, and of the same consistency as the remaining one and a half pounds of butter. Beat the latter out into a flat square piece an inch in thickness; roll out the paste to four times the size of the piece of butter, lay this in the centre of the paste, which you fold over on each side, and roll out again to three times its original size, then fold over two sides only of the piece of paste, and roll it out again as before. Repeat this operation twice, cover the paste with a woollen cloth, and let it rest for half an hour. The operation of rolling out and folding up the paste is called "giving a turn." After the paste has rested, two more turns are to be given to it, and it will be ready.

**709. Pastry for Sweet Sandwiches**—Ingredients—7 tablespoonfuls of flour, 7 tablespoonfuls of butter, 6 tablespoonfuls of sugar, 7 eggs.

Place the butter in a stewpan on the stove to melt; sift the flour, add the sugar to the eggs (having removed them from the shell), place the basin containing the eggs and sugar in a saucepan of boiling water and whip the contents a quarter of an hour; then remove from the fire; now add the butter and sift in the flour, lightly stirring all the time. Bake in tins lined with buttered paper, put into a quick oven and test with broom straw.

N. B.—When the butter is on the stove take care it does not burn, only allow it to melt.

**710. Puff Paste**—Ingredients—1 lb. of flour, 1 lb. of butter, 1 egg, cold water.

Mix the flour with a lump of butter the size of an egg, and the egg to a very stiff paste with cold water; divide the butter into six equal parts, roll the paste and spread on one part of the butter, dredging it with flour; repeat until all the butter is rolled in.

711. **Short Crust**—Ingredients— $\frac{1}{2}$  lb. of flour, 3 oz. of butter, 2 oz. of white sugar, a pinch of salt, yolks of 3 eggs.

Rub into the flour the butter and the powdered loaf sugar; beat up the yolks of the eggs, the salt, and enough milk or water to make the flour into a paste; work the paste lightly, and roll it out thin. If not wanted sweet, the sugar can be left out.

712. **Flead Crust**—Ingredients— $1\frac{1}{4}$  lb. of flour, 10 oz. of flead, salt to taste, a glass of water.

Remove skin, and cut into thin flakes and rub into the flour; add a sprinkling of salt and work the whole into a paste with the water; fold the paste over three times, beat it well with a rolling pin, roll out, and it is ready for use. This will be found extremely light if well prepared.

713. **Dripping Crust for Kitchen Use**—Ingredients—1 lb. of flour, 5 oz. of clarified beef dripping, a glass of water.

Work the flour into a paste with the water; roll into a sheet and spread upon it two ounces of the dripping; repeat this twice, be sure to use good beef dripping. If wanted for a short crust, half a teacupful of moist sugar may be added.

714. **Suet Crust for Meat Puddings**—Ingredients—8 oz. of flour, 5 oz. of beef suet, a little salt.

Remove all skin from the suet, chop finely, and mix with the flour, adding a little salt, mix well, and add by degrees a little cold water and make into a paste; flour the paste board and place the paste upon it, roll out to the thickness of a quarter of an inch. It is then ready for use.

715. **Potato Paste**—Ingredients—Potatoes, butter, an egg.

Pound boiled potatoes very fine, and add, while warm, a sufficiency of butter to make the mash hold together, or you may mix it with 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 has become quite cold before it be put on the dish, it will be apt to crack.



716. **Flaky Crust for Pies or Tarts**—Ingredients—1 lb. of flour,  $\frac{1}{2}$  lb. butter,  $1\frac{1}{2}$  teaspoonfuls baking powder, 2 eggs,  $\frac{1}{4}$  pt. of water.

Mix the baking powder with the flour, whip the whites of the eggs to a stiff froth, then add to the flour and mix into a stiff paste with quarter of a pint of water; flour the paste board, and roll out the paste to a thin sheet, divide the butter into three, take one part and spread over the paste, sprinkle a little flour over and fold into three, roll again and spread second portion of butter, fold as before and add the rest of the butter, fold again and roll the thickness required; bake in quick oven.

717. **Butter Crust for Boiled Puddings**—Ingredients— $\frac{1}{2}$  lb. of flour, 3 oz. of butter, a gill of water.

Make the flour into a paste with the water, roll thin and place the butter upon it cut in small pieces, sprinkle a little flour over and fold the paste, roll again into a sheet the thickness required.

718. **Baked Suet Crust**—Ingredients—Equal proportions of sifted flour and beef suet, sprinkling of salt.

Shred beef suet very thin; take equal proportions of sifted flour, roll a little suet with a little flour; put it aside as you do it, and continue the process until all the suet and flour are rolled together into flakes; gather them into a heap on the board, sprinkle them with water, using as little as possible, to make the mass into paste; when it is worked into a smooth paste, beat it a little with the rolling pin, and roll out as thin as possible; fold it over to the required thickness, and put it on the pie; bake rather quickly. This crust should be eaten before quite cold, and, if properly made, will be a very good and light puff paste.

719. **Spanish Fritters**—Ingredients—Crumbs of a French roll, cream, nutmeg, sugar, pounded cinnamon, 1 egg, butter and sugar sauce.

Cut the crumb of the French roll into lengths about three-quarters of an inch thick, in any shape you please. Soak in the cream, nutmeg, sugar, pounded cinnamon and egg. Fry a nice brown and serve with the butter and sugar sauce.

720. **Cream Fritters**—Ingredients—3 tablespoonfuls of potato flour, 1 pt. of new milk, 2 whole eggs, yolks of 4 eggs, a pat of very fresh butter, powdered white sugar to taste, a few drops of essence of almonds, bread crumbs.

Make a smooth paste with the flour, and a part of the milk ; then gradually add the remainder of the milk, the eggs, and yolks, the butter, white sugar to taste, and essence of almonds. Put the mixture into a saucepan on the fire, stirring all the while till it is quite thick. Spread out on a slab until of thickness of half an inch. When quite cold cut into lozenges ; egg and bread crumb them, or dip in the butter ; fry a nice color in lard and serve sprinkled with white sugar.

721. **Rice Fritters**—Ingredients—3 tablespoonfuls of rice, 4 well beaten eggs,  $\frac{1}{4}$  lb. of currants, grated lemon peel, nutmeg and sugar to taste, flour.

Boil the rice until it has fully swelled, then drain quite dry and mix with the eggs, the currants, grated lemon peel, and nutmeg and sugar to taste. Stir in as much flour as will thicken it, and fry in hot lard.

722. **Plain Fritters**—Ingredients—Crumbs of bread, 1 pt. of milk, yolks of 5 eggs, 3 oz. of sifted white sugar, and grated nutmeg, melted butter, and sugar.

Grate the bread crumbs and add the hot milk, mix smooth and when cold add the yolks, sugar and nutmeg. Fry them, and when done serve with melted butter and sugar poured round.

723. **Custard Fritters**—Ingredients—Yolks of 8 eggs, 1 spoonful of flour,  $\frac{1}{2}$  a nutmeg, salt, 1 pt. of cream, sugar to taste. Batter :  $\frac{1}{2}$  pt. of cream,  $\frac{1}{4}$  pt. of milk, 4 eggs, a little flour, and a little grated ginger.

Beat the yolks with the flour, nutmeg and salt, put in the cream, sweeten to taste and bake on a small dish. When cold cut into slices and dip into a batter made in the above proportions. Fry them and when done sprinkle with white sugar.

724. **Cheese Fritters**—Ingredients—About a pint of water, a piece of butter the size of an egg, the least piece of cayenne, plenty of black pepper,  $\frac{1}{4}$  lb. of ground Parmesan cheese, yolks of 2 or 3 eggs, and whites of 2 beaten to a froth, salt, flour.

Put the water into a saucepan with the butter, cayenne, and black pepper. When the water boils throw gradually into it sufficient flour to form a thick paste ; then take it off the fire and work into it the Parmesan cheese, and then the yolks and whites of the eggs. Let the paste rest for a couple of hours, and proceed to fry by dropping pieces of it the size of a wal-

nut into plenty of hot lard. Serve sprinkled with very fine salt.

**725. Raspberry Fritters**—Ingredients—Crumbs of a French roll, 1 pt. of boiling cream, yolks of 4 eggs, well beaten, raspberry juice, some blanched sliced almonds.

Grate the crumb of the French roll, and mix with the cream. When cold add the yolks of the eggs. Mix altogether with the raspberry juice; drop them into a pan of boiling lard in very small quantities. When done stick over with the almonds.

**726. Almond Puffs**—Ingredients—2 oz. of sweet almonds, a little orange flower water, whites of three eggs, some sifted sugar.

Blanch and beat the almonds, moistening with a little orange-flower water; whisk the whites of the eggs to a froth, strew in sifted sugar; mix the almonds with the sugar and eggs, and continue adding the sugar till the mixture is as thick as paste. Lay it in cakes and bake on paper in a cool oven.

**727. Puffs for Dessert**—Ingredients—1 pt. of milk and cream, the white of 4 eggs beaten to a stiff froth, 1 heaping cup of sifted flour, 1 scant cup of powdered sugar, add a little grated lemon peel and a little salt.

Beat these altogether till very light, bake in gem pans, sift pulverized sugar over them and eat with sauce flavored with lemon.

**728. Plain Puffs**—Ingredients—Yolks of 6 eggs, 1 pt. of sweet milk, a large pinch of salt, whites of 6 eggs, flour.

Beat the yolks of the eggs till very light, stir in the milk, salt and the whites beaten to a stiff froth, and flour enough to make a batter about as thick as a boiled custard. Bake in small tins in a quick oven.

**729. Spanish Puffs**—Ingredients—A teacupful of water, a tablespoonful of sugar, a pinch of salt, 2 oz. of butter, flour, yolks of 4 eggs.

Put the water into a saucepan, the sugar, salt and butter; while it is boiling add sufficient flour for it to leave the saucepan; stir in one by one the yolks of the four eggs; drop a teaspoonful at a time into boiling lard; fry them a light brown.

**730. Cream Puffs**—Ingredients—1 pt. of water,  $\frac{1}{2}$  lb. of butter,  $\frac{3}{4}$  lb. of sifted flour, 10 eggs, 1 small teaspoon of soda, mock cream, cup of sugar, 4 eggs, 1 cup of flour, 1 qt. of milk flavoring.

Boil the water, rub the flour with the butter; stir into the

water while boiling. When it thickens like starch remove from the fire. When cool stir into it the well-beaten eggs and the soda. Drop the mixture on to the buttered tins with a large spoon. Bake until a light brown, in a quick oven. When done, open one side and fill with mock cream made as follows in the above proportions: beat eggs to a froth; stir in the sugar, then flour; stir them into the milk while boiling; stir till it thickens; then remove from the fire and flavor with lemon or vanilla. It should not be put into the puffs until cold.

731. **Orange Puffs**—Ingredients—Rind and juice of 4 oranges, 2 lbs. of sifted sugar, butter.

Grate the rind of the oranges, add the sugar, pound together and make into a stiff paste with the butter and juice of the fruit; roll it, cut into shapes and bake in a cool oven. Serve piled up on a dish with sifted sugar over.

732. **Graham Puffs**—Ingredients—To 1 qt. of Graham flour, add  $\frac{1}{2}$  pt. fine white flour, and enough milk or water, a little warm, to make a thick batter; no salt or baking powder.

Have your oven hotter than for biscuit, and your gem pans standing in the oven till you get ready. Beat batter thoroughly, grease your pans, and drop in while the irons are smoking hot. Bake quickly a nice brown.

733. **Lemon Puffs**—Ingredients—1 lb. of double refined sugar, juice and rinds of 2 lemons, white of 1 egg, 3 whole eggs.

Bruise the sugar, and sift through a fine sieve, put it into a bowl with the juice of the lemons and mix well together. Beat the white of egg to a very stiff froth, put it into your bowl, add the remaining eggs, with the rinds of the lemons grated. Mix well up and throw sugar on your papers, drop on the puffs in small drops and in a moderately heated oven.

734. **Chocolate Puffs**—Ingredients— $\frac{1}{2}$  a lb. of double refined sugar, 1 oz. of chocolate, white of an egg.

Beat and sift the sugar, scrape into it, very finely, the chocolate and mix well together. Beat the white of the egg to a stiff froth and strew in the chocolate and sugar, beat till as stiff as paste. Then sugar the paper, drop them in very small quantities and bake in a slow oven.

735. **Lemon Cheesecakes**—Ingredients—Boil the peel of 2 large lemons, pound well in a mortar, with a  $\frac{1}{4}$  of a pound of loaf sugar, the yolks of 6 eggs,  $\frac{1}{2}$  a lb. of fresh butter, and some curd beaten fine.

Mix all together, lay a puff paste on the pattypans, fill them half full, and bake them. Orange cheesecakes are done the same way; but the peel must be boiled in two or three waters, to take off its bitter taste before it is put in.

736. **Curd Cheesecakes**—Ingredients—2 qts. of milk,  $\frac{1}{2}$  lb. of butter, salt, sugar, 3 rolled biscuits, a little spice and cloves, 8 eggs (using only 4 whites), 2 spoonfuls of orange flower water,  $\frac{1}{2}$  lb. of currants.

Turn the milk; then dry the curd by pouring it through a sieve; put it in the pan and rub in the butter, add the salt, sugar, biscuits, spice, cloves and eggs, well beaten up in the orange flower water; wash all well together through a coarse sieve, adding the currants.

737. **Maid's of Honour**—Ingredients—Puff paste, 1 lb. of sugar (white), yolks of 12 eggs, 1 oz. of sweet blanched almonds, 9 bitter almonds, 4 tablespoonfuls of orange flower water.

Line small tartlet tins with puff paste and fill with this mixture; beat the sugar with the yolks in a mortar, adding the almonds and orange flower water just before filling the tarts. Bake in a moderately heated oven.

738. **Almond Tarts**—Ingredients—Sweet almonds, sugar (1 lb. of sugar to 1 lb. of almonds), grated bread, nutmeg, cream, and the juice of some spinach to color.

Blanch and beat fine the almonds with the other ingredients. Bake in a gentle oven, and when done ornament with sliced candied orange or citron.

739. **Greengage Tart**—Ingredients—Some greengages, sugar,  $\frac{1}{2}$  a glass of water, short paste, 2 whites and 3 yolks of eggs, 1 oz. of butter, oz. of sugar, a pinch of salt, flour, rice.

Stone the fruit and stew them for an hour, with plenty of sugar and the water. Make a short paste with one of the whites and the three yolks of the eggs, the butter, sugar, salt, water and flour *quant. suff.* Roll it out to the thickness of a penny piece, line a *tourte* mould with it uniting the joints with white of egg, fill it with rice and bake it. When done remove the rice, put in the stewed fruit, and serve.

740. **Raspberry and Currant Tartlets**—Ingredients—Short paste, white of 1 and yolks of three eggs, 1 oz. of sugar, 1 oz. of butter, a pinch of salt, and flour *quant. suff.*, uncooked rice, raspberries and currants, syrup, sugar.

Make the short paste in the above proportions; work it

lightly, roll out to the thickness of a quarter of an inch. Line some patty pans with it, fill them with uncooked rice to keep their shape, and bake them in a moderate oven till done. Remove the stalks from the raspberries and currants, add some syrup made with the sugar, empty the tartlets of the rice, fill each with the fruit, put them into the oven to get hot, and serve. They may also be served cold.

741. **Cherry Tart**—Ingredients—Short paste as above;  $1\frac{1}{2}$  lbs. of stewing cherries, sugar, a few drops of cochineal, rice.

Work the paste lightly, roll it out to the thickness of a quarter of an inch; line a flat mould with the paste, uniting the joints carefully with the white of egg, fill the mould with rice and bake it. Stone the cherries and cook them with the sugar, and cochineal to give them a nice color. Remove the rice and put in the stewed cherries. Serve hot or cold.

742. **Apple Tartlets**—Ingredients—A few large apples, the juice and rind of a lemon, 1 lb. of sugar, 1 qt. of water, 2 cloves. For paste 2 oz. of sugar, 2 oz. of butter, the yolks of 4 eggs, a little water, a pinch of salt, a little flour and rice.

Peel, core, and halve some large apples, trimming them so as to get them all of one size; drop them as they are done into cold water with the juice of a lemon squeezed into it to prevent their turning brown. Have ready a syrup (made with one pound of sugar and one quart of water) boiling hot, put the apples into this, with the thin rind of a lemon and two or three cloves. As soon as they are cooked (great care must be taken that they do not break), take them out and leave them to get cold, then set the syrup on the fire to reduce. Make some short paste with the above ingredients, work it lightly and roll it out to the thickness of one-eighth of an inch. Line some patty pans with it, fill them with uncooked rice to keep their shape; bake them in a moderate oven till done. Remove the rice, and place on each tartlet half an apple, the concave side uppermost, pour a little of the reduced syrup on each tartlet, and lastly, put a piece of guava or currant jelly in the cavity of each apple.

743. **Apple Tart** (1)—Ingredients—Puff paste, apple marmalade, apples, sugar.

Lay a disc of puff paste on a round tin, and place a strip of paste all round it as for an ordinary jam tart. Spread on the

inside a layer of apple marmalade a quarter of an inch thick. Peel and core the apples, cut them in slices a quarter of an inch thick, trim all the slices to the same shape, dispose all these over the marmalade, overlapping each other, and in some kind of pattern ; strew plenty of sugar over, and bake in a quick oven till the apples are a good color.

**744. Apple Tart (2)**—Ingredients—Short paste, 6 apples, thin rind and juice of a lemon, white sugar, 4 or 5 eggs.

Line a *flan* mould (a flat tin with an upright edge one inch to one and a half inches high) with a thin crust of short paste. Stew the peeled, cored, and quartered apples with a little water, the thin rind of the lemon, and white sugar *quant. suff.*; when quite tender, beat them up with a fork ; add the juice and grated rind of the lemon, and work in one by one the yolks of the eggs, pour this mixture in the mould, and bake in a quick oven about half an hour.

**745. Apple Tart (3)**—Ingredients—Some uncooked rice, apple marmalade, apricot jam, icing, glace sugar, white of eggs.

Line a *flan* mould as above, fill it with rice, and bake it ; when done remove the rice and garnish it with a layer of apple marmalade. Spread over it a thin layer of apricot jam, and over that a thick layer of icing, made with the glace sugar and whites of egg beaten up. Put the tin in a very slack oven, just long enough to set the icing without coloring it, and serve cold. It may be ornamented with blanched pistachio nuts, strips of angelica, and candied cherries laid on the icing, before putting the tart in the oven.

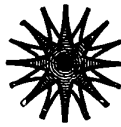
N. B.—To make icing, as much sugar should be beaten up with the white of egg as it will absorb until the mixture is of the consistency of the thickest double cream ; whereas to make meringue, not more than half an ounce of sugar should be used for each white of egg.

**746. Apple Puffets**—Ingredients—2 eggs, 1 pt. of milk, sufficient flour to thicken, as waffle batter, 1 ½ teaspoonfuls of baking powder.

Fill a teacup alternately with a layer of batter and then of apples chopped fine ; steam one hour. Serve hot, with flavored cream and sugar.

**747. Apple Turnovers**—Ingredients—1 lb. of flour, 5 oz. of dripping or butter, small teaspoonful of baking powder, 4 apples (allowing 1 for each turnover), 4 teaspoonfuls of brown sugar.

Pare, core and slice the apples. Mix the baking powder into the flour, then add the dripping or butter, mixing well together. Moisten with cold water and stir to a paste. Roll out, cut into circles about seven inches in diameter. Put the apple on one of the rounds and sprinkle with sugar. Moisten the edges of the paste and shape in the form of a turnover.







## DESSERT

### 748. **Oranges.**

Oranges may be prepared for table in the following manner :—Cut gently through the peel only, from the point of the orange at the top to dent made at the stalk at the bottom, dividing the outside of the orange into cloves or sections, seven or eight in number. Loosen the peel carefully, and take each section off, leaving it only attached at the bottom. Scrape the white off the orange itself, and turn in each section double to the bottom of the orange, so that the whole looks like a dahlia or some other flower.

### 749. **Almonds and Raisins.**

Serve on a glass dish, the raisins piled high in the centre. Blanch the almonds and strew over them.

### 750. **Frosted Currants.**

Froth the white of an egg or eggs, dipping the bunches into the mixture. Drain until nearly dry, then roll in white sugar. Lay upon white paper to dry.

### 751. **Impromptu Dessert.**

Cover the bottom of a large glass dish with sliced orange ; strew over it powdered sugar, then a thick layer of cocoanut. Alternate orange and cocoanut till the dish is full, heaping the cocoanut on the top.

### 752. **Dessert of Apples**—Ingredients—1 lb. of sugar, 1 lb. of finely flavoured ripe sour apples, 1 pt. of rich cream, 2 eggs, $\frac{1}{2}$ cup of sugar.

Make a rich syrup of the sugar ; add the apples nicely pared and cored. Stew till soft, then mix smoothly with the syrup and pour all into a mould. Stir into the cream (or if there is none at hand, new milk must answer), the eggs well beaten, also the sugar, and let it just boil up in a farina kettle ; then set aside to cool. When cold take the apples from the mould and pour this cream custard around it and serve. If spice or

flavoring is agreeable, nutmeg, vanilla, or rose water can be used.

**753. Bananas.**

Make with boiling water a quart of strong and sweet lemonade, using only the juice of the lemons. Soak half a box of gelatine one hour in a small cup of cold water; stir it into the boiling lemonade and set it where it will cool, but not harden. Cut three bananas in lengthwise halves and lay them in a mould wet with cold water, cover them with half the jelly and set the mould upon the ice until the jelly sets. Then slice in three more bananas and pour in the remainder of the jelly. Serve with cream or soft custard.

Make a syrup with a large cup of sugar and a scant pint of water. Let the syrup come to the boiling point and boil rapidly for ten minutes. Pour the hot syrup over as many red bananas, cut in thin slices, as it will cover. When the syrup is cold serve the bananas with whipped cream. Many fresh fruits are much more delicious sweetened with cooked syrup like this than with raw sugar. Oranges are especially nice cut up and served in this way. Flavor the syrup, if you wish, with a little grated orange peel.

**754. Apple Ginger**—Ingredients—2 lbs. white sugar, 2 lbs. hard apples, nearly 1 qt. water, 1 oz. of tincture of ginger.

Make a rich syrup of the sugar and water, adding, as soon as it boils, the ginger. Pare, core and cut the apples into quarters or pieces to suit the fancy, plunging into cold water to preserve the color, then boil in the syrup until transparent. Great care must be taken that they do not break, as this would spoil the appearance. Place in jars and cover with the syrup, put into glass bottles and seal air-tight. It is then ready at any time for dessert.

**755. A Dish of Mixed Fruits.**

Select a handsome dish, put a table glass in the centre, cover with moss or leaves. Place a nice pineapple upon the top of the glass, and round it apples or pears with leaves between, then plums mingled with grapes. Much taste can be displayed in the arrangement of the fruit.

**756. Strawberries and Cream.**

Pick the fruit carefully (which should be ripe, but not too

much so), and put into a dessert dish, sprinkle two tablespoonfuls of white sugar over, then pour over the cream, allowing one pint to every three pints of fruit.

**757. Dish of Figs**—Ingredients—1 cup of sugar,  $\frac{1}{3}$  of a cup of water,  $\frac{1}{4}$  of a teaspoonful of cream of tartar.

Let the sugar and water boil until it is a pale brown color ; shake the basin in which it is boiling gently, to prevent it burning, but do not stir it at all until just before you take it from the fire, then stir in the cream of tartar. Wash and cut open some figs ; spread them on a platter, then pour the sugar over them. Take care to have each fig covered ; set them in a cool place till the sugar has time to harden.

**758. A Dish of Nuts.**

Arrange them piled high in the centre of a dish ; a few leaves around the edge of the dish will greatly improve the appearance. In dishing filberts serve them with the outer skin on. If walnuts, wipe with a damp cloth before serving.

**759. A Dish of Strawberries.**

If there are any inferior ones they should be placed in the bottom of the dish and the others put in rows to form a pyramid, taking care to place the stalks downwards. A few fern leaves placed at the bottom of the dish before building the pyramid will add to the good appearance of the dish.

N. B.—Secure the fruit with long stalks as they will support the pyramid.

**760. Dish of French Plums.**

Arrange on a glass dish with highly colored sweet-meats, which make a good effect.

## SWEET DISHES

- 761. Souffle of Bread and Walnuts**—Ingredients—30 sound and quite fresh walnuts, 2 oz. of white bread crumbs,  $\frac{1}{4}$  lb. of butter, the same quantity of sugar, 6 eggs, and  $\frac{1}{2}$  a cupful of sweet cream.

Either pound or grate the walnuts with the fine skin which is on them ; soak the bread in milk, and squeeze it, beat the butter to cream, and add one after another the yolks of the eggs, then, the sugar, bread, cream, and nuts, beat all the ingredients well together, and stir in lightly the whites of the eggs whipt to a stiff froth. Put into a proper souffle form, and bake it an hour, serve the moment it has properly risen.

- 762. Devonshire Junket**—Ingredients—2 qts. of new milk, 4 dessertspoonfuls of sugar, 6 dessertspoonfuls of prepared rennet, clotted cream, a little nutmeg.

Just allow the milk to become blood warm, and set in a deep dish, now add the sugar and rennet, stir well and put aside to set. When required for use, cover with the cream and a sprinkle of nutmeg.

- 763. Orange Souffle**—Ingredients—6 oranges, sliced and peeled, sugar, custard, yolks of 3 eggs, a pt. of milk, sugar to taste, grating of orange peel for flavor, white of the eggs.

Put into a glass dish a layer of oranges, then one of sugar, and so on until all the oranges are used, and let it stand two hours ; make a soft boiled custard in the above proportions, and pour over the oranges, when cool enough not to break the dish. Beat the whites of the eggs to a stiff froth, sweeten to taste and pour over the top. Serve cold.

- 764. Apple Charlotte**—Ingredients—Some good cooking apples, sugar (1 lb. of apple pulp to  $\frac{1}{2}$  lb. of sugar), lemon flavoring, fried bread.

Bake good cooking apples slowly until done ; scrape out all the pulp with a teaspoon, put it in a stewpan in the above proportion ; stir it until the sugar is dissolved and the pulp stiff.

Take care it does not burn. Add a little lemon flavoring, and place the apple in the centre of a dish, arranging thickly and tastefully round it neatly cut pieces of the carefully fried bread. If it is desired to make this dish very nice, each piece of fried bread may be dipped in peach jam. Rhubarb Charlotte may be made in the same manner. The rhubarb must be boiled and stirred until a good deal of the watery portion has evaporated, and then sugar, half a pound to one pound of fruit, being added, it should be allowed to boil until it is thick.

765. **Charlotte Russe**—Ingredients— $\frac{1}{2}$  an oz. of isinglass, 1 pt. of milk, sugar and vanilla to taste, 1 pt. of cream, Savoy biscuits, a few ratafias.

Dissolve the isinglass in the milk; whip the cream to a strong froth, and when the isinglass and milk have cooled and become a little thick, add it to them, pouring the cream with force into the bowl, whipping it all the time. Grease a mould (which must be scrupulously clean) and place Savoy biscuits in each flute; sprinkle a few ratafias at the top, and when nearly cold pour in the mixture. Serve with preserved peaches.

766. **Orange Fool**—Ingredients—Juice of 3 Seville oranges, 2 well beaten eggs,  $\frac{1}{2}$  pt. of cream, a little nutmeg and cinnamon, white sugar to taste.

Mix the orange juice with the eggs, cream and spices. Sweeten to taste. The orange juice must be carefully strained. Set the whole over a slow fire, and stir it until it becomes about the thickness of melted butter; it must on no account be allowed to boil; then pour into a dish for eating cold.

767. **Gooseberry Fool**—Ingredients—1 qt. of gooseberries, water, sugar, 1 qt. of cream, macaroons or ratafias.

Pick one quart of quite young gooseberries, and put them into a jar with a very little water and plenty of sugar; put the jar into a saucepan of boiling water till the fruit is quite tender, then beat it through a cullender, and add gradually one quart of cream with sufficient sugar to sweeten; garnish the dish with macaroons or ratafias.

768. **Flummery** (1)—Ingredients—1 oz. bitter almonds, 1 oz. of sweet, a little rose water, 1 pt. jelly stock, sugar to taste, 1 pt. thick cream.

Blanch, and then throw into cold water, the almonds; take

them out and beat them in a marble mortar, with a little rose water, to keep them from oiling, and put them into the jelly stock. Sweeten with white sugar ; when it boils strain it through a piece of muslin, and when a little cold put it into the cream, stirring often till thick and cold. Wet moulds in cold water, pour in the flummery and let them stand six hours before turned out ; if made stiff wet the moulds, and it will turn out without putting them into warm water, which destroys their brightness.

**769. Flummery** (2)—Ingredients—3 large handfuls of small white oatmeal, 1 large spoonful of white sugar, 2 large spoonfuls of orange flower water.

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 is as thick as hasty-pudding ; stirring it well all the time. When first strained, put to it the white sugar, and flower water. Pour it into shallow dishes ; and serve to eat with milk, or cream and sugar. It is very good.

**770. Rice Flummery**—Ingredients—1 pt. of milk a small piece of lemon peel and cinnamon, rice, flour, sugar to taste, a dessertspoonful of peach water or a bitter almond beaten.

Put the lemon peel and cinnamon into the milk and bring to a boil, mix with a little cold milk as much rice-flour as will make the whole of a good consistence, sweeten, and add the flavoring, then boil it observing it does not burn ; pour in a shape or pint basin, removing the spice. When cold turn the flummery into a dish and serve with cream, milk, or custard round.

**771. Isinglass Blanc-Mange**—Ingredients—1 oz. of isinglass, 1 qt. of water, whites of 4 eggs, 2 spoonfuls of rice, water, sugar to taste, 2 oz. of sweet and 1 oz. of bitter almonds.

Boil the isinglass in the water till it is reduced to a pint ; then add the whites of the eggs with the rice-water to prevent the eggs poaching, and sugar to taste ; run through the jelly-bag ; then add the almonds ; give them a scald in the jelly, and pour them through a hair-sieve ; put it in a china bowl ; the next day turn it out, and stick it all over with almonds, blanched and cut lengthways. Garnish with green leaves or flowers.

772. **Clear Blanc-Mange**—Ingredients—1 qt. of strong calf's foot jelly, whites of 4 eggs, 1 oz. of bitter and 1 of sweet almonds, a spoonful of rose water, 3 spoonfuls of cream.

Skim off the fat and strain the calf's foot jelly; beat the whites of the eggs, and put them to the jelly; set it over the fire, and keep stirring it till it boils; then pour it into a jelly-bag, and run it through several times till it is clear; beat the sweet and bitter almonds to a paste, with the rose water squeezed through a cloth; then mix it with the jelly and the cream; set it over the fire again, and keep stirring it till it is almost boiling; then pour it into a bowl, and stir it very often till it is almost cold; then wet the moulds and fill them.

773. **Rice Blanc-Mange**—Ingredients—6 oz. of the best rice, 1 pt. of water,  $\frac{1}{2}$  pt. of milk or cream, 3 oz. of white sugar, vanilla flavoring, any kind of preserve.

Put the rice into a pipkin with the water and let it simmer slowly in the oven for two or three hours. Then add the cream or milk, sugar and flavoring. Boil up over the fire, and pour into a mould. When quite cold serve with any kind of preserve.

774. **Cornflour Blanc-Mange**—Ingredients—4 or 5 tablespoonfuls of cornflour, a little over a qt. of milk.

Mix the corn to a stiff paste with a little of the milk. Put rest of the milk in a stewpan and set on the fire. Put the rind of a lemon in to infuse. Add sugar to taste, and when on the point of boiling, strain, and add to the corn flour; return to the stewpan and boil ten minutes. Wet a mould and pour the blanc-mange into it. Serve with jelly, or milk and sugar.

775. **Boiled Custard**—Ingredients—1 qt. of sweet milk, a stick of cinnamon, rind of 1 lemon, a few laurel leaves or bitter almonds, sugar to taste, yolks of 8 eggs, whites of 4.

Boil the milk with the cinnamon, lemon rind, and laurel leaves or bitter almonds, and sugar. Beat the yolks of the eggs with the whites, add a little milk and strain into another dish. When the milk boils remove from the fire, and strain; then add the egg to it. Return the whole to the saucepan and set on the fire, stirring diligently. Let it come to the boiling point, then pour into a jug and stir till nearly cold. It should be as thick as rich cream. Pour into glass, grate a little nutmeg over them and serve.

776. **Boiled Almond Custard**—Ingredients—4 bay leaves, 1 pt. of cream, a stick of cinnamon, 1 pt. of milk, 1 doz. bitter and 2 doz. sweet almonds, 4 whole eggs, 8 yolks of eggs, white sugar to taste.

Put the bay leaves with the cinnamon, cream, and milk into a clean saucepan on a slow fire, till they boil. While this is doing grate the sweet and bitter almonds into a basin, break in the whole eggs and the yolks one by one into a teacup, and as you find them good, put them into a basin; mix in sufficient loaf sugar in powder to sweeten it to your palate, whisk all well together, and when the milk boils take it off the fire for a minute or two before you put it in; mix it well with the whisk, and strain it through a hair-sieve into the saucepan that the cream was boiled in. Put it again on the fire, which must be slow, and stir it well till it begins to thicken, (it must not boil, or you will spoil it); remove it from the fire, and keep stirring it well till it is cool, otherwise it may curdle. As soon as it is cold you can put it into the glasses or cups; grate a little nutmeg on the top of each.

777. **Almond Custard**—Ingredients—1 pt. of new milk, 1 cup of pulverized sugar,  $\frac{1}{4}$  lb. of almonds blanched and pounded, 2 teaspoonfuls rose water, the yolks of 4 eggs.

Stir this over a slow fire until it is of the consistency of cream, then remove it quickly and put into a dish. Beat the whites with a little sugar added to the froth, and lay on top.

778. **Orange Custard**—Ingredients—1 Seville orange, 4 oz. white sugar, yolks of 4 eggs, 1 pt. of boiling cream, preserved orange.

Boil the rind of half the orange very tender; beat it in a marble mortar very fine; put to it the juice of the orange and the sugar with yolks of the eggs. Then pour in gradually the boiling cream. Continue beating until cold. Pour into custard cups and stand in a dish of hot water. Allow them to stand until they are set, then take them out and garnish with some preserved orange on the top and serve.

779. **Frozen Custard with Fruit**—Ingredients—2 pts. of milk, same of cream, 6 eggs, 3 teacups of sugar, 1 pt. of berries, or peaches cut up small.

Let the milk nearly boil; beat the yolks of the eggs with the sugar and add the milk by degrees. Whip the whites of the eggs to a froth and add to the mixture; put all in a saucepan, stirring till it is a nice thick and smooth custard. When per-



fectly cold whisk in the cream and freeze. If the custard is allowed to freeze itself, stir in the fruit after the second beating.

**780. Custard**—Ingredients—1½ qts. rich milk, 1 cup sugar, ½ box gelatine, 4 eggs, vanilla to taste.

Dissolve the gelatine in the milk ; add the yolks and sugar ; let it come to a boil, then remove from the fire. When cool, add whites of eggs, etc. Pour into mould. To be eaten with cream, if preferred.

**781. Baked Custard**—Ingredients—Some nice pastry, 4 eggs, 3 gills of new milk, sugar to taste.

Line a good sized dish with the pastry ; beat the eggs well, add slowly the new milk, sweeten to taste ; pour on to the paste ; bake in a moderate oven. Can be eaten hot or cold.

**782. Chocolate Custard**—Ingredients—1 qt. of milk, yolks of 6 eggs, 6 tablespoonfuls of sugar, ½ a cup of grated vanilla chocolate.

Boil the ingredients until thick enough, stirring all the time. When nearly cold flavor with vanilla. Pour into cups, and put the whites of the eggs beaten with some powdered sugar on top.

**783. Chocolate Cream**—Ingredients—Yolks of 6 eggs (strained), 2 oz. of powdered white sugar, 2 oz. of grated chocolate, 1 pt. of milk, 4 sheets of best French gelatine dissolved in a little milk, 1 pt. of well-whipped cream.

Mix the yolks of eggs with the sugar and chocolate, add the milk ; set the mixture on the fire in a double saucepan, the outer one filled with hot water, and kept stirring till the cream thickens ; add the dissolved gelatine and strain it into a basin ; put this over ice, stirring till the mixture begins to set, then add the well-whipped cream. Put a mould in the ice, pour in the cream, cover it with ice, and when quite set, turn it out and serve.

**784. Coffee Cream**—Ingredients—1 breakfastcupful of made coffee, a little more than ½ pt. of boiled milk, 8 yolks of eggs, a pinch of salt, ½ lb. sugar, 2 oz. of dissolved gelatine.

Put the coffee into a stewpan with the milk ; add the yolks, salt and sugar ; stir the cream briskly on the fire until it begins to thicken ; stir for a minute longer and then run it through a sieve into a basin, add the gelatine, mix and set the cream in a mould embedded in rough ice.

785. **Lemon Cream**.—Ingredients—1 pt. of thick cream, yolks of 2 eggs, 4 oz. of fine sugar, rind of one lemon cut thinly, juice of the lemon.

Well beat the yolks and add to the cream, sugar and rind of the lemon ; boil, and then stir it till almost cold ; put the juice of the lemon into a dish and pour the cream upon it, stirring until quite cold.

786. **Lemon Cream Solid**.—Ingredients— $\frac{1}{2}$  a pint of cream, the juice of 3 lemons and the rind of 2,  $\frac{3}{4}$  lb. of loaf sugar in small lumps.

Rub the sugar on the lemons, and lay them at the bottom of the dish, pour the lemon juice over, make the cream a little warm, then, standing on a chair, and with the dish on the ground, pour the cream on so as to froth it.

787. **Almond Cream**.—Ingredients—4 oz. swee. almonds, a few bitter almonds, a quart of cream, juice of 3 lemons (sweetened), a little orange flower water.

Blanch and pound the almonds in a mortar, moistening with a little orange flower water. Add the cream and the sweetened juice of the lemons. Beat to a froth, which take off on the shallow part of a sieve ; fill glasses with some of the cream and some of the froth.

788. **Substitute for Cream.**

We have just met with the following in an Indian recipe book : “Beat the white of an egg to a froth, and mix well with it a very small lump of butter. Add it to a hot liquid gradually, so that it may not curdle.”

789. **Burnt Cream** (1).—Ingredients—1 pint of cream, 1 stick of cinnamon, a little lemon peel, the yolks of 4 eggs, sugar to taste.

Boil the cream with a stick of cinnamon and lemon peel ; take it off the fire and pour it very slowly into the yolks of the eggs, stirring till half cold ; sweeten, and take out the spice, etc., pour it into the dish ; when cold, strew white pounded sugar over and brown it with a salamander

790. **Burnt Cream** (2).

Make a rich custard without sugar, boil lemon peel in it. When cold sift a good deal of sugar over the whole, and brown the top with a salamander.

791. **Parisienne Cream**.—Ingredients—1 ounce of fine isinglass, 1 pt. of thin cream, 3 oz. of sugar broken into small lumps,  $\frac{1}{2}$  pt. of rich cream, 8 oz. of the finest apricot or peach jam.

Dissolve the isinglass in the thin cream, and strain it through folded muslin ; put it into a clean saucepan with the lump sugar, and when it boils add the rich cream ; add it by spoonfuls to the jam, which has been passed through the sieve when made. Mix the whole smoothly, and put it into a mould and stir till nearly cold, to prevent the jam sinking to the bottom. Put it on ice, and when set turn it out and serve. The strained juice of a lemon may be added when making the cream, and is a great improvement.

792. **Pineapple Cream**—Ingredients—A tin of preserved pineapple, 6 oz. of sugar,  $\frac{1}{2}$  pint of water, 7 sheets of best French gelatine dissolved in a little milk, 1 pt. of cream.

Pound the pineapple in a mortar, add the sugar and water ; boil for fifteen minutes and press through a tammy. Dissolve the gelatine in a little milk ; whip the cream to a froth ; mix the gelatine with the pineapple pulp, then quickly work in the cream. Pour the mixture into a mould, and put on ice to set. When wanted, dip the mould in hot water and turn out the cream.

793. **Strawberry Cream**—Ingredients—1 pot of good strawberry jam, 9 sheets of the best French gelatine, 1 qt. of cream.

Take jam, and pass through a tammy, add the gelatine dissolved in a little milk, then add the cream whipped to a froth, put into a mould and lay on ice to set. When wanted dip the mould in hot water and turn out the cream.

794. **Lemon Cream (made without cream)**—Ingredients—4 lemons, 12 tablespoonfuls of water, 7 oz. of powdered white sugar, yolks of 9 eggs.

Peel the lemons very thinly into the above proportion of water, then squeeze the juice into the sugar. Beat the yolks thoroughly and add the peel and juice together, beating for some time. Then strain into your saucepan, set over a gentle fire and stir one way till thick and scalding hot. Do not let it boil or it will curdle. Serve in jelly glasses.

795. **Ratafia Cream**—Ingredients—3 or 4 peach or nectarine leaves, 1 pt. of cream, yolks of 3 eggs, sugar to taste, a little ratafia.

Boil the leaves in the cream with a little ratafia. Remove the leaves, beat the yolks of the eggs and strain, then add to the mixture. Sweeten to taste. Scald till thick, stirring all the time. Then pour into china dishes and when cold serve.

## ICE CREAMS

796. **Coffee Ice Cream**—Ingredients—5 oz. of coffee berries, a breakfast cup of milk, 2 of cream, a tablespoonful of arrowroot,  $\frac{1}{2}$  lb. of sugar.

Add the cream and milk together and boil, then pour into a can. While this has been going on, let the coffee berries be put on in a tin in the oven for five or six minutes ; then put them with the cream. Leave to cool and then strain through a sieve and add the remaining ingredients. Boil again (stirring all the time) until it thickens. Freeze in the usual way.

797. **Chocolate Ice Cream**—Ingredients—6 tablespoonfuls of grated chocolate, 2 breakfast cups of cream, 1 of fresh milk, and  $\frac{1}{2}$  lb. of sugar.

Stir the chocolate into the milk, mixing well, add remaining ingredients and freeze.

798. **Ice Cream**—Ingredients—1  $\frac{1}{4}$  lbs. of any kind of preserved fruit, 1 qt. of cream, juice of two lemons, sugar to taste.

Take the whole of the ingredients, and work through a sieve. Then freeze in a freezing can, and work until it is frozen. Then turn out and serve.

799. **Another Ice Cream**—Ingredients—1 qt. of milk, 2 eggs,  $\frac{3}{4}$  lb. of sugar, 2 tablespoonfuls of corn starch or arrowroot, 1 qt. of cream.

Scald the milk, yolks of eggs, sugar and corn starch or arrowroot, until it of the consistency of custard. Then allow to cool. When cool add the cream whipped and the whites of the eggs whisked to a stiff froth. Sweeten to taste, flavor and freeze in the usual way.

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**RECIPES FOR MAKING ICE CREAM**

NOTE.—When pure cream is used, half the number of quarts that the can will hold will be sufficient, as the beater will make it light and spongy so that it will nearly fill the can. In using milk the can may be three-fourths filled.

800. Dissolve in two quarts of pure fresh cream, twelve to fourteen ounces of best white sugar, flavor as given below, strain into the freezing can and freeze according to above directions

801. *Making Ice Cream from Milk.*—Bring two quarts rich milk to a boiling point, stir in two tablespoonfuls of arrowroot or corn starch, previously rubbed smooth in a cupful of cold milk. Remove from the fire and add four eggs and three quarters of a pound of sugar well beaten together, stir all well together and then set aside to cool. Flavor and freeze as before directed.

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**FLAVORS**

802. *Vanilla.*—One tablespoonful of good extract of Vanilla.

803. *Lemon.*—About three teaspoonfuls each of extract of Lemon and Lemon juice.

804. *Bisque.*—Add about two handfuls of powdered sifted dry sponge cake and a dessertspoonful of extract of Nectarine.

805. *Chocolate Ice Cream.*—Melt in a porcelain dish two ounces of Baker's chocolate, and about three ounces of water and four ounces of fine white sugar, dissolve and strain into the cream in freezing can, and proceed as directed above.

806. *Fruit Ice Cream.*—To two quarts of cream add about one quart of juice of such fruits as cherry, currant, strawberry, peach, orange, etc., finely strained, and one and a half pounds of fine white sugar, and freeze as above.

807. *Fruit Ices.*—Dissolve three pounds of fine white sugar in two quarts of water and one quart of finely strained juice of any of the above named fruits, and freeze the same as ice cream. It requires more time than the latter, and will not increase so much in bulk. For orange and strawberry ices add the juice of one large lemon.

These recipes are kindly furnished us by the "American Machine Co.," Philadelphia.



# PRESERVES

## OBSERVATIONS ON PRESERVING.

Fruit for preserving must be gathered in dry weather, and should be carefully selected, discarding all bruised fruit, and purchasing only that of the largest and finest quality. Use only the best white sugar, or the preserve cannot be perfect, and nothing is saved. If common sugar is used, it causes a greater amount of scum, and of course this must be taken off, consequently evaporation reduces the quantity. In making syrups the sugar must be pounded and dissolved in the syrup before setting on the fire; no syrups or jellies should be boiled too high. Fruits must not be put into a thick syrup at first. Fruits preserved whole or sliced may be boiled in a syrup made of two pounds of sugar to every one pound of water, the quantity of syrup differing in some cases, but the general rule is one and a half the substance of fruit. We have found the following very good: To clarify six pounds of sugar, put into a preserving pan, and pour to it five pints of cold spring water; in another pint beat lightly up the white of one small egg, but do not froth it very much; add it to the sugar, and give it a stir to mix it well with the whole. Set the pan over a gentle fire when the sugar is nearly dissolved, and let the scum rise without being disturbed; when the syrup has boiled five minutes take it from the fire, let it stand a couple of minutes, and then skim it very clean; let it boil again, then throw in half a cup of cold water, which will bring the remainder of the scum to the surface; skim it until it is perfectly clear, strain it through a thin cloth, and it will be ready for use, or for further boiling.

All unripe fruit must be rendered quite tender by gentle scalding, before it is put into syrup, or it will not imbibe the sugar; and the syrup must be *thin* when it is first added to it, and be thickened afterwards by frequent boiling, or with additional sugar; or the fruit will shrivel instead of becoming plump

and clear. A pound of sugar boiled for ten minutes in one pint of water will make a very light syrup; but it will gradually thicken if rapidly boiled in an uncovered pan. Two pounds of sugar to the pint of water, will become thick with a little more than half an hour's boiling, or with three or four separate boilings of eight or ten minutes each; if too much reduced it will candy instead of remaining liquid.

In making jams many cooks after allowing the proper proportions of sugar to the fruit, put into the preserving pan without removing stones or skins until after boiling, as the flavor is thought to be finer by adopting this method. Glass bottles are preferable to any other as they allow inspection to detect incipient fermentation, which may be stayed by re-boiling. Copper or brass preserving pans are the best kind to use, but they require a great deal of care to keep clean; the enamelled are very nice and easily kept in order. Jams should be kept in a dry, cool place, and if properly made will only require a small round of writing paper, oiled, and laid on to fit; now tie down securely with a second paper brushed over with the white of egg to exclude the air. If you should have the least fear of the store closet being damp, it would be better for the first paper to be dipped in brandy. Inspect them every two or three months.

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808. **Plum Jam**—Ingredients—Allow  $\frac{3}{4}$  lb. of white sugar to 1 lb. of fruit.

It is difficult to give the exact quantity of sugar to be used in plum jam, in fact it entirely depends upon the quality of the plums used, therefore your own judgment will be necessary. A'ter weighing the plums, halve them and remove the stones; then place on a large dish and sprinkle with the sugar, leave them thus for twenty-four hours; then put into a preserving pan and let them simmer gently on the back of the stove for about twenty-five or thirty minutes, then boil very quickly, for a quarter of an hour, skimming carefully, and stirring with a wooden spoon to prevent the jam sticking. It greatly improves the jam to put some kernels from the plum stones into it.

809. **Red Currant Jam**—Ingredients— $\frac{3}{4}$  of a lb. of white sugar to every pound of fruit.

Let the fruit be very ripe, remove from the stalks with a silver fork; dissolve the sugar over the fire, then put in the cur-

rants and boil for half an hour, stirring and skimming all the time. Put into jars and cover air tight.

810. **Black Currant Jam**—Ingredients—1 gill of water, 1 lb. of fruit to 1 lb. of sugar.

Purchase the fruit ripe and dry ; having stripped from the stalk which can be done nicely with a silver fork, place them and the water into your preserving pan ; boil for ten minutes, then add the sugar, and allow to boil three-quarters of an hour from the time it begins to simmer ; keep it constantly stirred ; carefully remove the scum. When done pot in the usual manner.

811. **Raspberry Jam**—Ingredients—Allow 1 lb. of white sugar to 1 lb. of fruit, and 2 wine glasses of red currant juice.

Directly this fruit is purchased preserve it, if allowed to stand the jam and the flavor will not be so good ; place in preserving pan and allow to boil twenty minutes, stirring constantly ; add the sugar and currant juice and boil for half an hour. Be particular to skim well as this will make the jam nice and clear. When done, place in pots and cover.

812. **Rhubarb Jam**—Ingredients—Rhubarb, to a pound of pulp allow 1 lb. of sugar, 1 oz. sweet almonds blanched and chopped, and half a lemon cut into slices.

Peel and cut up the rhubarb, boil till reduced to a pulp with a very little water, add the sugar, almonds and lemon, boil for three-quarters of an hour or an hour, remove the lemon peel and put it into pots.

813. **Green Grape Jam**—Ingredients—To 1 lb. of grapes allow  $\frac{3}{4}$  lb. of sugar.

Pick them carefully and reject any that are injured, wash them. Put the grapes into a preserving pan, then a layer of sugar, then a layer of grapes. Boil on a moderate fire, stirring it all the time to prevent its burning, and as the grape stones rise take them out with a spoon, so that by the time the fruit is sufficiently boiled—about one hour—the stones will all have been taken out. Put into jars and cover in the usual way.

814. **Blackberry Jam**—Ingredients—To every lb. of picked fruit allow 1 lb. of loaf sugar and  $\frac{1}{4}$  lb. of apples peeled and cored, and cut quite small.

Boil the fruit for ten minutes, add the sugar, boil, stir and



remove all scum, it will take from half to three-quarters of an hour.

815. **Strawberry Jam**—Ingredients—To 1 lb. of fruit allow  $\frac{3}{4}$  lb. or 1 lb of sugar, to 4 lbs. of strawberries add 1 pt. of red currant juice.

Put the currant juice and strawberries on to boil for thirty minutes, and stir carefully all the time. Then put in the sugar and boil up very quickly for twenty or twenty-five minutes removing any scum that arises. Put into your jars, covering air tight. If a pound of sugar is used there will be more jelly.

816. **Apple Jam**—Ingredients—Allow to every lb. of pared and cored fruit  $\frac{3}{4}$  lb. of white sugar, the rind of 1 lemon and juice of half a lemon.

Having peeled and cored the apples weigh them, and slice them very thin. Place in a stone jar and surround with boiling water, allow them to boil until tender; when tender place in a preserving pan, add the sugar, grated lemon rind and juice. Boil slowly half an hour from the time it begins to simmer, remove the scum, put into jars and cover in the usual manner.

817. **Preserved Melons**—Ingredients—Melon, salt and water, best white ginger to taste. To make syrup, 1 qt. of water to 1 lb. of white sugar, the rind of 3 lemons, another 1 lb. of sugar to each qt. of syrup.

Take away the rind and seeds, and cut the melon about the size of pieces of ginger. Put them in strong salt and water and let them remain for ten days, when it must be poured off, and fresh water put instead; this must be changed twice daily for three or four days till all taste of salt is gone from the melon. Scrape the outside of the best white ginger (the quantity according to taste), put it into a thin syrup made of the above proportions of water and sugar, drain the fruit, and pour the syrup and ginger over it boiling hot. Repeat this for three days, then add another pound of sugar to each quart of syrup; when boiled and skimmed add the rind of three lemons, cut lengthwise, to each quart, put in the melons, and simmer until clear. After the first day's simmering the ginger may be sliced to impart more flavor, but it must not be allowed to boil. The syrup, when done, must be rich and thick. It is better when kept a year.

818. **To Preserve Citron**—Ingredients—Citron, sugar and water.

Purchase fine citrons, pare and slice one inch thick, cut

again into strips, remove the seeds, weigh and allow one pound of sugar to one pound of fruit. Make a syrup, say three pounds of sugar, three gills of water ; when boiling add the fruit and boil three-quarters of an hour, test if done by piercing with a broom straw, and a few minutes before removing from the fire slice and seed a lemon, and with one root of ginger put into preserving pan, pot and cover air tight.

**819. Preserved Pumpkins**—Ingredients—Equal proportions of sugar and pumpkin, 1 gill of lemon juice.

Cut the pumpkin in two, peel and remove the seed, cut in pieces about the size of a fifty-cent piece, after weighing place in a deep vessel in layers, first sprinkling a layer of sugar then of pumpkin and so on, until it is finished ; now add the lemon juice and set aside for three days ; now for every three pounds of sugar add three gills of water, and boil until tender. Pour into a pan, setting aside for six days, pour off the syrup and boil until thick, skim and add the pumpkin while boiling ; bottle in the usual manner.

**820. Quinces Preserved Whole**—Ingredients—Some ripe quinces, to every pint of water allow 3 lbs. of white sugar.

Pare the quinces and put them into the preserving pan, three-parts covered with cold water (if they should float while the water is being poured on them, press them down with a plate until you have gauged the exact height of the water); take out the quinces, measure the water and add the sugar. Let this boil rapidly in the preserving pan for five minutes, and then put in the quinces. The syrup should not cover them at first, but when they are half-cooked it will then amply cover the fruit. Boil the quinces rapidly, until soft enough for a knitting-needle to pierce them easily, which should be in an hour and a half, reckoning from the first boiling up. Take the quinces out carefully, so as not to break them and lay them on dishes to cool. Run the syrup through a jelly bag or a piece of new flannel, put in a gravy strainer : this frees it of all odd little bits that may boil from the outside of the quinces, and makes it clearer. Put the syrup back in the preserving-pan, and boil it rapidly until it will jelly when dropped on a plate ; put the quinces into the boiling syrup, and let them simmer gently for ten minutes. Place each quince carefully in wide-necked jars, pour the hot syrup over them, and when cold cover in the usual way.

821. **Preserved Oranges**—Ingredients—Any number of oranges, with rather more than their weight in sugar, allow rather more than half a pint of water to each pound of sugar.

Slightly grate and score the oranges round and round with a knife, but not very deeply. Put them into cold water for three days, changing the water twice each day. Tie them up in a cloth and boil them until they are quite soft, that is, soft enough to be penetrated by the head of a pin. While they are boiling place the sugar on the fire with the water, let it boil for a few minutes, then strain it through muslin. Put the oranges into the syrup and boil till it jellies and is of a yellow color. Try the syrup by putting some to cool, it should not be too stiff. The syrup need not cover the oranges completely, but they must be turned so that each part gets thoroughly done. Place the oranges in pots, cover with syrup, and tie down with brandied papers. This an excellent way of preserving oranges or shaddocks whole. Only they should be looked at now and then, and boiled up again in fresh syrup, if what they are in has become too hard, which, however, if they have been properly done, will not be the case. They form a nice dish for dessert or for serving, filled with whipped cream or custard, either cold or gently warmed through in the syrup in a stewpan.

822. **Quince Marmalade**—Ingredients—Quinces, to every lb. of pulp allow 2 lbs. of sugar.

Rub off all the down from the quinces and cut off the tops and stalks. Put the quinces in a preserving pan with plenty of water and boil till they are soft; then remove them from the fire, and pass the pulp through a hair sieve and beat it till it is soft and white; put the sugar on the fire with water, and let it boil till it is thick, and will fall from the spoon in flakes, commonly called feather point. Take the pan off the fire and mix in the pulp; it is best to put a little of the sugar to the pulp, and keep on adding by degrees till it is tolerably thin, when it will mix more readily with the larger quantity of sugar; when all is well mixed, return the pan to the fire and let the mixture get thoroughly warm, but do not allow it to boil, and stir all the time or it will get burnt. Put the jam into jars and allow them to stand in the sun for two or three days, when there ought to be a thick crust on the top.

823. **Orange Marmalade**—Ingredients—Twelve fair-sized Seville oranges, some spring water, juice of 3 or 4 oranges, to every lb. of peel and juice allow  $1\frac{1}{2}$  lbs. of white sugar, allow to this amount of sugar,  $1\frac{1}{2}$  pts. of water.

Take the oranges with smooth, highly-colored skins, score the peel off in quarters, taking with it as much of the white skin as you can without breaking the pulp; as you remove the peel put it into a basin of spring water; put it all, when ready, into a stevpan, with enough spring water to cover the peel; change the water several times during the boiling process, and when the peel is quite soft and very tender, take it out of the pan and drain it on a hair sieve. Spread out the peel, when nearly dry, on a pasteboard, and cut it into fine shreds; squeeze the oranges and add the juice of the lemons; then add the sugar, allow to this amount of sugar the above proportion of water obtained by washing and straining the pulp of the oranges. Boil and skim carefully fifteen or twenty minutes, then add the washed pulp and juice, and boil for twenty or thirty minutes, or until it jellies properly.

**824. Preserved Crab Apple**—Ingredients—Apples, water.

Purchase fine red Siberian crab apples, pick out those with the stems on, place in preserving pan just covering them with warm water, now simmer until the skin breaks, drain and with a small knife remove the cores. Allow a glass of water and one and a half pounds of sugar to each pound of fruit. Boil water and sugar until no scum appears, put in apples, cover and simmer until tender; now take up the fruit, spread on dishes to cool. The syrup may be flavored with lemon. About three-quarters fill your jars with apples and then pour over syrup, allow to cool and then cover.

**825. Apple Marmalade**—Ingredients—Some good cooking apples,  $\frac{3}{4}$  lb. of fruit,  $\frac{1}{2}$  teacupful of water to 6 lbs. of sugar, a few cloves, cinnamon or lemon peel for flavor.

Peel, core and thinly slice the apples (apples that cook to a smooth pulp easily); put the sugar in a preserving pan (a tin or iron saucepan will turn them black), with the water; let it gradually melt and boil it for ten minutes; then put in the sliced apple and a few cloves, cinnamon or lemon peel to flavor if liked. Boil rapidly for an hour, skim well and put in jam pots; it should be quite a smooth pulp, clear and a bright amber color. Will keep good for twelve months.

**826. Sweet Tomato Pickle**—Ingredients— $3\frac{1}{2}$  lbs. of tomatoes,  $1\frac{3}{4}$  lbs. of sugar,  $\frac{1}{2}$  oz, each of cinnamon mace and cloves mixed, 1 pt. of vinegar.

Peel and slice the tomatoes, sticking into them the cloves ; put altogether into a stewpan and stew an hour. When done pack in glass jars and pour the syrup over boiling hot.

827. **Sweet Peach Pickle**—Ingredients—To 4 lbs. of peaches allow 2 lbs. white sugar,  $\frac{1}{2}$  oz. each of mace, cinnamon and cloves mixed, and 1 pt. of the best white vinegar.

Pour scalding water over the peaches and remove the skins with a butter knife, drop into cold water, stick four cloves in each peach. Lay the peaches in preserving pan with the sugar sprinkled over them, bring gradually to the boil, add vinegar and spice, boil five or six minutes. Remove the peaches and place in bottles. Boil the syrup thick and pour over boiling hot.

828. **To Keep Chestnuts (for winter use).**

Dry them after removing them from their green husks ; put in a box or barrel mixed with, and covered over by, fine and dry sand. Three gallons of sand to one gallon of chestnuts. If there be maggots in any of the nuts they will come out and work up through the sand to get the air, and thus you have the chestnuts sweet, sound and fresh.

829. **To Keep Walnuts Fresh.**

Put a dessertspoonful of salt into one quart of water. Put the nuts in and let them stand a day and a night, then with a clean cloth rub dry and store.

## CANNED FRUITS, Etc.

### CANNING FRUIT.

#### 830. **Peaches (to can).**

First prepare the syrup. For canned fruits, one quart of granulated sugar to two quarts of water is the proper proportion ; to be increased or lessened according to the quantity of fruit to be canned, but always twice as much water as sugar. Use a porcelain kettle, and, if possible, take care that it is kept solely for canning and preserving — nothing else. Have another porcelain kettle by the side of the first, for boiling water (about three quarts). Put the peaches, a few at a time, into a wire basket, such as is used to cook asparagus, etc. See that it is perfectly clean and free from rust. Dip them, when in the basket, into a pail of boiling water for a moment and transfer immediately into a pail of cold water. The skin will then at once peel off easily, if not allowed to harden by waiting. This, besides being a neat and expeditious way of peeling peaches, also saves the best part of the fruit, which is so badly wasted in the usual mode of paring fruit. As soon as peeled, halve and drop the peaches into boiling water, and let them simmer —not boil hard —till a silver fork can be passed through them easily. Then lift each half out separately with a wire spoon and fill the can made ready for use, pour in all the boiling syrup which the jar will hold, leave it a moment for the fruit to shrink while filling the next jar, then add as much more boiling syrup as the jar will hold, and cover and screw down tightly immediately. Continue in this way, preparing and sealing only one jar at a time, until all is done. If any syrup is left over, add to it the water in which the peaches were simmered, and a little more sugar, boil it down till it “ropes” from the spoon and you have a nice jelly, or, by adding some peaches or other fruit, a good dish of marmalade. Peaches or other fruit, good, but not quite nice enough for canning, can be

used up in this way very economically. Peaches to be peeled as directed above should not be too green or too ripe, else, in the first place, the skin cannot be peeled off, or if too ripe, the fruit will fall to pieces.

**831. (Another way).**

After peeling and halving as above directed, lay a clean towel or cloth in the bottom of a steamer over a kettle of boiling water and put the fruit on it, half filling the steamer. Cover tightly and let it steam while making the syrup. When that is ready, and the fruit steamed till a silver fork will pass through easily, dip each piece gently into the boiling syrup, then as gently place in the hot jar, and so continue till all have been thus scalded and put in the jar. Then fill full with syrup, cover and seal immediately. While filling, be sure and keep the jars hot.

**832. (Another way).**

Peel, halve, remove the stones, and prepare the syrup as directed, and when it is boiling drop in enough fruit for one jar, watch closely, and the instant they are sufficiently tender, take out each half with care and put into a hot jar till full. Then dip in all the boiling syrup it will hold. Cover tightly, set aside, and prepare for the next jar. Be sure and skim the syrup each time before adding more fruit. After jars are filled and the covers screwed on, before setting them away, every little while give the screw another twist until it cannot be moved farther.

**833. Pears.**

The skin will not peel off so easily as the peach by dipping them in boiling water, but it will loosen or soften enough to be taken off with less waste of the fruit than if pared without scalding. Prepare the syrup and proceed as for peaches. They will require longer cooking, but as soon as a silver or well-plated fork will pass through easily, they are done. Longer cooking destroys the flavor.

**834. Pineapples.**

Pare very carefully with a silver or plated knife, as steel injures all fruit. With the sharp point of the knife dig out as near and with as little waste as possible, all the "eyes" and black specks, then cut out each of the sections in which the

"eyes" were, in solid pieces clear down to the core. By doing this all the real fruit is saved, leaving the core a hard, round woody substance, but it contains considerable juice. Take this core and wring it with the hands as one wrings a cloth, till all the juice is extracted, then throw it away. Put the juice thus saved into the syrup, let it boil up for five minutes, skim till clear, then add the fruit. Boil as short a time as possible, and have the flesh tender. The pineapple loses flavor by overcooking more readily than any other fruit. Fill into well-heated jars, add all the syrup the jar will hold, cover and screw down as soon as possible.

### 835. **Plums.**

Plums should be wiped with a soft cloth or dusted, never washed. Have the syrup all ready, prick each plum with a silver fork to prevent the skin from bursting, and put them into the syrup. Boil from eight to ten minutes, judging by the size of the fruit. Dip carefully into the hot jars, fill full, and screw on the cover immediately. Cherries may be put up in the same way.—*Beecher.*

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836. **Pears (canned)**—Ingredients—Bartlett pears, 1 qt. of fruit, 1 pt. of water,  $\frac{1}{4}$  lb. of white sugar.

Make the syrup and set on the stove to boil, peel the pears and plunge into cold water as soon as pared, when the syrup boils put the pears in, and boil until you can pierce them easily with a piece of broom straw, dip the cans in hot water, put in the fruit, pour boiling syrup over and seal.

837. **Plums (canned)**—Ingredients—Syrup, 2 wineglasses of water and  $\frac{1}{4}$  lb. of sugar to each 3 qts. of fruit.

When the sugar is melted and the water luke-warm put the plums in. Let it come slowly to the boil. Let them boil gently for five minutes. Put the plums into bottles, fill them with the boiling syrup (take care that there is as much syrup in the bottles as they will hold). Screw up immediately and set in a dark dry place.

838. **Strawberries (canned)**—Ingredients—Allow to each 1 lb. of fruit  $\frac{3}{4}$  lb. of sugar.

Put berries and sugar into a large flat dish and allow to stand about four hours, then draw off the juice and put into preserving pan and allow to come to a boil, removing the scum



as it rises, then put in the berries and let them come to a boil. Put into warm bottles and seal quickly.

**839. Cherries (canned)**—Ingredients—To every 1 lb. of fruit  $\frac{1}{2}$  lb. of sugar, 3 gills of water.

Put the sugar and water on the fire to heat, and as soon as it comes to a boil put in the cherries and only allow them to scald for a quarter of an hour, put into bottles boiling hot and seal. A few of the kernels put in to scald with the fruit imparts a fine flavor. Note—Be sure to skim well.

**840. To Bottle Fruit**—Ingredients—Any fresh fruit, large-mouthed bottles, new corks.

Secure the fruit not very ripe and picked on a fine day; have the bottles clean and dry, put in the fruit, cover with pieces of bladder tied securely, stand them in a boiler with cold water to the necks, put the boiler on the fire and allow to boil; as soon as the bladders begin to swell, pierce them with a large pin. Now let the fire out and allow the bottles to stand until cold. The following day remove the bladders and fill up the bottles with sugar. Be careful to have the corks close at hand, and just before corking hold a couple of lighted matches in the mouth of the bottle, and before the gas has had time to escape, cork and cover with resin.

**841. Green Gooseberries (to bottle).**

Top and tail the gooseberries, and then fill wide-mouthed bottles, shaking them down till no more can be put in; then tie down with damp (not wet) bladder, and place the bottles, surrounded by hay, in a boiler of cold water, over a slow fire; let them 'simmer till reduced about one-third, then take the boiler off the fire and let the bottles remain in it till quite cold.

**842. Stone Fruits (to bottle).**

For this purpose wide-necked glass bottles must be used. Fill them with the fruit, as closely packed as possible, and into the mouth of each put quarter pound of finely powdered white sugar. Tie a piece of wet bladder, tightly stretched, over each mouth, to exclude the air, place them in a large fish kettle, packing them with hay, which should surround each bottle, and line the sides of the kettle, to prevent their either touching it or each other; this will prevent their breaking; fill the kettle with water, which must not come quite up to the bladder cov-

erings ; place it on the fire, or if a very hot one, to the side will be better, letting it simmer until you see that the fruit is cooked, by which time it will have considerably sunk in the bottles ; the kettle must then be removed from the fire, but the bottles must not be taken from it until the water is perfectly cold. During the time the kettle is on the fire, the bladders will require frequent moistening with a little water to prevent them from bursting ; should this happen, at once tie on a fresh piece of wet bladder. The bottles must be wiped dry after removing from the water, and should be kept in a dry, cool place. The bladders must never be taken off till the fruit is required for use, as it will not keep after the bottle has been once opened.

**843. Syrup (1).**

Take of sugar ten pounds, water three pints. Dissolve the sugar in the water with a gentle heat.

**844. Syrup (2).**

In making syrups, for which neither the weight of the sugar nor the mode of dissolving it is specified, the following rule is to be observed : Take of refined sugar, reduced to a fine powder, twenty-nine ounces ; the liquor prescribed one pint. Add the sugar by degrees, and digest with a moderate heat, in a close vessel, until it is dissolved, frequently stirring it, set the solution aside for twenty-four hours, take off the scum, and pour off the syrup from the feces, if there be any.

# JELLIES

## OBSERVATIONS ON JELLIES.

### 845. **Fruit Jellies.**

The fruit should be placed in a jar, and the jar set in a stewpan of warm water, covered and allowed to boil until the fruit is broken ; take a strong jelly bag and press a little of the fruit at a time, turning out each time the skins ; allow two pounds of sugar to one quart of juice, set on the stove to boil again. Many good cooks heat the sugar by placing in the oven and stirring now and then to prevent burning. When the juice begins to boil (watch that it does not boil over twenty-five minutes), then add the heated sugar, stir well and just bring to a boil, remove directly from the stove, dip the vessels to contain it in hot water, and set them upon a dish cloth wrung out of warm water, pouring the boiling liquid into them, cover in the usual manner.

### 846. **Pineapple Jelly**—Ingredients—A moderate-sized pineapple, 1 qt. of jelly.

Peel the pineapple, halve lengthwise and cut into thin slices, infuse into the jelly the rind of the pineapple (well washed) and put first a layer of jelly, and when nearly set lay a border of pineapple over one upon another forming a ring, and cover with jelly, and so on till all are used.

### 847 **Crab Apple Jelly**—Ingredients—Some nice crab apples (Siberian are the best for this purpose), 1 lb. of sugar to each pt. of juice.

Cut the apples to pieces, neither paring nor seeding them, as the seeds give a very pleasant flavor to the jelly, put into a stone vessel and place in a pot of hot water, allow to boil eight or nine hours, cover the vessel (with the fruit in), tightly and leave all night ; next morning squeeze out the juice, add the sugar hot in the above proportions, stirring rapidly all the time, allow it just to come to the boil and remove directly from the stove. Dip your jars in hot water and fill with the scalding jelly.

848. **Quince Jelly**—Ingredients—Some ripe quinces, allowing 1 pt. of water to each lb. of fruit,  $\frac{3}{4}$  lb. of sugar to each lb. of juice.

Prepare the quinces and put them in water in the above proportions ; simmer gently till the juice becomes colored, but only very pale ; strain the juice through a jelly bag, but do not press the fruit, allow it to drain itself. Put the strained juice in a preserving pan and boil twenty minutes, then stir in the sugar in the above proportions and stir over the fire for twenty minutes, taking off the scum, and pour into glasses to set. It should be rich in flavor, but pale and beautifully transparent. Long boiling injures the color.

849. **Raspberry Jelly**—Ingredients—Some ripe, carefully picked raspberries, allow  $\frac{3}{4}$  lb. of pounded sugar to every pound of fruit.

Boil the raspberries for ten minutes, strain and weigh the juice and add the sugar in the above proportions and boil for fifteen or twenty minutes. Skim and stir well.

850. **Red Currant Jelly**—Ingredients—Red currants,  $\frac{3}{4}$  lb. of sugar to 1 lb. of juice.

Pick the fruit and simmer it in water for about an hour, or until the juice flows freely ; strain, boil up the juice, add the sugar, and boil again, skimming and stirring well for fifteen minutes. Put into small pots, and when cold and firm cover it.

851. **Black Currant Jelly.**

Make in the same way, but use a larger proportion of sugar.

852. **White Currant Jelly**—Ingredients—Fruit, sugar:

Pick the fruit carefully, weigh it, and put into the preserving pan equal quantities of fruit and sugar. Boil quickly for ten minutes, and strain the juice into the pots ; when cold and stiff cover them.

853. **Blackberry Jelly.**

Make it as directed for red currant, but use only ten ounces of sugar to each pound of juice. The addition of a little lemon juice is an improvement.

854. **Green Gooseberry Jelly**—Ingredients—Some carefully picked gooseberries (allowing to each lb. of fruit  $\frac{3}{4}$  pt. of water), to every lb. of juice allow 1 lb. of white sifted sugar.

Boil the fruit in the water, reduce them to a pulp—it will take half an hour—strain through a jelly-bag, weigh the sugar

in the above proportions ; boil up the juice quickly and add the sugar, boil till reduced to a jelly (about twenty minutes), skim and stir well ; pour into pots.

**855. Red Gooseberry Jelly.**

Make it in the same way as the green, but three-quarters pound of sugar will be sufficient for each pound of juice. In straining the juice be careful not to press the fruit. The surplus fruit, with the addition of some currant juice, can be made into common jam for children, etc.

**856. Mixed Fruit Jelly**—Ingredients—Fruit, strawberries, currants, cherries, etc ,  $\frac{1}{4}$  lb. of sugar to each lb. of juice.

Take ripe fruit, strip off the stalks and remove the stones from the cherries, boil altogether for half an hour, strain the juice. Boil up the juice, add the sugar in the above proportions, stirring well till quite dissolved, boil again for fifteen or twenty minutes till it jellies, stirring frequently, and carefully removing all scum as it rises.

**857. Quince Jelly**—Ingredients—Some ripe quinces, to every lb. of quince allow 1 lb. of crushed sugar.

Peel, cut up, and core some fine ripe quinces. Put them in sufficient cold water to cover them, and stew gently till soft, but not red. Strain the juice without pressure, boil the juice for twenty minutes, add the sugar and boil again till it jellies—about a quarter of an hour—stir and skim well all the time. Strain it again through a napkin, or twice folded muslin, pour into pots or moulds, and when cold cover it. The remainder of the fruit can be made into marmalade with three-quarters pound of sugar, and quarter pound of juicy apples to every pound of quinces, or it can be made into compotes or tarts.

**858. Apple Jelly**—Ingredients—Some sound apples, allow  $\frac{3}{4}$  lb. of sugar to each lb. of juice.

Peel, core, and quarter some sound apples, and throw them into cold water as they are done ; boil them till tender, then strain the juice from them through a fine sieve, and afterwards through a jelly bag—if necessary pass it through twice, as the juice should be quite clear, boil up the juice, add the sugar, stir till melted and boil for another ten minutes, add the strained juice of a lemon to every one and a half pound juice just before it is finished.

**859. Peach Jelly.**

Pare, stone and slice the peaches, crack some of the stones and remove the kernels, put the peaches and kernels into a jar and stand the jar in a pot of boiling water, stir frequently, pressing the fruit against the sides of the jar ; when it is well broken strain, and allow the juice of a lemon to every pint of juice, mix and allow one pound of sugar to one pint of juice, put the juice on to simmer half an hour then add the sugar hot ; allow it just to come to a boil, and remove from the fire ; allow to get cold ; cover with paper soaked in brandy, then with paper brushed over with the white of egg.

**860. Orange Jelly**—Ingredients—Rind of 2 Seville, and 2 sweet oranges, and 2 lemons, juice of three of each,  $\frac{1}{4}$  lb. of lump sugar,  $\frac{1}{4}$  pt. of water, 1 qt. of jelly, 2 oz. of isinglass.

Grate the rind of the fruit, squeeze the juice, and strain it. Take the sugar and water and boil it with the juice till it almost candies. Have ready the jelly, add the syrup to it and boil it up at once, strain the jelly and let it stand some little time to settle before it is poured into the mould.

**861. Currant Vinegar**—Ingredients—2 qts. black currants, 1 pt. of the best vinegar, 1  $\frac{1}{2}$  lbs. white sugar.

Well bruise the currants and place into a basin with the vinegar. Let it stand three or four days and then strain into an earthen jar, add the sugar ; set the jar in a saucepan of cold water and boil for an hour. When cold bottle. It is the better for keeping.

**862. Raspberry Vinegar**—Ingredients—To 4 qts. of red raspberries put enough vinegar to cover, 1 lb. of sugar to every pt. of juice.

Let the raspberries and vinegar stand for twenty-four hours, scald and strain it ; add sugar, boil twenty minutes, skim well, and when cold bottle.

## TO MAKE BUTTER

Great attention and cleanliness are required in the management of milk. A cool and shaded cellar is a good place to keep it.

Strain into shallow pans and allow to stand twelve hours, skim and let it stand another twelve hours for the second rising, skim again and place the cream in the crock used for the purpose. Churn as soon as the cream thickens.

The temperature of the cream should be 60°F. We have used the Daisy churn and have found very little trouble in the process.

The motion must be regular, and as a rule the butter will appear in fifteen minutes. Take up with the butter skimmer and plunge in cold water.

Now draw off butter-milk from the churn and half fill with *very* cold water, put the butter in, close securely and give several motions to wash it. Take it up and with the butter shovel press every drop of water from it. Set it by a few hours in a cool place and then work it again. If no more water can be extracted proceed to salt (using only the finest salt), and by degrees add about a dessertspoonful to a pound. Mould into rolls or pats.

### 863. Preserving Butter.

Two pounds of common salt, one pound of loaf sugar, and one pound of saltpetre. Beat the whole well together, then, to fourteen pounds of butter, put one pound of this mixture, work it well, and when cold and firm put it into glazed earthen vessels that will hold fourteen pounds each. Butter thus preserved becomes better by being kept, but it must be kept from the air, and securely covered down. If intended for winter use, add another ounce of the mixture to every pound of butter, and on the top of the pans lay enough salt to cover them with brine.

**864. Clouted Cream.**

In order to obtain this, the milk is suffered to stand in a vessel for twenty-four hours. It is then placed over a stove, or slow fire, and very gradually heated, to an almost simmering state, below the boiling point. When this is accomplished, (the first bubble having appeared), the milk is removed from the fire, and allowed to stand for twenty-four hours more. At the end of this time, the cream will have risen to the surface in a thick or clouted state, and is removed. In this state it is eaten as a luxury; but it is often converted into butter, which is done by stirring it briskly with the hand or a stick. The butter thus made, although more in quantity, is not equal in quality to that procured from the cream which has risen slowly and spontaneously; and in the largest and best dairies, the cream is never clouted, except when intended for the table in that state.

**865. Rennet (to prepare).**

Take out the stomach of a calf just killed, and scour it well with salt and water, both inside and out; let it drain and then sew it up with two large handfuls of salt in it, or keep it in the salt wet, and soak a piece in fresh water as it is required.

**866. Buttermilk.**

If made of sweet cream, is a delicious and most wholesome food. Those who can relish sour buttermilk, find it still more light and it is reckoned more beneficial in consumptive cases. Buttermilk, 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 for cakes and rice-puddings, and, of course, it is economical to churn before the cream is too stale for anything but to feed pigs.

**867. Cream (to Manage for Whey-Butter).**

Set the whey one day and night, skim it, and so 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.

**868. Maitre D'Hotel Butter**—Ingredients—2 oz. of fresh butter, juice of 1 lemon, white sugar and salt to taste, parsley blanched, freed from moisture and finely minced.

Put the butter in a basin with the other ingredients, incor-



porate the whole effectually and quickly, and put it by in a cool place till wanted.

**869. Water Cress Butter**—Ingredients— $\frac{1}{2}$  lb. of nice fresh butter, a bunch of watercress.

Mince the watercress finely, and mix well in with the butter. Roll into little shapes with the butter pats.

**870. Butter (to serve as a little dish).**

Roll butter in different forms either like a pine, and make the marks with a teaspoon, or roll it in crimping rollers, work it through a cullender, or scoop with a teaspoon, and mix with grated beef, tongue, or anchovies. Make a wreath of curled parsley to garnish.

**871. Curled Butter.**

Procure a strong cloth, and secure it by two of its corners to a nail or hook in the wall; knot the remaining two corners, leaving a small space. Then place your butter into the cloth; twist firmly over your serving dish and the butter will force its way between the knots in little curls or strings. Garnish with parsley and send to table.

**872. Daisy Butter**—Ingredients—2 tablespoonfuls of white sugar, the yolks of 2 hard-boiled eggs, 2 teaspoonfuls of orange flower water,  $\frac{1}{4}$  lb. of *fresh* butter.

Pound the yolks with the orange flower water (in a mortar) to a smooth paste, then mix in the sugar and butter. Now place in a clean cloth, and force the mixture through by wringing. The butter will fall upon the dish in pieces according to the size of the holes in the cloth.

**873. A Pretty Dish of Butter.**

With a pair of butter pats, form some butter into balls the size of marbles. Set in a pretty dish, with a piece of ice, and sprigs of parsley strewn over.

**874. Cream Cheese**—Ingredients—1 pt. of rich raw cream, a dessert-spoonful of salt.

Put the salt into the cream; fold a napkin double on the shallow end of a hair sieve—a sieve of about six inches in diameter. Pour the cream into the hollow lined with the napkin. In eight or ten hours the cheese will be fit to turn. Take a fresh napkin, doubled, place it on the top of the cheese, and turn the sieve over, so that the cheese may drop out on the dry

cloth. Replace it in the sieve, so that it may both drain and keep in shape. For the two following days the napkins should be changed at least three times each day. On the fourth day the cheese will be ready for use.

**875. Sage Cheese.**

Bruise some young red sage and spinach leaves, extract the juice, and mix it with the curd ; then proceed as with the other cheese.

**876. Apple Cheese**—Ingredients—Equal weight of white sugar and apples, juice of 2 lemons and the peel cut finely—custard.

Peel, pare, and core the apples, and cut into small pieces. Add the sugar, lemon juice and peel. Put them on the fire and keep moving them about to prevent their burning. Boil until the apples are quite mashed up and look clear, and in stirring the bottom of the pan comes clean. Dip a mould in cold water, put in your cheese, and serve next day cold with a custard round it.

**877. Cheese Straws**—Ingredients—6 oz. of flour, 4 oz. of butter, 3 oz. of grated Parmesan cheese, a little cream, salt, white pepper and cayenne.

Roll it out thin, cut it into narrow strips, bake in a moderate oven, and serve piled high and very hot and crisp.

**878. Roast Cheese**—Ingredients—3 oz. of cheese, yolks of 2 eggs, 4 oz. of grated bread crumbs, 3 oz. of butter, a dessertspoonful of mustard, salt and pepper.

Grate the cheese, add the yolks, bread crumbs, and butter ; beat the whole well in a mortar and add the mustard, salt and pepper. Make some toast, cut into neat slices, and spread the paste thickly on. Cover with a dish and place in the oven till hot through, then uncover and let the cheese color a light brown. Serve immediately.

**879. Cheese Toast**—Ingredients—Some nice butter, made mustard and salt, a little cheese ; toast.

Mix the butter, mustard and salt, spread on toast and sprinkle with the cheese, grated.

**880. Cheese Dish.**—Ingredients— $\frac{1}{4}$  lb. of good fresh cheese. We mean not very old, or much dried, 1 cup of sweet milk,  $\frac{1}{4}$  of a teaspoonful of dry mustard. A little pepper and salt, tablespoonful of butter.

Cut the cheese into thin slices, put it into a "spider" or

saucepan, and pour over it the milk mix in the other ingredients. Stir this mixture all the time while over the fire. Turn the contents into a hot dish and serve immediately.

**881. Curd for Cheesecakes**—Ingredients—One quart of new milk, 1 tablespoonful rennet, alum the size of a nutmeg, 3 oz. of butter, 2 or 3 eggs, sugar to taste, a few currants.

Put a quart of new milk into a clean pan, and set it by the side of the fire so that it will keep blood warm; put the rennet into it, too much will make the curd hard and the whey very salt; in a short time it will be separated into curd and whey, which cut into small pieces with a knife. Or, put in a small piece of alum about the size of a nutmeg, into the milk, and let it boil. Strain the curd from the whey by means of a hair sieve, either let it drain, or press it dry; pass the curd through the sieve by squeezing it into a basin. Melt the butter and mix with the curd, also two or three eggs, or else one egg and four yokes; add sugar to your palate; with a little grated nutmeg, and a few currants if approved of; mix the whole together, and fill the cases

**882. Cheese (pounded)**—Ingredients—Allow  $\frac{1}{4}$  lb. of butter to 1 lb. of cheese.

This dish is economical, as dry cheese may be used. Slice the cheese into small pieces, then add the butter. Proceed to put it in a stone jar, pressing it down tightly; put a layer of clarified butter over the top. It may be flavored with cayenne or mixed mustard.

**883. Macaroni**—Ingredients— $\frac{1}{4}$  lb. of butter,  $\frac{1}{2}$  lb. tubular macaroni, 5 oz. of Parmesan cheese, 2 glasses of milk, 1 qt. of water, pepper and salt to taste.

Mix the milk and water, salting it to taste, place in a stewpan on the fire, bring to a boil and drop in the macaroni. When tender, drain and dish. Grate three ounces of the cheese and mix with the macaroni. Now mix in half of the butter, sprinkling a little pepper over. Put the rest of the grated cheese on the top covering with bread crumbs. Warm the rest of the butter (do not let it oil), pour over the bread crumbs. Brown before the fire or with a salamander.

**884. Macaroni a la Runi**—Ingredients—8 oz. macaroni, 10 oz. of any well flavored cheese,  $\frac{3}{4}$  pt. of good cream, a little salt, seasoning of cayenne,  $\frac{1}{2}$  a salt spoonful of pounded mace, 2 oz. of sweet fresh butter.

Boil the macaroni in the usual way, and by the time it is sufficiently tender dissolve gently the cheese in the above quantity of cream, add a little salt and rather a full seasoning of cayenne. Now add the pounded mace and butter. The cheese should, in the first instance, be sliced very thin, and taken quite free of the hard part adjoining the rind ; it should be stirred in the cream without intermission until it is entirely dissolved and the whole is perfectly smooth ; the macaroni, previously well drained, may then be tossed gently in it, or after it is dished, the cheese may be poured equally over the macaroni. The whole, in either case, may be thickly covered before it is sent to table, with fine crumbs of bread fried of a pale gold color, and dried perfectly, either before the fire or in an oven, when such an addition is considered an improvement. As a matter of precaution, it is better to boil the cream before the cheese is melted in it ; rich white sauce, made not very thick, with an additional ounce or two of butter, may be used to vary and enrich this preparation. Do not use Parmesan cheese for this dish.



## SICK ROOM COOKERY.

There is sickness everywhere, and as it falls to the lot of most women at some time in their lives to be nurse or cook for the sick, a few hints may be useful. Every woman with a tender, loving heart, no matter what her position, will try in such a case to tempt the appetite of the afflicted with her own delicate cooking and serving, the result being in many cases, returning health, and in any case having the satisfaction of knowing you have done what you could. An anonymous writer says :—

“Invalids soon realize their dependence on others. I will say this much to every family that has an invalid charge, be kind to them; don't be always reminding them of expenses; do not make them feel that they are a burden to you. God sends the affliction upon them. They would not be a burden to you if they could help it, and I believe when the final day of judgment comes, the great Ruler of the Universe will deal with you as you have dealt with the sick ones. And with many the sentence will be, ‘Ye knew your duty, but ye did it not.’ It is said, ‘No physician ever weighed out medicine to his patient with half as much exactness and care as God weighed out to us every trial; not one grain too much does He ever permit to be put in the scale.’ It is hard for us to feel that our afflictions are sent to us for some wise purpose. Our burdens seem more than we can bear, and it is still harder for us to say ‘Thy will, not mine, be done.’ Be kind to the sick ones; their lot in life is hard enough. Throw a ray of sunshine across their path. There are a thousand and one ways that you can brighten their lives by a little attention. There are many ways we could make others happy if we only would try and we would be so much happier ourselves. Just think of the poor invalid that is confined to the house, seeing the same things day after day (yes, and often year after year), until they know every seam in the carpet, every flower on the wall—yes, every spot on the furni-

ture. Their eyes will ache from the very sameness, and they feel that it would be a blessing to close them in utter oblivion. It ought to be not only a pleasure, but a stern duty for us to lighten their burdens and make life bearable to them."

In preparing dishes for the sick, it is needful to combine the strongest nourishment with the simplest seasoning, as they require food which will not need too much exertion of the digestive power. Sweet-breads broiled to a nice brown; oysters roasted in the shell, or plainly stewed; clam broth, and even calves' brains, are highly recommended as articles of diet, which will give the most nutritious food in the smallest quantities. All kinds of gruel are unpalatable to some persons, but fortunately tastes differ, and there are those who will take with a decided relish large bowlfuls of flour, oatmeal and even Indian meal porridge.

Never set before the sick a large quantity of food; tempt with a very small portion delicately cooked and tastefully served. If not eaten directly, remove from the sick room without delay as no food should be allowed to stand there. Do not give the same food often, as variety is charming. Never keep the sick waiting, always have something in readiness—a little jelly, beef tea, stewed fruit, gruel, etc. It will be found more tempting to serve any of these in glasses. If much milk is used keep it on ice. Let all invalid cookery be simple; be careful to remove every particle of fat from broth or beef-tea before serving.

The best diet for brain workers who take proper care of their health is brown bread, cream, fresh butter, oatmeal, fresh cheese (if it agrees), eggs, fish and a moderate amount of meat. Oysters may be used freely in their season, and fruits should not be omitted. There should be a variety and change as the season and health require. The diet should be varied in kind and form quite frequently, though not necessarily every day. Even in health, the best viands when continued from day to day become unpalatable, and even nauseous. An occasional change of diet, in short, is indispensable to a proper relish for food, and the maintenance of the appetite and good health.

**885. Chicken Milk**—Ingredients—Chicken, heads of celery, a little parsley, 6 peppercorns and a little salt.

After carefully cleaning the chicken, skin and cut into small pieces. Put these into a china lined saucepan with the bones and neck, the heart of the celery, stalks of a bunch of parsley,

peppercorns and a little salt. Cover with cold water and allow to simmer till the meat will drop from the bones. Strain, and when cold take a clean soft cloth dipped in hot water and wipe over the jelly gently to remove any fat that may appear. Now put equal proportions of jelly and milk into a china lined saucepan, boil up three times and strain into an inviting looking cup and serve hot or cold. Good for invalids recovering from typhoid fever.

886. **Veal Broth**—Ingredients—1  $\frac{1}{2}$  lb. of veal, 1 doz. sweet almonds, a qt. of spring water, a little salt, 1 pt. of boiling water.

Remove all the fat from the veal, and simmer gently in the spring water till it is reduced to a pint; blanch and pound the almonds till they are a smooth paste, then pour over them the boiling water very slowly, stirring all the time till it is as smooth as milk; strain both the almond and veal liquors through a fine sieve and mix well together, and add the salt and boil up again.

887. **Chicken Broth**—Ingredients—An old fowl, 3 pts. of water, a pinch of salt, a blade of mace, 6 or 8 peppercorns, a very small chopped onion, a few sprigs of sweet herbs.

Cut up the fowl and put it, bones as well, in a saucepan with the water, salt, mace, peppercorns, onion and sweet herbs; let it simmer very gently till the meat is *very* tender, which will take about three hours, skimming well during the time. Strain carefully and set aside to cool.

888. **Egg Broth**—Ingredients—An egg,  $\frac{1}{2}$  pt. of good unflavored veal or mutton broth quite hot, salt, toast.

Beat the egg well in a broth basin; when frothy add the broth, salt to taste, and serve with toast.

889. **Eel Broth**—Ingredients— $\frac{1}{2}$  lb. of small eels, 3 pts. of water, some parsley, 1 slice of onion, a few peppercorns, salt to taste.

Clean the eels and set them on the fire with the water, parsley, onion and peppercorns; let them simmer till the eels are broken and the broth good. Add salt to taste and strain. These ingredients should make about a pint and a half of broth.

890. **Beef Broth** (1)—Ingredients—1 lb. of good lean beef, 2 qts. of cold water,  $\frac{1}{2}$  a teacup of tapioca, a small piece of parsley, an onion if liked, pepper and salt.

Soak the tapioca one hour, cut in small pieces the beef, put

in a stewpan the above proportion of water, boil slowly (keeping well covered) one and a half hours, then add the tapioca, and boil half an hour longer. Some add with the tapioca a small piece of parsley, and a slice or two of onion; strain before serving, seasoning slightly with pepper and salt. It is more strengthening to add, just before serving, a soft poached egg. Rice may be used instead of tapioca, straining the broth, and adding one or two tablespoons of rice (soaked for a short time), and then boiling half an hour.

891. **Beef Broth** (2).—Ingredients—1 ½ lb. of finely minced beef, 1 qt. of cold water, a little salt, and 2 oz. of rice or barley.

Simmer for four hours, then boil for ten minutes, strain, skim off the fat and serve.

892. **Scotch Broth**—Ingredients—The liquor in which a leg of mutton, piece of beef or old fowl has been boiled, barley, vegetables chopped small, a cup of rough oatmeal mixed in cold water, salt and pepper to taste.

Add to the liquor some barley and vegetables, chopped small, in sufficient quantity to make the broth quite thick. The necessary vegetables are carrots, turnips, onions and cabbage, but any others may be added; old (not parched) peas and celery are good additions. When the vegetables are boiled tender add the oatmeal to the broth, salt and pepper to taste. This very plain preparation is genuine Scotch broth as served in Scotland; with any coloring or herbs, etc., added, it is not real Scotch broth. It is extremely palatable and wholesome in its plain form.

893. **Broths (Beef, Mutton and Veal)**—Ingredients—2 lbs. of lean beef, 1 lb. scrag of veal, 1 lb. of scrag of mutton, some sweet herbs, 10 peppercorns, 5 qts. of water, 1 onion.

Put the meat, sweet herbs, and peppercorns into a nice tin saucepan, with the water, and simmer till reduced to three quarts. Remove the fat when cold. Add the onion, if approved.

894. **Calves' Feet Broth**—Ingredients—2 calves' feet, 3 ½ qts. of water, a large teacupful of jelly, a little sugar, nutmeg, yolk of 1 egg, a piece of butter the size of a nutmeg, a piece of fresh lemon peel.

Boil the calves' feet in the water, strain and put aside; when to be used take off the fat, put the jelly into a saucepan with the sugar and nutmeg; beat it up till it is ready to boil, then take a little of it and beat gradually to the yolk of egg, and



adding the butter, stir all together, but don't let it boil. Grate the lemon peel into it.

895. **Beef Tea (simplest way of making).**

Cut the beef into very small pieces, and take away all the fat. Put it into a stone jar with a pint of water to each pound of beef; tie a double piece of brown paper over the top, and set the jar in a cool oven for several hours. Strain the beef tea off through a rather coarse strainer, and while it is hot take off every speck of fat with paper. If it is wanted stronger put only half that amount of water. Should an oven be not obtainable, it will do equally well to place the jar in a large saucepan of boiling water; but it will not do to cook it in a metal saucepan without a jar, because an invalid's palate is very sensitive, and the tea is sure to acquire an unpleasant flavor. If in the place of lean beef some beef bones are used, the tea will become a jelly when cold; it will be less costly and less good. Any sort of flavoring may be added to it. A scrap of lemon peel, a clove, a grate of nutmeg, a sprig of any sweet herb, or of parsley, put into the jar before cooking, will, any one of them, make a pleasant change, and a little ingenuity will soon increase the list. Such changes are grateful to a convalescent patient, and break the monotony of his life. However, a patient not decidedly convalescent needs nothing but beef and water, often not even salt. It is a lengthy process this; and, if time is wanting to carry it out, twenty minutes is quite sufficient to set a cup of good beef tea on the table. First of all, prepare half a pint of the following

896. **Meat-Juice.**

Scrape with a knife, because no cutting divides it finely enough, half a pound of beef steak, and remove all the fat and skin. Put it into a basin with half a pint of tepid water, and let it stand fifteen minutes or longer. The result is what is commonly known as raw beef tea or meat juice, every year more widely known as a restorative for infants as well as adults in cases of wasting or acute disease. Its appearance is against it, but the taste is simply that of any cold beef tea. Children generally take it without difficulty; but adults, unless they are too weak to have an opinion on the point, have often an insurmountable objection to it. Nothing can then be done but to hide it in a colored or covered cup, or to add a little Liebig's

Extract to conceal the color. Meat-juice is easier to assimilate than any form of cooked beef tea, and is the only sort that may at all times be safely given to very young infants. It has saved many lives, especially those of ricketty and wasted children and typhoid patients, and it seems right that everyone should know how to set about making it. But, to return to our

**897. Quickly Made Beef Tea.**

Take the above juice and meat together, and put it on a slow fire. Let it boil for not longer than five minutes, strain it and it is ready for use. If it has been carefully scraped there will be no fat upon it, but if there should be some it can easily be removed with paper. Salt must be added to taste.

**898. Another Quick Method.**

Scrape the beef as before, and remember that it is useless to put in gristle or sinew, because in none of these quick methods is there sufficient time to cook it. Set the meat over a very slow fire without water for a quarter of an hour, then add warm water and simmer for half an hour or longer.

**899. Beef Tea Custard.**

This may be served alone either hot or cold, or a few small pieces can be put in a cup of beef tea, which is thus transferred into a kind of *soupe royale*. Beat up an egg in a cup, add a small pinch of salt, and enough strong beef tea to half fill the cup; butter a tiny mould and pour in the mixture. Steam it for twenty minutes, and turn it out in a shape.

**900. Savory Beef Tea**—Ingredients—3 lbs. of beef chopped up finely, 3 leeks, 1 onion with 6 cloves stuck into it, 1 small carrot, a little celery seed, a small bunch of herbs, consisting of thyme, marjoram, and parsley, 1 teaspoonful of salt,  $\frac{1}{2}$  a teacupful of mushroom ketchup, and 3 pts. of water.

Prepare according to the directions given in the first recipe.

**901. Mush.**

Put some water or milk into a pot and bring it to boil, then let the corn meal out of one hand gently into the milk or water, and keep stirring with the other until you have got it into a pretty stiff state; after which let it stand ten minutes or a quarter of an hour or less, or even only one minute, and then take it out, and put it into a dish or bowl. This sort of half-pudding, half porridge, you eat either hot or cold, with a little

salt or without it. It is eaten without any liquid matter, but the general way is to have a basin of milk, and taking a lump of the mush you put it into the milk, and eat the two together. Here is an excellent pudding, whether eaten with milk or without it, whether you take it hot or cold. It is neither hard nor lumpy when cold, but quite light and digestible for the most feeble stomachs.

902. **Fowl (stewed in Barley)**—Ingredients—1 chicken,  $\frac{1}{2}$  lb. of pearl barley, enough milk to cover the barley, only a little salt, a bunch of sweet herbs.

Truss the chicken as for boiling; place it in a stewpan with the well-washed barley; sprinkle a little salt in and the sweet herbs; enough milk to cover the barley; put it on the fire, and let it stew *very* slowly, continue to add milk as it boils away, so that the barley may be always covered, but not the chicken, which should be dressed only by the steam from the milk. A small bird will take about three hours. When done serve with the milk and barley round it.

903. **Vegetable Marrow (stuffed)**—Ingredients—1 marrow, some mince of either veal or chicken, bread crumbs, good gravy.

Take a good sized marrow, boil until tender, halve lengthways; remove the seeds, and fill the inside with hot mince; join the two sides together, place upon a hot dish sprinkle with grated bread crumbs; set in the oven to brown for a few minutes. Serve with a boat of good gravy.

904. **Mutton Cutlets (delicate)**—Ingredients—2 or 3 small cutlets from the best end of a neck or loin of mutton, 1 cupful of water or broth, a little salt and a few peppercorns.

Trim the cutlets-very nicely, cut off all the fat, place them in a flat dish with enough water or broth to cover them, add the salt and peppercorns and allow them to stew gently for two hours, carefully skimming off every particle of fat which may rise to the top during the process. At the end of this time, provided the cutlets have not been allowed to boil fast, they will be found extremely tender. Turn them when half done.

905. **Lambs' Fry (French)**—Ingredients—2 sets of lambs' fry, 2 eggs, bread crumbs, chopped parsley, hot lard.

Blanch the fry ten minutes in boiling water, drain them on a

sieve, and when quite dry egg over with a paste brush ; throw them into bread crumbs, with which you have mixed some chopped parsley, fry them in very hot lard of a nice light brown color, dress pyramidically upon a napkin, garnish with fried parsley, and serve.

906. **Rabbit (stewed)**—Ingredients—2 nice young rabbits, 1 qt. of milk, 1 tablespoonful of flour, a blade of mace, salt and pepper.

Mix into a smooth paste the flour with half a glass of milk, then add the rest of the milk ; cut the rabbits up into convenient pieces ; place in a stewpan with the other ingredients and simmer gently until perfectly tender.

907. **Sweetbreads.**

These, when plainly cooked, are well adapted for the convalescent. They should be slowly boiled, and very moderately seasoned with salt and cayenne pepper.

908. **Pork Jelly (Dr. Ratcliffe's Restorative)**—Ingredients—A leg of well-fed pork, 3 gals. of water,  $\frac{1}{2}$  oz. of mace, the same of nutmeg, salt to taste.

Take the pork just as cut up, beat it, and break the bone. Set it over a gentle fire with the water and simmer until it is reduced to one gallon. Let the mace and nutmeg stew with it. Strain through a fine sieve. When cold take off the fat. Give a large cupful the first and last thing and at noon, putting salt to taste.

909. **Shank Jelly**—Ingredients—12 shanks of mutton, 3 blades of mace, an onion, 20 Jamaica, and 30 or 40 black peppers, a bunch of herbs, a crust of bread toasted brown, and 3 qts. of water.

Soak the shanks for four hours, then brush and scour them very clean. Lay in a saucepan with all the ingredients, pouring in the water last, and set them near the stove ; let them simmer as gently as possible for five hours, then strain and place in a cool place. This may have the addition of a pound of beef, if approved, for flavor. It is a remarkably good thing for persons who are weak.

910. **Arrowroot Jelly**—Ingredients— $\frac{1}{2}$  pt. of water, grated nutmeg, and fine sugar, dessertspoonful of arrowroot rubbed smooth in 2 spoonfuls of cold water.

This is a very nourishing dish. Put into a saucepan all the ingredients excepting the arrowroot ; boil up once then mix

in by degrees the arrowroot ; then return the whole into the saucepan ; stir and boil it three minutes.

911. **Tapioca Jelly**—Ingredients—Some of largest kind of tapioca, some lemon juice and sugar.

Pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until quite clear ; then add the lemon juice and sugar. The peel should have been boiled in it. It thickens very much.

912. **Meat Jelly**—Ingredients—Beef, isinglass, 1 teacupful of water, salt to taste.

Cut some beef into very small pieces and carefully remove all the fat. Put it in an earthen jar with alternate layers of the best isinglass (it is more digestible than gelatine) until the jar is full. Then add a teacupful of water with a little salt, cover it down closely, and cook it all day in a very slow oven. In the morning scald a jelly mould and strain the liquid into it. It will be quite clear, except at the bottom, where will be the brown sediment such as is in all beef tea, and it will turn out in a shape. It is, of course, intended to be eaten cold, and is very useful in cases where hot food is forbidden, or as a variety from the usual diet.

913. **Invalid's Cutlet**—Ingredients—1 cutlet from the loin or neck of mutton, 2 cupfuls of water, 1 very small stick of celery, pepper and salt to taste.

Have the cutlet cut from a very nice loin or neck of mutton ; take off all the fat ; put it into a stewpan, with the other ingredients ; stew *very gently* for nearly two hours, and skim off every particle of fat that may rise to the surface. The celery should be cut into thin slices before it is added to the meat, and care must be taken not to put in too much of this ingredient, or the dish will not be good.

914. **Chicken Panada**—Ingredients—A chicken, qt. of water, a little salt, a grate of nutmeg, and the least piece of lemon peel.

Boil the chicken about three parts done in the water, take off the skin, cut the white meat off when cold, and pound in a mortar ; pound it to a paste with a little of the water it was boiled in ; season with salt, nutmeg and lemon peel. Boil gently for a few minutes to the consistency you desire.

915. **Gravy Sippets**—Ingredients—2 or 3 sippets of bread, gravy from mutton, beef or veal, salt to taste.

On an extremely hot plate put the sippets and pour over them the gravy. Sprinkle a little salt over.

916. **A Good Restorative** (1)—Ingredients—2 calves feet, 2 pts. of water, 2 pts. of new milk.

Bake all together in a closely covered jar for three hours and a half. When cold, remove the fat. Give a large teacupful the last and first thing. Whatever flavor is approved, give it by baking in it lemon peel, cinnamon, or mace. Add sugar after.

917. **Another** (2)—Ingredients—6 sheep's trotters, 2 blades of mace, a little cinnamon, lemon peel, a few hartshorn shavings; a little isinglass, and 2 qts. of water.

Simmer to one quart, when cold take off the fat, and give nearly half a pint twice a day, warming with it a little new milk.

918. **Another** (3)—Ingredients—1 oz. of isinglass shavings, 40 Jamaica peppers, a piece of brown crust of bread, 1 qt. of water.

Boil to a pint and strain. This makes a pleasant jelly to keep in the house, of which a large spoonful may be taken in milk, tea, soup, or any way.

919. **Another (a most pleasant draught)** (4)—Ingredients— $\frac{1}{4}$  oz. of isinglass shavings, 1 pt. of new milk, a little sugar.

Boil to half-pint; add for change, a bitter almond. Give this at bed-time, not too warm.

920. **Sago Cream**—Ingredients— $\frac{1}{2}$  pt. of boiling cream, 1 qt. of beef tea, 1 oz. of sago; 1 gill water, and the yolks of 4 fresh eggs.

Boil the sago in the water till quite tender, when add the other ingredients.

921. **Chocolate**—Ingredients—A cake of chocolate, 1 pt. of water, milk, sugar.

Cut the chocolate into small pieces; put the water into a saucepan and add the chocolate; mill it off the fire until quite melted, then on a gentle fire until it boils; pour into a basin and it will keep in a cool place eight or ten days. When wanted put a spoonful or two into milk, boil it with sugar and mix well.

922. **Milk Porridge**—Ingredients—Some half grits long boiled, milk, toast.

Make a gruel of the half grits; strain, and add either cold milk or warm milk as you desire. Serve with toast.

923. **French Porridge**—Ingredients—Some oatmeal, water, milk, toast.

Stir the oatmeal and water together, let it stand to be clear, and pour off the latter; pour fresh upon it, stir it well, let it stand till next day; strain through a fine sieve, and boil the water, adding the milk while doing. The proportion of water must be small. This is much ordered, with toast, for the breakfast of weak persons, abroad.

924. **Ground Rice Milk**.—Ingredients — One tablespoonful of ground rice rubbed smooth in  $1\frac{1}{2}$  pts. of milk, a piece of cinnamon, lemon peel and nutmeg.

Boil the ground rice and milk, adding the spices and flavoring. Sweeten to taste when nearly done.

925. **Sago Milk**.—Ingredients—Sago, new milk.

Cleanse the sago from the earthy taste by soaking it in cold water for an hour, pour that off and wash well, then add more, and simmer gently with the milk. It swells so much that a small quantity will be sufficient for a quart, when done reduce to about a pint. It requires no sugar or flavoring.

926. **Eggs and Toast**.—Ingredients—2 eggs, thinly cut slices of bread, 1 teaspoonful of vinegar, little salt, a piece of butter the size of a walnut, a few sprigs of fresh, green parsley or some sweet geranium leaves.

Take the thinly-cut slices of bread, and toast them quickly to a light brown, without burning them. Drop an egg or two into boiling water into which the vinegar has been poured, and a little salt added to it. Pour one tablespoonful of boiling water over a piece of butter, turn it over the toast, and if it is very dry dip the whole of it into the melted butter and water, soaking the crusts completely. Skim out the eggs as soon as the whites are firmly set and put them upon the toast. Edge the plate with a few sprigs of fresh, green parsley, or some sweet geranium leaves, and serve upon a salver covered with a white napkin. An invalid will usually eat of this with great relish.

927. **Baked Hominy**.—Ingredients—To a cupful of cold boiled hominy (small kind) allow 2 cups of milk, a heaping teaspoonful of white sugar, a little salt, and 3 eggs.

Beat the eggs very light, yokes and whites separately. Work the yokes into the hominy, alternately with the butter. When thoroughly mixed, put in the sugar and salt, and go on

beating while you moisten the batter gradually with milk. Be careful to leave no lumps in the batter. Lastly, stir in the whites and bake in a buttered pudding dish until light, firm and delicately browned. It may be eaten as a dessert, but it is a delightful article, and the best substitute that can be devised for green corn pudding.

928. **Strawberries**.—Ingredients—Fruit, white sugar, juice of 2 or 3 lemons in proportion to the fruit.

The way to make strawberries digestible to those who are unable to eat them on account of dyspepsia or any other cause is very simple. Cover them with a very large allowance of powdered sugar and then squeeze over them the lemon juice, which brings out the strawberry flavor more than anything else, and its acidity is counteracted by the large quantity of sugar. The lemon juice should be in the same proportion as the cream would be in the place of which it is used.

929. **Strengthening Blanc-Mange**.—Ingredients—1 pt. milk,  $\frac{1}{2}$  oz. isinglass, rind of  $\frac{1}{2}$  a small lemon, 2 oz. of sugar, yolks of 3 fresh eggs.

Dissolve the isinglass in the water, strain through muslin, set it again on the fire with the rind of the half lemon cut very thin, and the sugar; let it simmer gently until well flavored, then take out the lemon peel, and stir the milk to the beaten yolks of the eggs; pour the mixture back into the saucepan, and hold it over the fire, keeping it stirred until it begins to thicken; put it into a deep basin and keep it moved with a spoon until it is nearly cold, then pour it into the molds which have been laid in cold water, and set it in a cool place till firm. This we can recommend for invalids, as well as for the table generally.

930. **Water Gruel**.—Ingredients—A large spoonful of oatmeal, water, salt and a little piece of butter.

Rub smooth the oatmeal with two spoonfuls of water and pour it into a pint of water boiling on the fire; stir well and boil quickly. In a quarter of an hour strain it off and add the salt and butter when eaten; stir until the butter is thoroughly incorporated.

931—**Effervescing Gruel**.—Ingredients—Half a breakfast cupful of thin water gruel, 1 tablespoonful of sifted white sugar, a salt-spoonful of carbonate of soda, juice of a lemon.

Mix the soda and sugar well together and then put into the



gruel, stirring thoroughly; have ready the lemon juice, strained, mix it in and drink immediately while it is effervescing and as hot as possible.

932. **Barley Gruel**—Ingredients—4 oz. of pearl barley, 2 qts. of water, a stick of cinnamon, sugar to taste.

Wash the barley, boil it in the water with the cinnamon till reduced to a quart; strain and return to the saucepan with remaining ingredients, keep on the fire about five minutes, stirring all the while. Pour into a jug and when wanted warm up again.

933. **Hominy** (1).

Wash it in two or three waters, pour boiling water on it and let it soak for at least ten hours; then put it into a stewpan, allowing two quarts of water to one quart of hominy, and boil it slowly four or five hours, or until it is perfectly tender; then drain it, put it into a deep dish, add salt and a piece of butter and serve as a vegetable with meat.

934. **Hominy** (2).

Put some water on the fire, and when it boils add a little salt; drop in gradually the hominy, and boil fifteen to twenty minutes, stirring well all the time with a wooden spoon; serve with milk or cream. If preferred it may be boiled in milk in the same way. It also makes excellent puddings cooked in the same way as rice or tapioca, but it should be well soaked before cooking; it may also be formed into shapes and served with jam or custard.

935. **Egg Gruel**.—Ingredients—Yolk of one egg, 1 tablespoonful of sugar,  $\frac{2}{3}$  of a cupful of boiling water, white of the egg.

Beat the yolk of the egg with the sugar till very light; on this pour the boiling water, on the top put the white of the egg beaten to a stiff froth with a little sugar.

936. **Custards**—Ingredients—1 qt. of milk, 1 stick of cinnamon, the rind of a lemon, a few laurel leaves or bitter almonds, sugar to taste, the yolks of 8 eggs, the whites of 4.

Boil the milk with cinnamon, lemon rind, laurel leaves and sugar; well whisk the yolks with the whites of four eggs, adding a little milk, then strain into a dish. When the milk boils, take it off the fire and strain it; then stir the eggs into it; return the whole to the saucepan and set it on the fire again, stirring

constantly; let it come to the boiling point, then take it off the fire, pour it into a large jug, and continue stirring it until it is nearly cold. It should now have the consistency of thick cream, and is ready for being poured into custard glasses; when the glasses are filled, grate a little nutmeg over them.

937. **A Nice Drink for a Cough.**—Ingredients—A fresh laid egg,  $\frac{1}{4}$  pt. of new milk warmed, a large spoonful of capillaire, the same of rose water, a little grated nutmeg.

Beat the egg and mix with remaining ingredients. Do not warm it after the egg has been put in.

938. **Toast and Water**—Ingredients—A slice of bread, a jug of cold water.

Toast slowly the bread till extremely brown and hard, but not in the least black. Put into the water and cover closely for an hour before used. It should be a fine brown color before using.

939. **A Nice Drink**—Ingredients—A glass of clear, cold water, a tablespoonful of capillaire, a tablespoonful of some good vinegar.

Put the capillaire and vinegar into the water and it is ready.

Tamarinds, currants, fresh or in jelly, or scalded currants, or cranberries, make excellent drink; with sugar or not, according to taste.

940. **Lemonade** (1).—Ingredients—Six large lemons and 1 lb. of loaf sugar.

Rub the sugar over the rinds to get out the flavor, then squeeze out all the juice on the sugar, cut what remains of the lemons into slices and pour on them a quart of boiling water; when this has cooled strain it on to the juice and sugar and add as much more water (cold) as will make it palatable. A teaspoonful of orange flower water added gives it a pleasant flavor, much liked by some people.

941. **Lemonade** (2).—Ingredients—1 oz. tartaric acid, 1 lb. loaf sugar 1 pt. of boiling water, and 20 or 30 drops of essence of lemon.

To be kept in a bottle and mixed with cold water as desired.

942. **Milk Lemonade**—Ingredients—2 lbs. of loaf sugar dissolved in a qt. of boiling water,  $\frac{1}{2}$  pt. of lemon juice, 1 pt. of new milk (cold).

Mix the dissolved sugar, the lemon juice and milk. Stir the whole well and strain ready for use.

943. **A Fever Drink** (1)—Ingredients—A little tea-sage, 2 sprigs of balm, a very small quantity of wood sorrel, a small lemon, 3 pts. of boiling water.

Put the sage, balm and wood sorrel into a stone jug, having previously washed and dried them. Peel thin the lemon and clear from the white ; slice and put a piece of the peel in ; then pour on the water, sweeten and cover.

944. **A Fever Drink** (2)—Ingredients—1 oz. pearl barley, 3 pts. water, 1 oz. of sweet almonds, a piece of lemon peel, a little syrup of lemon and capillaire.

Wash well the barley ; sift it twice, then add the water, sweet almonds beaten fine, and the lemon peel ; boil till you have a smooth liquid, then add the syrup.

945. **Apple Water**.—Ingredients—Some well-flavored apples, 3 or 4 cloves, a strip of lemon peel, boiling water.

Slice the apples into a large jug, they need be neither peeled nor cored. Add the cloves and lemon peel, and pour boiling water over. Let it stand a day. It will be drinkable in twelve hours or less.

946. **Currant Water**.—Ingredients—One quart of red currants,  $\frac{1}{2}$  pt. of raspberries, 2 qts. of water, syrup—1 qt. of water, about  $\frac{3}{4}$  lb. of sugar.

Put the fruit with the water over a very slow fire to draw the juice, for half an hour. They must not boil. Strain through a hair sieve, add the syrup. Other fruit may be used in the same way.

947. **Barley Water**.—Ingredients—2 oz. of barley, 2 qts. of water, flavor with lemon, currant, or any juice preferred.

Wash the barley and boil in the water till it looks white and the barley grows soft ; then strain and flavor.

948. **Peppermint Water**—Ingredients—Three quarts of water (boiling), 8c. worth of oil of peppermint, sugar to taste.

Boil the water and pour into a jug and let it remain till lukewarm ; add the oil of peppermint ; sweeten and stir till cold ; then bottle.

- 949.—**Vinegar Whey** (used in fevers)—Ingredients—Half a gill of vinegar, 2 teaspoonfuls of sugar, 2 teacupfuls of milk, (boiling).

Mix the vinegar with the sugar, stir in the boiling milk ; let it boil one or two minutes, cool it and strain off the whey.

Lemon juice may be used instead of vinegar, if preferred it is then called lemon whey.

**950. Seidlitz Powders.**

Two drachms of tartarized soda and two scruples of bicarbonate of soda for the blue packet, and 30 grains of tartaric acid for the white paper.

**951. Effervescing Saline Draughts.**

White sugar powdered, eight ounces; tartaric acid two ozs; sesquicarbonate of soda, two ounces; essence of lemon, a few drops. Mix well, and keep in a corked bottle.

**952. Rice Milk**—Ingredients—Two tablespoonfuls of rice, 1 pt. of milk, 1 tablespoonful of ground rice (if wanted thick, 2 will be required,) a little cold milk.

Put the rice into the pint of milk; boil it until done, stirring to prevent it burning. Put the ground rice with a little cold milk, mix smooth and stir it in; boil for about a quarter of an hour. Thick milk may be made in the same way as "rice milk," only substituting flour for rice, thickening and sweetening to taste. Five minutes boiling will do.

**653. Chamomile Tea.**—Ingredients—1 oz. of dried chamomile flowers,  $\frac{1}{2}$  oz. of dried orange peel, 1 qt. of boiling water.

Put the chamomile into a jug with the orange peel. Pour over it the boiling water, and stand on the back of the stove just close enough to the fire to keep it simmering till the strength of the peel and flour is drawn out, then strain off for use and drink a wineglassful at a time.

**954. Dandelion Tea.**—Ingredients—6 or 8 dandelion roots, according to size, 1 pt. of boiling water.

Pull up the dandelion roots and cut off the leaves; well wash the roots and scrape off a little of the skin. Cut them up into small pieces and pour the boiling water on them. Let them stand all night, then strain through muslin, and the tea is ready for use. It should be quite clear, and the color of brown sherry. One wineglassful should be taken at a time. The decoction will not last good for more than two or three days, and therefore it must only be made in small quantities.

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955. **Sarsaparilla.** (Simple decoction)—Ingredients—5 oz. of sarsaparilla chips, 4 pts. of water.

Digest the chips in the water, let it simmer gently for two hours ; take out the chips, bruise and place them back in the water ; boil down to 2 pints and strain.



# THE DOCTOR

The following receipts are selected from eminent authorities and can be relied upon, but while in all cases it is prudent to consult a medical man as soon as possible, the information under this heading will be found invaluable where the doctor is not readily available.

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## 956. A Medicine Box.

Secure a deep cheese box, line it inside with dark cambric or cotton ; put pockets all around the inside about two inches from the top and let them extend very nearly to the bottom. In these pockets place white cotton, a sponge, safety pins, a spool of white silk, fingers from old kid gloves, court plaster, rolls of bandages, all sizes, mustard, vaseline, chloroform, sweet oil, bottle of arnica, saleratus and a bottle of good liniment. Have some uncleaned sheep's wool to use for smoking painful wounds. Put in everything that could be needed in any case of sudden illness or accident, in the body of the box put old linen, flannels, or old cotton cloths, so useful in sickness. Cover the top of the box with a cushion and tack a frill around the edge. Cover the box with the same material put on in box pleats. One of these boxes should be found in every household.

## 957. Fractures.

A fracture is said to be simple when there is no external wound ; compound, when complicated with lesion of the surrounding soft parts ; and comminuted when the bone is broken into many fragments. The symptoms of fracture are pain and inability to move the limb. When there is great swelling, it is often difficult to ascertain the nature or even the existence of a

fracture. The course of a simple fracture is a painful and inflamed swelling for a few days after the accident, with more or less febrile reaction ; these gradually subside, and with proper treatment the bone unites in from one to two months, with or without deformity according to circumstances not always under the control of the surgeon. Complicated fractures often terminate in the death of portions of bone and of the soft parts, in unhealthy abscesses and tetanus, leading prehaps to fatal results unless the limb be removed. The indications of treatment are to reduce or set the fragments and keep them at rest and in close contact so as to prevent deformity ; all disturbing muscles must be relaxed, the ends of the bones extended and the parts properly supported and kept in place, the limb bandaged and some kind of splint is applied to keep it immovable of its natural length. The variety of bandage, splints and apparatus for the different kinds of fracture is very great, and in nothing does American surgery stand more pre-eminent than in its ingenious and effectual instruments for the treatment of broken bones. When a surgeon cannot be procured immediately the broken limb should be kept as nearly as possible in its natural position. The two portions of the bone must be pulled in opposite directions, until the limb is of the same length as its fellow, then apply a splint and bind it to the part with a bandage. Of course when there is no deformity the pulling of the bones is unnecessary. Should there be much swelling a cold lotion should be used. If the patient is faint give brandy and water, or sal-volatile and water.

**958. How to Restore a Person apparently Drowned.**

Loosen everything around the neck. Turn the patient's face downward, and raise the body several inches higher than the head, and keep it in this position long enough to count five slowly. This will enable the water to escape from the mouth and nose. Place the patient on his back with the chest slightly raised (by some convenient article of clothing such as a folded coat or shawl) and the head in a straight line with the body. Then practise artificial breathing in this way :—Stand astride the patient's hips, grasp the arms and raise them above the head until they nearly meet, which expands the chest ; then pull them down and press firmly in the sides of the chest ; this contracts the chest and thus forces the breath first in and

then out. While this is going on let another person catch hold of the tongue with a piece of cloth and pull it out, it may be secured by fastening an elastic band over the tongue and under the chin ; this opens the little air-valve, covering the air tube. While this is going on remove all wet clothing, cover the body with warm blankets, etc., and rub the body vigorously. If signs of life appear, place the patient in a warm bed in a well-ventilated room, and give hot drinks, such as milk, tea or coffee.

#### 959 **Scalds and Burns.**

The first object is to cover the injured part with some suitable material, and this should be kept on until the cure is complete. Apply to the burn or scald a mixture of lime water and linseed oil by saturating the lint with the mixture. Do not remove when dry, but saturate by the application of fresh outer layers from time to time. If nothing better is at hand apply grated potato, flour, starch, etc.

#### 960. **Bruises.**

Excite as quickly as possible, the absorption of bruised blood and apply butter, fresh raw beef, or even bathing with cold water is a very good though simple remedy.

#### 961. **Hemorrhage**

may be checked by giving strong salt and water ; or by giving lemon juice.

If an artery be cut, tie a string above the cut to prevent the escape of blood. Tighten the string if necessary by placing a ruler or stick in the string, twist this around, so as to make a knot pressing tightly on the artery. The blood from an artery is always of a very bright red and comes out in jets or spurts.

#### 962. **To Remove a Bee Sting.**

Remove the sting at once with a needle or the fingers ; place a key tightly over the stung part, the pressure will force the poison out. Wipe the place with clean linen, suck it and then dab with the blue-bag.

#### 963. **Bites of Snakes.**

These are dangerous and require powerful remedies. The bites of the various kinds of snakes do not have the same effects



but people suffer from them in different ways. It is of the greatest importance to prevent the poison mixing with the blood and to remove the whole of it instantly from the body. Take a piece of tape or anything that is near and tie tightly around the bitten part ; if it be the leg or arm, immediately above the bite and between it and the heart, the wound should be sucked several times by any person near. There is no danger to the person performing this act of kindness, providing his tongue or any part of his mouth has no broken skin. Having sucked the poison immediately spit it out. A better plan is to cut out the central part bitten with a sharp instrument. This may not be a very pleasant operation for an amateur, but, as we have to act promptly in such an emergency, courage will come. After the operation bathe the wound for some time to make it bleed freely. Having done this rub the wound with a stick of lunar caustic, or still better, a solution composed of sixty grains of lunar caustic dissolved in an ounce of water. This solution should be dropped into the wound. Of course the band tied round the wound in the first place must be kept on during the time these means are being adopted. The wound afterwards must be covered with lint dipped in cold water. There is generally great depression of strength in these cases, it is necessary therefore to give some stimulant, a glass of hot brandy and water, or twenty drops of sal-volatile. When the patient has somewhat recovered give him a little mustard in hot water to make him vomit, if on the other hand the vomiting is continuous, a large mustard poultice should be applied to the stomach and one pill given composed of a grain of solid opium. Note.—Only one of these pills must be given without medical advice.

All these remedies can be acted upon until a surgeon arrives.

#### 964. **Bites of Dogs.**

The manner of treatment is the same as for snake bites. Many writers on the subject are in favor of the wound being kept open as long as possible. Many persons do this by placing a few beans on the wound and then putting a linseed meal poultice over the wound.

#### 965. **Treatment of Sprains.**

Immediately after the accident the part should be immersed

in a bath at the heat of 100°, after which leeches should be applied, and then a poultice of vinegar and bran, lukewarm, or bread crumbs and camphorated spirits of wine; the following lotion, when applied in the early stage, after blood has been freely drawn by leeches, rarely fails in affording great relief; Goulard's extract, half an ounce; tincture of opium, two drachms; vinegar, half a pint; camphor mixture, one pint and a half. Mix for a lotion, to be applied tepid by means of folded rags. After the inflammatory action has subsided one of the following **Liniments should be used**:

966. (1) Soap liniment, one ounce; tincture of opium, two drachms; camphorated spirits, two drachms. Mix for a liniment, and rub in night and morning.

967. (2) Camphorated spirits of wine, half an ounce; cajaput oil and laudanum, of each, two drachms; olive oil, half an ounce. Mix for a liniment, and apply night and morning.

968. (3) Olive oil and spirits of turpentine, of each half an ounce. Mix for a liniment, and use as above.

969. (4) When weakness remains after a sprain, purging cold water on the part every morning, aided by a bandage or laced stocking to support the part, will be the most effectual means of remedying it.

970. **For Sprained Ankle**—Bathe the ankle frequently with strong cold salt and water; sit with the foot elevated, keeping it cool. Diet, and take daily cooling drinks or medicine. Or bind on loosely, and as often as dry, first twenty-four hours, cotton-batting, spread with beaten egg-whites; after that, morning and night.

971. **To Bind a Sprained Ankle**—Put the end of the bandage upon the instep; then take it round and bring it over the same part again, and then round the foot two or three times; finish off with a turn or two round the leg above the ankle.

972. **Sprained Wrist**—Begin by passing the bandage round the hand, across and across, like the figure eight; leave out the thumb, and finish with a turn or two round the wrist. Apply arnica tincture.

**973. Treatment of a Frozen Person.**

Chelius, a German authority, gives the following advice for restoring a frozen person : He should be brought into a cold room, and after having been undressed, covered up with snow or with cloth in ice-cold water, or he may be laid in cold water so deeply, that his mouth and nose only are free. When the body is somewhat thawed, there is commonly a sort of icy crust formed around it ; the patient must then be removed, and the body washed with cold water mixed with a little wine or brandy ; when the limbs lose their stiffness, and the frozen person shows signs of life, he should be carefully dried, and put into a cold bed in a cold room : scents and remedies which excite sneezing, are to be put to his nose ; air to be carefully blown into the lungs, if natural breathing does not come on ; clysters of warm water with camphorated vinegar thrown up ; the throat tickled with a feather, and cold water dashed upon the pit of the stomach. He must be brought by degrees into rather warmer air, and mild perspirants, as elder and balm-tea (or weak common tea) with Minderin's spirit, warm wine and the like, may be given to promote gentle perspiration.

**974. Bruises.**

In slight bruises, and those that are not likely to be followed by inflammation, nothing more is usually required than to bathe the part with spirit, as Eau-de-Cologne, brandy, etc., mixed with an equal proportion of vinegar and water.

975. In more severe cases, and where the accident is near an important part, as the eye, or any of the joints, it becomes a desirable object to prevent the approach of inflammation. For this purpose leeches must be employed, repeating them according to circumstances.

976. In the last stage of a bruise, where there is merely a want of tone in the parts, and swelling from the effused blood, etc., friction should be employed, either simply, or with any common liniment. Wearing a bandage—pumping cold water on the part, succeeded by warm friction—a saturated solution of common salt in water, have each been found successful. The roots of briony and Solomon's seal, bruised and applied as a poultice, are highly useful in hastening the disappearance of the discoloration caused by the bruises.

**977. Accidents from Edge Tools, Hard Bodies, &c**

In all recent wounds, the first consideration is to remove foreign bodies, such as pieces of glass, splinters of wood, pieces of stone, earth, or any other substance that may have been introduced by the violence of the act which caused the wound.

Where there is much loss of blood, an attempt should be made to stop it with dry lint, and compression above the part wounded, if the blood be of a florid color, and below, if of a dark color. In proportion to the importance of the part wounded, will be the degree of the discharge of blood, and the subsequent tendency to inflammation and its consequences.

**978. Substances in the Eye.**

A substance getting in the eye may either lie disengaged on its surface, or, having penetrated the external coat, may there remain fixed. In the former case it is easily removed by a camel-hair pencil or a piece of paper rolled into the size of a crow quill with the end softened in the mouth.

979. Sometimes the substance sticks in the corner, when, if it cannot be removed with a probe or fine forceps, the point of a lancet should be carefully passed under it so as to lift it out.

980. If the removal cannot be effected without considerable difficulty, it is better to leave it to be detached by ulceration, taking every precaution to keep off undue inflammation, by avoiding a strong light, fomenting with warm water, etc.

981. To remove fine particles of gravel, lime, etc., the eye should be syringed with luke-warm water till free from them. Be particular not to worry the eye under the impression that the substance is still there, which the enlargement of some of the minute vessels makes the patient believe to be actually the case

**982. Substances in the Ear.**

983. Hard substances, such as peas, bits of slate pencil, beads, etc., occasionally get lodged in the passage of the external ear. If the substance be within sight, and can be grasped readily with a small pair of forceps, that will be the best way to extract it; but force must not on any account be used.

984. But the best and safest plan is to inject luke-warm water rather forcibly into the ear by means of a syringe, one

that will hold at least two ounces. This will be found rarely to fail, the water passing beyond the substance, and being there confined by the membrane, called the *tympanum*, forces the obstruction outwards.

985. Should the substance have swelled, or the ear have become swollen, a little sweet oil must be poured into the ear and left there till the next day, when syringing may be used.

986. Glass beads and similar substances may be extracted by means of a probe, dipped into some appropriate cement, introduced into the ear, and kept in contact with the body to be removed, for a few minutes till it has become set.

#### 987. Substances in the Throat.

988. A fish-bone, or pin, being lodged in the throat, may sometimes be readily got rid of by exciting vomiting through tickling the back-part of the throat.

989. Another mode is to make the patient swallow a good mouthful of bread-crumbs.

990. Another expedient is to introduce a large goose-quill down the throat, and then twirl it round, by this means the substance may be disengaged, and so pass down into the stomach.

991. A plentiful draught of water will sometimes be sufficient, when the substance is merely engaged in the folds of the gullet. We would, however, particularly recommend in this case the white of an egg, and, if necessary, a second.

#### 992. Diseases of Infants.

The most frequent of these are—1, disorders of the stomach ; 2, disorders of the bowels ; 3, exhaustion ; 4, febrile affections ; 5, exanthematous diseases, or those which are attended with eruptions of the skin ; 6, affections of the head ; 7, diseases of the thorax, or chest ; 8, affections of the abdomen, or belly.

Disorders of the stomach generally depend on improper diet ; or they may be secondary, and the effects of a disordered or confined state of the bowels. They are often detected by acid or foetid eructations and breath, or by the unusually frequent regurgitation or vomiting of food.

Disorders of the bowels can never be mistaken or overlooked

by an attentive nurse, the evacuations in their number and appearance being the perfect index to these disorders.

It must never be forgotten that whenever the system has been exposed to sources of exhaustion, this condition may become, in its turn, the source of various morbid affections which are apt to be ascribed to other causes, and treated by improper, and therefore dangerous, measures. If the infant has had diarrhoea, or if, without this, its cheeks be pale and cool; and if, under these circumstances, it be taken with symptoms of affection of the head, do not fail to remember that this affection may be the result of exhaustion. This important subject seems to have been generally misunderstood.

Fever is sooner detected. In every such case it is advisable not to tamper nor delay, but to send for the medical man, and watch the little patient with redoubled care and attention.

Especially examine the skin, hour after hour, for eruptions. It may be measles or scarlatina, etc. It will be especially desirable to detect these eruptions early, and to point them out to the physician. Above all things, let not a contracted brow, an unusual state of the temper or manner, unusual drowsiness or wakefulness, or starting, and especially unusual vomiting, escape you.

Be alive to any acceleration, or labor, or shortness of the breathing, or cough, or sneezing, or appearance of inflammation about the eyes or nostrils. These symptoms may portend inflammation within the chest, whooping-cough, measles. Pain of the body, with or without vomiting; or diarrhoea, with or without a morbid state of the bowels, or of the discharges, ought also to excite immediate attention. One caution should be given on this subject: some of the most alarming and fatal affections of the bowels, like some affections of the head, are unattended by *acute* pain or tenderness; their accession, on the contrary, is insidious, and it will require great attention to detect them early.

Another view, and another mode of the classification of the diseases of infants, full of interest, full of admonition is—1, as they are *sudden*; or 2, as they are *insidious*; or 3, as they are, in the modes of accession, intermediate between these two extremes.

Of the sudden affections, are fits of every kind, croup, and some kinds of pain, as that of colic; of the second class are

hydrocephalus, or water on the brain, and tubercles in the lungs or abdomen, constituting the two kinds of consumption. Fits, again, are cerebral, and arise from diseases within the head, or from irritation in the stomach and bowels, or from exhaustion ; or they are evidence of, and depend on, some malformation or disease of the heart.

Domestic treatment should never be trusted in such terrible affections as these, not a moment should be lost in sending for the medical man.

If anything may be done in the meantime, it is—1, in either of the two former cases to lance the gums ; 2, to evacuate the bowels by the warm water injection, made more active by the addition of Brown Sugar ; 3, and then to administer the warm bath. An important point, never to be forgotten in the hurry of these cases, is to reserve the evacuations for inspection, otherwise the physician will be deprived of a very important source of judgment.

In case of fits arising plainly from exhaustion, there need be no hesitation in giving five drops of sal volatile in water, light nourishment may be added ; the feet must be fomented and the recumbent posture preserved.

In fits arising from an affection of the heart the symptom is urgent difficulty of breathing ; the child seems as if it would lose its breath and expire. In such a case, *to do nothing* is the best course ; all self-possession must be summoned, and the infant kept perfectly quiet. Every change of posture, every effort, is attended with danger.

Sometimes the attacks assume the character of croup ; there is a crowing cough, and breathing ; or there is a difficulty of breathing, and then a crowing inspiration. The former case is generally croup ; the latter is, in reality, a fit dependent on the morbid condition of the brain or spinal marrow, although it takes the appearance of an affection of the organs of respiration.

In either case it is well to clear the bowels by means of the slow injection of from a quarter to half a pint of warm water, with or without brown sugar ; indeed, this is the most generally and promptly useful of all our remedies in infantile diseases. To this the warm bath may always be added, if administered with due caution. For instance, it should not be continued so as to induce much flushing or paleness of the countenance.

993. **Measles.**

Measles commences with the ordinary symptoms of fever. The attack is almost invariably attended with inflammation of the mucous membrane lining the air passages ; the eyes are red and watery ; there is defluxion from the nostrils, hoarseness, and cough. The eruption commonly appears on the fourth day, at first about the head and neck, then the trunk and arms, and finally reaching the lower extremities ; it takes two or three days to complete its course, and when it reaches the feet and legs has often begun to disappear from the face. All ages are liable to it. When the eruption is fully out, the cough, at first dry and troublesome, generally becomes softer and less frequent, and at the end of six or seven days from the coming out of the first papules they have disappeared. When danger occurs, it is from inflammation of the air passages. In all ordinary cases simple diet, the maintenance of an equable temperature, plenty of diluent drinks, attention should be paid to the bowels, as they should be kept gently open ; if a roasted apple or a little manna in the drink will not do this, give a mild saline aperient such as ipecacuanha wine and sweet spirits of nitre, 1 drachm ; of tartrate of potash, 4 drachms ; solution of acetate of ammonia, 1 ounce ; syrup of poppies, 2 drachms ; cinnamon or dill water sufficient to make 4 ounces ; dose, a table or dessert spoonful three or four times a day. Where there is much heat of the skin, sponging with tepid vinegar and water will commonly relieve it, and also the itching. On the third or fourth day after the subsidence of the eruption a little opening medicine should be given and care must be taken to protect the patient against change of weather, and to restore the strength by a nourishing diet. Attention should be paid to the cough, and the proper remedies given if required. Should the eruption suddenly disappear, then there is cause for alarm ; the patient should be directly put into a warm bath, and have warm diluent drinks ; if the pulse sinks rapidly, administer wine whey or weak brandy and water.

994. **Scarlet Fever.**

This fever is distinguished from other eruptive fevers by the fact of the eruption being an exanthema, an efflorescence, or a rash, these terms not being strictly applicable to vesicles and pustules. The disease sometimes commences with a chill, and



in most cases vomiting is a primary symptom, especially in children. The fever which at once occurs is usually intense, the auxiliary temperature often rising to  $105^{\circ}$ , or even higher. The surface of the body often gives to the touch a burning sensation. The rash appears in about twenty-four hours after the date of the invasion, and with few exceptions breaks out first on the face and neck. The color of the rash is scarlet, whence the name. The skin is somewhat swollen and the rash occasions a burning sensation, with in some cases intense itching. Generally the eruption takes place in the throat, and the tonsils are more or less swollen. The cutaneous eruption is prolonged from four to six days. Then follows the stage of scaling, and in some instances the cuticle of the hands may be stripped off like a glove. In favorable cases the duration of this stage may be reckoned to be five or six days, when convalescence is established. In other cases it is extremely severe and may prove fatal within a few days or even hours. Scarlet fever is highly contagious, and the infectious material remains for a long time in garments, etc. Children are more susceptible than adults. The treatment in mild cases is very simple. Active medication is not indicated. It suffices to diminish the animal heat by sponging the body and giving cooling drinks, observing proper hygienic precautions. Smearing the surface of the limbs with fat bacon allays the itching, which is often very distressing. Should the symptoms show failure of the vital powers, supporting measures of treatment (alcoholic stimulants and alimentation) are indicated. Great care must be taken to keep the patient warm right through the disease, as affections of the kidneys often follow cases of scarlet fever. It is important to isolate the patient and attendant from the healthy. Remove all curtains and carpets, and clothing not actually in use from the sick chamber. On removing the patient's linen or bed-clothes, throw them into water and so convey to the wash. Chloride of lime should be set about the room in plates. When the patient can be removed from the room, scrub the room with chloride of lime in the water. It is wise to keep the patient in bed for three weeks. Should the eruption be slow in appearing, sponge the body with cold vinegar and water, wrap in a blanket and keep the patient warm. Should the throat be sore, keep hot bran poultice constantly applied. If the fever runs high in the first stage, and there is

great inclination to vomit (before sponging), it is a good plan to give an emetic of equal proportions of antimonial and ipecacuanha wine ; dose, a teaspoonful to a tablespoonful, according to age.

### 995. **Hooping Cough.**

This well-known disease is chiefly, but not wholly, confined to the stages of infancy, and it occurs but once in a life-time. It may be described as spasmodic catarrh, and its severity varies greatly ; sometimes being so mild as to be scarcely known from a common cough, at others, exhibiting the most distressing symptoms, and frequently causing death by its violent and exhausting paroxysms.

The first symptoms of this cough are those of an ordinary cold ; there is probably restlessness and slight fever, with irritation in the bronchial passages ; this goes on gradually increasing in intensity for a week or ten days, and then begins to assume the spasmodic character ; at first the paroxysms are slight, and of short duration, with a scarcely perceptible "hoop," but soon they become more frequent and severe ; a succession of violent expulsive coughs is followed by a long-drawn inspiration, in the course of which the peculiar sound which gives a name to the disease is emitted ; again come the coughs, and again the inspiration, following each other in quick succession, until the sufferer, whose starting eyes, livid face, swollen veins, and clutching hands, attest the violence of the struggle for breath, is relieved by an expectoration of phlegm resembling the white of an egg, or by vomiting. When the paroxysm is over, the child generally resumes its play, or other occupation, and frequently complains of being hungry. As the disease proceeds, the matter expectorated becomes thicker, and is more easily got rid of, and this is a sign of favorable progress : the spasmodic paroxysms become less frequent and violent, and gradually cease altogether ; but the changes here indicated may extend over a month or six months, according to circumstances, the season of the year having much influence in hastening or retarding them, summer being, of course, the most favorable time. It is a common impression that, at whatever time of year an attack of Hooping Cough commences, it will not end until May ; this is simply because of the change in the weather which generally takes place in or

about the course of that month. With a strong, healthy child (when proper care is taken), there is little to apprehend from this disease, provided it be not complicated with others, such as inflammation of the lungs, or any head affection producing convulsions ; it then proves a most dangerous malady, and is fatal to many. With children of a full habit, the fits of coughing often cause bleeding at the nose, but this should not be viewed with alarm, as it relieves the vessels of the brain, and is likely to prevent worse consequences.

To weakly children Hooping Cough is a very serious malady—to all it is frequently a very sore trial, but to them it is especially so : therefore great care should be taken not to expose them to the danger of catching it ; that it is contagious there can be no doubt, and although some parents think lightly of it, and imagining their children must have it, at one time or another, deem that it matters little when, and therefore take no pains to protect them against it, yet we would impress upon all our readers, who may have the care of infants, that a heavy responsibility lies at their door. It is by no means certain that a child will have this disease ; we have known many persons who have reached a good old age and never contracted it ; and it is folly and wickedness needlessly to expose those placed under our care to a certain danger.

Like fever, Hooping Cough has a course to run, which no remedies, with which we are at present acquainted, will shorten ; the severity of the symptoms may be somewhat mitigated, and we may, by watching the course of the disease, and by use of the proper means, often prevent those complications which render it dangerous, and this brings us to the consideration of the proper mode of

*Treatment.*—The first effort should be directed to check any tendency to inflammation which may show itself ; to palliate urgent symptoms, and stop the spasm which is so distressing a feature of the case. To this end, the diet must be of the simplest kind, consisting for the most part of milk and farinaceous puddings ; if animal food, it must not be solid, but in the form of Broth, or Beef-tea ; roasted Apples are good ; and, for drinks, Milk and Water, Barley-water, Weak Tea, or Whey.

Care must be taken to keep the bowels open with some gentle aperient, such as Rhubarb and Magnesia, with now and then a grain of Calomel or Compound Julep Powder, if some-

thing stronger is required. An emetic should be given about twice a week, to get rid of the phlegm—it may be Ipecacuanha Wine or the Powder. To relieve the cough, the following mixture will be found effective:—Ipecacuanha Powder, 10 grains; Bicarbonate of Potash, 1 drachm; Liquor of Acetate of Ammonia, 2 ounces; Essence of Cinnamon, 8 drops; Water, 6½ ounces; Dose, a tablespoonful about every four hours.

For night restlessness, 2 or 3 grains of Dover's Powders, taken at bed-time, are good; this is the dose for a child of three years of age. Mustard poultices to the throat, the chest, and between the shoulders, are often found beneficial. *Roache's Embrocation* is a favorite application, and a very good one; it is composed as follows:—Oil of Amber and of Cloves, of each ½ an ounce; Oil of Olives, 1 ounce; a little Laudanum is, perhaps, an improvement. This may be rubbed on the belly when it is sore from coughing. Difficulty of breathing may be sometimes relieved by the vapor of Ether or Turpentine diffused through the apartment. In the latter stages of the disease, tonics are generally advisable. Steel Wine, about 20 drops, with 2 grains of Sesquicarbonate of Ammonia, and 5 drops of Tincture of Conium, in a tablespoonful of Cinnamon Water, sweetened with Syrup, is a good form; but a change of air, with a return to a generous diet, are the most effectual means of restoration to health and strength.

#### 995. **Diarrhœa**—(**Greek** *reo*, to flow).

Looseness of the bowels, sometimes called *Flux*. This is a very common disorder, arising from a variety of causes, foremost among which may be mentioned suppressed perspiration, a sudden chill or cold applied to the body, acid fruits, or any indigestible food, oily or putrid substances, deficiency of bile, increased secretion of mucus, worms, strong purgative medicines, gout or rheumatism turned inwards, etc. Hence diarrhœa may be distinguished as *bilious*, *mucous*, *lienitery* (where the food passes unchanged), *œliac* (where it passes off in a white liquid state, like chyle), and *verminose*, produced by worms.

The *symptoms* are frequent and copious discharges of feculent matter, accompanied usually with griping and flatulency; there is weight and uneasiness in the lower belly which is relieved for a time on the discharge taking place; there is

nausea, often vomiting ; a pale countenance, sometimes sallow ; a bitter taste in the mouth, with thirst and dryness of the throat ; the tongue is furred and yellow, indicating bile in the alimentary canal ; the skin is dry and harsh, and if the disease is not checked great emaciation ensues.

The *treatment* must depend in some degree on the cause ; the removal of the exciting matter, by means of an emetic, or aperient medicines, will, however, be a safe proceeding at first ; if the diarrhœa be caused by obstructed perspiration or exposure to cold, nauseating doses of Antimonial, or Ipecacuanha Wine may be given every three or four hours, the feet put into a warm bath, and the patient be well covered up in bed. When the case is obstinate, resort may be had to the vapour bath, making a free use of diluents and demulcents. Where there is acidity of the stomach, denoted by griping pains and flatulency, take Chalk Mixture, Aromatic Confection, and other anti-acid absorbents, or alkalies, such as Carbonate of Potash, with Spirits of Ammonia and Tincture of Opium, or some other anodyne ; if from putrid or otherwise unwholesome food, the proper course, after the removal of the offending matter, is to give absorbents, in combination with Opium, or if these fail, acid and an anodyne ; the following is an efficacious formula : Diluted Sulphuric Acid, two drachms ; Tincture of Opium, half a drachm ; Water, six ounces ; take a tablespoonful every two hours. When the looseness proceeds from acid or poisonous substances, warm diluent drinks should be freely administered, to keep up vomiting previously excited by an emetic ; for this purpose thin fat broth answers well ; a purge of Castor Oil should also be given. The diarrhœa which often occurs in childhood during the teething, should not be suddenly checked, nor at all, unless it prevails to a hurtful extent ; if necessary to stop it, give first a dose of Mercury and Chalk, from two to four or six grains, according to age, and then powder of prepared Chalk, Cinnamon and Rhubarb, about two grains of each every four hours. Diarrhœa sometimes attacks pregnant women, and, in this case, its progress ought to be arrested as quickly as possible. In all cases of looseness of the bowels it is best to avoid hot thin drinks, unless given for a specific purpose ; the food, too, should be simple and easy of digestion ; Milk with Cinnamon boiled in it, thickened with Rice or Arrowroot, is good ; vegetables, salt meat, suet puddings

and pies are not ; if there is much exhaustion, a little cool Brandy-and-Water may be now and then taken. When diarrhœa is stopped, astringent tonics, with aromatics, should be given to restore the tone of the stomach.

This disease may be distinguished from *Dysentery*, by being unattended by either inflammation, fever, contagion, or that constant inclination to go to stool without a discharge, which is common in the latter disease, in which the matter voided is sanguineous and putrid, while that in diarrhœa is simply feculent and alimentary.—*The Family Doctor*.

#### 996. **Diphtheria.**

In diphtheria the false membrane accompanying inflammation appears almost invariably in the fauces or throat, and in many cases it is limited to this situation. It may extend more or less over the mucus surface within the mouth and nostrils. It is not infrequently produced within the windpipe, giving rise to all the symptoms of true croup, and generally proving fatal. The disease rarely occurs except as an epidemic. Persons between three and twelve years of age are most apt to be affected with it, but no period of life is exempt from a liability to it. Frequent vomiting, diarrhœa, hemorrhage from the nostrils or elsewhere, convulsions, delirium and coma are symptoms which denote great danger. The chief objects in the treatment are to palliate the symptoms and support the powers of life by the judicious employment of tonic remedies conjoined with alimentation and alcoholic stimulants. The latter in some cases are given in large quantity without inducing their excitant effects, and there is reason to believe that they are sometimes the means of saving life. The following treatment has been tried in our own family, and has been most successful :

997. *The Sulphur treatment of diphtheria.*—An eminent physician is said to have worked great wonders in treating diphtheria with sulphur during the recent prevalence of an epidemic. A person who accompanied him says : “ He put a teaspoonful of flour of brimstone into a wine glass of water, and stirred it with his finger instead of a spoon, as sulphur does not readily amalgamate with water. When the sulphur was well mixed he gave it as a gargle, and in ten minutes the patient was out of danger. Instead of spitting out the gargle,

he recommended the swallowing of it. In extreme cases in which he had been called just in the nick of time, when the fungus was too nearly closing to allow the gargle, he blew the sulphur through a quill into the throat, and, if the fungus had shrunk to allow of it, then the gargling. He never lost a patient from diphtheria. If a patient cannot gargle, take a live coal, put it on a shovel, and sprinkle a spoonful or two of flour of brimstone at a time upon it: let the sufferer inhale it, holding the head over it, and the fungus will die. If plentifully used, the whole room may be filled almost to suffocation, and the patient can walk about in it, inhaling the fumes, with doors and windows closed."

#### 998. **Typhoid Fever.**

This fever is called by Germans abdominal typhus, and by English and American writers, for the same reason, enteric fever. This characteristic, intestinal affection, is one of the essential points of distinction between typhoid and typhus fever. Typhoid fever is undoubtedly communicable, yet it is rarely communicated to those who are brought into contact with cases of it, namely, physicians, nurses, and fellow patients in hospital wards; and it occurs when it is quite impossible to attribute it to a contagion. It is more apt to prevail in the autumnal months than at other seasons. The early symptoms are chilly sensations, pain in the head, loins and limbs, lassitude and looseness of the bowels. During the course of the fever stupor, as in cases of typhus, is more or less marked. In the majority of cases there is a characteristic eruption, usually confined to the trunk, but sometimes extending to the limbs. The duration of the fever is longer than that of typhus, the average, dating from the time of taking to the bed, being about sixteen days in the cases which end in recovery; it is somewhat less in the fatal cases. Milk is pre-eminently the appropriate article of diet, and alcoholic stimulants are sometimes tolerated in very large quantities without any of the excitant or intoxicating effects which they would produce in health. Favourable hygienic conditions are important, such as free ventilation, a proper temperature and cleanliness.

#### 999. **Fits.**

Fainting fits are sometimes dangerous, at other times harmless; should heart disease be the cause, the danger is great.

If from some slight cause, such as sight of blood, fright, excessive heat, etc., there is no cause for alarm. It would be superfluous to enumerate the symptoms. The treatment : First, lay the patient upon his back with his head level with the feet, loosen all garments, dash cold water over the face ; sprinkle vinegar and water over the hands and about the mouth, apply smelling salts to the nose, and when the patient has recovered a little, give twenty drops of sal volatile in water.

#### 1000. **Apoplexy.**

These fits generally occur in stout, short-necked people. Symptoms : sparks before the eyes, giddiness, confusion of ideas ; when the patient falls down insensible, the body is paralyzed, the face and head is flushed and hot, the eyes fixed, the breathing loud. Put the patient to bed, immediately raise the head, remove everything from the neck, bleed freely from the arm, if there is no lancet at hand use a penknife, put warm mustard poultices to the soles of the feet and the insides of the thighs, the bowels should be freely opened, take two drops of castor oil and mix with eight grains of calomel, put this as far back on the tongue as possible, the warmth of the throat will cause the oil to melt quickly, and so be absorbed into the stomach. If the blood vessels about the head are much swollen put eight leeches on the temple opposite the paralyzed side. Send for surgeon at once.

#### 1001. **Epilepsy.**

These fits generally attack young persons. Symptoms : Palpitations, pain in the head, but, as a rule, the patient falls down suddenly without warning. The eyes are distorted, foaming at the mouth, the fingers tightly clenched and the body much agitated ; when the fit is over the patient feels drowsy and faint. Keep the patient flat on his back, slightly raise the head, loosen all garments round the neck, dash cold water upon the face, place a piece of wood between the teeth to prevent the patient hurting his tongue. Give bromide of sodium in twenty-grain doses, in water, twice or three times a day.

#### 1002. **Hysteria.**

A nervous affection chiefly seen in females, and generally connected with uterine irregularities ; it is sometimes called *Clavus* or *Globus Histericus*, and is commonly known as



*Hysterics.* As this is a very common affection, within the province of domestic treatment, it is desirable that we should devote some little space to a consideration of it. It is a curious circumstance connected with this affection that it stimulates almost every disease to which humanity is liable. A patient suffering under Hysteria may have a rough, hoarse, croupy cough, loss of voice, hiccup, pain in the left side, fluttering of the heart, running at the eyes and nose, spasmodic contractions and convulsive movements of various kinds, vomiting, copious evacuations, delirium, and all kinds of violent and unmanageable symptoms, which subside as soon as the hysterical paroxysm does. All this shows that the whole nervous system is peculiarly influenced by the affection. An attack generally comes on with a sensation of choking ; it seems as if a ball were rising in the throat and threatening to stop the passage of the air ; then the trunk and limbs become strongly convulsed, so much so that an apparently feeble woman will require three or four strong persons to restrain her from injuring herself ; then follows the hysterical sobbing and crying, with alternate fits of laughter ; generally the head is thrown back, the face flushed, the eyelids closed and tremulous ; the nostrils distended, and the mouth firmly shut ; there is a strong movement in the throat, which is projected forward, and a wild throwing about of the arms and hands, with sometimes a tearing of the hair, rending of the clothes, catching at the throat, and attempts to bite those who impose the necessary restraint. After awhile the deep and irregular breathing, the obvious palpitation of the heart, with the symptoms above enumerated will cease ; there will be an expulsion of wind upwards, and the patient will sink down, sobbing and sighing, to remain tranquil for a shorter or longer period, at the end of which she may again start up and be as violent as ever ; or she may go off into a calm sleep, from which she will probably awake quite recovered. A fit of Hysteria may last for a few minutes only, or for several hours, or even days. Persons have died under such an infliction. It may generally be distinguished from epilepsy by the absence of foaming at the mouth, which is nearly always present in that disease, and also by the peculiar twinkling of the eyelids, which is a distinguishing symptom of great value, and a sign of safety. In epilepsy there is laborious or suspended respiration, dark livid complexion, a protruding and bleeding tongue ; rolling or

staring and projected eyeballs, and a frightful expression of countenance. Not so in Hysteria ; the cheeks are usually red, and the eyes, if not hidden by the closed eyelids, are bright and at rest ; the sobbing, sighing, short cries, and laughter, too, are characteristic of the latter affection. We point out these distinctions so that no unnecessary alarm may be felt during a fit of Hysteria, which is seldom attended with ultimate danger either to mind or body, although the symptoms are sufficiently distressing to cause anxiety.

*Treatment.*—The first efforts must be directed to prevent the patient, if violent, from injuring herself ; but this should not be done in a rude, rough manner. It is, perhaps, best to confine her hands by wrapping tightly round her a sheet or blanket. The dress should be loosened, especially round the throat, and the face freely exposed to fresh air, and both that and the head well washed with cold water ; if she can and will swallow, an ounce of camphor mixture, with a teaspoonful of Ether, Sal-volatile, tincture of Assafoetida, or Valerian, may be administered ; strong Liquid Ammonia may be applied to the nostrils ; and if the fit is of long duration, an enema injected, consisting of Spirits of Turpentine, Castor Oil, and Tincture of Assafoetida, of each half an ounce, in half a pint of gruel. What is required is a strong stimulus to the nervous system ; therefore, dashing cold water on the face, and hot applications to the spine, are likely to be of service. Sir A. Carlisle recommends that a polished piece of steel, held in boiling water for a minute or two, be passed down the back over a silk handkerchief. This has been found to prevent the recurrence of the paroxysm, which has before been periodic ; by which it would seem that the patient has some power of controlling the symptoms when a sufficiently strong stimulus is applied to enable or induce her to exercise it.

During the intermission or attacks of Hysteria, attention should be devoted to any constitutional or organic defects, from which they are likely to arise ; the patient's mind should be kept as tranquil as possible, and a tendency to all irregular habits or excesses held in check ; if plethoric, there should be spare diet, and perhaps leeching ; if scrofulous and weakly, good nourishing food and tonic medicines, particularly some form of iron, the shower bath, regular exercise, cheerful company ; antispasmodics, and remedies which have a gently stim-

ulating effect, will frequently relieve the sleeplessness complained of by hysterical patients better than opiates and other narcotics. In such cases Dr. Graves recommends pills composed of a grain of musk and two or three grains of Assafoetida, to be taken two or three times a day. A change in the mode of life, involving entering upon new cares and duties, will frequently effect a complete cure of Hysteria, which, it has been observed, seldom attacks women of a vigorous mind. It is extremely desirable that, in the education of young females, the bodily powers should be well exercised and developed. Too little attention is paid to this generally, and the consequence is that a great many of our young women are weak and nervous, and frequently subject to hysterical affections.

### 1003. Quinsy.

Though called tonsillites, the inflammation is rarely confined to the tonsils, but involves the pharynx, the soft palate and the uvula and sometimes extends to the root of the tongue. It commences with a feeling of dryness and discomfort about the throat and with pain in swallowing. The mucous membrane lining the throat is reddened, and the tonsils are more or less swollen. As the disease advances, the inflamed parts, at first dry, because covered with viscid mucous, and the distress of the patient is greatly enhanced by the effort which he is tempted to make to remove this secretion. In many cases suppuration occurs in one or both tonsils; when this takes place those organs are often enormously swollen, and, together with the obstruction of the inflamed palate, may render breathing difficult and painful. In such cases the febrile reaction is strongly marked, the skin being hot and the pulse full and frequent, the patient is unable to take nourishment, and the voice becomes thick and characteristic of the disease. The disease, though painful, is attended with little danger, but the inflammation may by extension involve the larynx and thus prove fatal. The disease requires but little treatment. Where the mucous membrane alone is involved, a stringent gargle, repeated five or six times a day, usually gives relief. The food should be liquid—soups, beef tea, milk, etc.—and should be swallowed in large mouthfuls, which give less pain than smaller ones. If an abscess forms in either or both tonsils the greatest relief is obtained from frequent inhalations of warm steam,

which acts as a poultice to the inflamed parts. As soon as the location of the abscess can be determined, it should be opened, after which there is usually no further trouble.

#### 1004. **An Excellent Remedy for a Cold.**

Take a large teacupful of linseed, two pennyworth of stick-liquorice, and a quarter of a pound of sun raisins. Put these into two quarts of soft water, and let it simmer over a slow fire till it is reduced to one ; then add to it a quarter of a pound of brown sugar-candy (pounded), a tablespoonful of old rum, and a tablespoonful of the best white-wine vinegar, or lemon-juice. Drink half a pint at going to bed, and take a little when the cough is troublesome. This receipt generally cures the worst of colds in two or three days, and if taken in time, may be said to be almost an infallible remedy. It is a most balsamic cordial for the lungs, without the opening qualities which endanger fresh colds on going out. It has been known to cure colds that have been almost settled into consumption, in less than three weeks. The rum and vinegar are best to be added only to the quantity you are going immediately to take ; for if it is put into the whole it is apt to grow flat.

#### 1005. **Colds (How to prevent).**

The *Popular Science Monthly* gives good advice in regard to the prevention of colds. The mistake is often made of not taking great care to put on extra wraps and coats when preparing for outdoor exercise. This is not at all necessary in robust persons. Sufficient heat to prevent all risk of chill is generated in the body by exercise. The care should be taken to retain sufficient clothing after exercise, and when at rest to prevent the heat passing out of the body. Indeed, persons very often catch chills from throwing off extra clothing after exercise, or from sitting about in garments the material of which is not adapted to prevent the radiation of heat from the body.

#### 1006. **Cough.**

A convulsive effort of the lungs to get relief of phlegm or other matter ; it may be a symptom of *Bronchitis*, or *Catarrh*, or *Croup*, or *Influenza*, or *Laryngitis*, or *Phthisis*, or *Pleurisy*, or *Pneumonia*, or *Relaxed Uvula*, also *Whooping Cough*.

We can here lay down but a few general principles with re-

gard to the treatment of simple cough without reference to the peculiar disease of which it may be symptomatic ; and first let us observe, that it may be either what is properly, as well as medically, termed *dry* or *moist*. In the former case, Opium and its preparations are advisable, in the latter they should not be used ; the irritation will be best allayed by Henbane or Hemlock, either the Tincture or Extract, with demulcents, as Barley Water, Linseed-Tea, etc., and Liquorice, either the Root boiled, or Extract ; it is well also to add from five to ten drops of Ipecacuanha Wine to each dose ; inhalation also of the steam from boiling water will generally be found beneficial—and especially if some medicinal herb, such as Horehound or Coltsfoot, be infused in it. In moist coughs there should not be so much fluid taken, and the use of demulcents must be somewhat restricted. Opiates may be administered, but not too freely, either separately or in cough mixtures ; Paregoric Elixir, in which the Opium is combined with Benzoic Acid and Oil of Aniseed (expectorants), and Camphor (antispasmodic), is perhaps the best form of administration ; a teaspoonful in a glass of water generally allays the irritation and frequent desire to cough which arises from it. In cases where there is difficulty of expectoration, some such mixture as this should be taken : compound Tincture of Camphor, four drachms ; Ipecacuanha Wine and Oxymel of Squills, of each two drachms ; Mucilage of Acacia, one ounce ; water, four ounces, mix and take a tablespoonful when the cough is troublesome ; for old people, two drachms of Tincture of Benzoin, commonly called Friar's Balsam, may be added to the above ; and if there should be much fever, two drachms of Sweet Spirits of Nitre. For all kinds of cough counter irritants should be applied, such as blisters and warm plasters, rubbing in of stimulating ointments on the chest and between the shoulders ; those parts also should be well protected by flannels next the skin, dressed bare skin and other contrivances of the kind. For coughs which are more particularly troublesome by night, it is best to give the Opium, Henbane, or Hemlock, as the case may be, at bedtime, in the shape of a pill ; of the extracts of either of the latter, five grains may be given ; of the first, one or two grains of the Gum, or a quarter of a grain of Morphine. A long experience of their efficacy among a large number of dispensary patients enables the author to recommend with confidence the

following pills: take of Compound Squill Pill, one drachm; Ipecacuanha Powder and Extract of Hyoscyamus, of each, half a drachm; mix and make into twenty-four pills, take one or two on going to rest.

#### 1007. **Headache.**

Headache may arise from a variety of causes; consequently the preventive measures vary according to the nature of the attack. When it is of that kind which is dependent on rheumatism, and which affects the muscles, extending often from the forehead to the back, and sometimes involving the temples, the patient should be as much as possible in the open air, and should use the shower bath every morning. When the form of headache is accompanied with tenderness of the scalp, and acute pain on pressure, indicating an affection of the immediate covering of the bones—besides exercise in the open air, the head should be shaved and washed twice a day, namely, morning and evening, with cold water, and afterwards gently rubbed with a towel for ten or fifteen minutes. The residence should be in a dry, somewhat elevated situation; and quietude of mind should be maintained. When the pain in the forehead and the back of the head is obtuse, and accompanied with a sensation of torpor and oppression; and when this occurs in weak and irritable persons, besides the necessary medical treatment, which ought not to be neglected, all mental applications should be suspended and cheerful society cultivated; the diet should be moderate, and the utmost attention paid to the state of the bowels. Exercise and shower-baths are as essential in this as in the other varieties of the headache. Lastly, in what is usually termed *sick* headache, denoted by either acute or dull pain over the left temple, with some tenderness of the part, throbbing, and an incapacity at the time for any mental exertion, the whole arising generally from indigestion, or some error in diet previous to the occurrence of the headache, it is scarcely necessary to say that prudence in diet, both with respect to quantity and quality, should be observed. Long fasting, excess of wine or any stimulant, protracted sedentary occupations, hurry of business and anxiety, should be known to be exciting causes, and, consequently, as far as possible, avoided by those predisposed to sick headaches; in brief, the duty of the head and the feet should be

equally balanced. Proper diet and exercise, cheerfulness of mind, and agreeable social intercourse, will do more to regulate the stomach and bowels, in those predisposed to this form of headache, than any plan of medical treatment which can be suggested.

### 1008. Headache Sponged Away.

Nervous headache has often been called woman's curse. The hard day's shopping, the day when everything in the household "went wrong," the afternoon spent in paying calls, or a day of ceaseless toil with the needle,—all these are apt to end in the state mentioned, to the great discomfort of husband and family, and still greater of the sufferer herself.

Bromides are the most common resort in such a case, but they soon lose their effect. A sponge and hot water will effect the best cure of all, if properly used.

First, fasten the hair high on the head, to keep it as dry as possible, have the water just as *hot* as you can stand it, soak the sponge and place it at the back of the neck. Apply it also behind the ears, where centre most of the nerves and muscles of the head; and these will be found to soften and relax most deliciously. Often the pain will be relieved in a few minutes.

Then, in the same manner, bathe face and temples, and when through give the face a dash of cold water. If you have an hour to spare afterward darken your room and lie down. You will be more than apt to fall into a gentle slumber, from which to arise refreshed and strengthened, with all trace of nervousness gone.

The face bath with hot water is far better than any cosmetic; it restores to the face color and smoothness of outline, and helps to keep away wrinkles. It quickens the circulation and keeps the pores open and the skin perfectly clean; and if you are expecting to attend an evening party, after such a day of wear, and view with dismay the drawn lines of the face and eyes and the hollow looks of the latter, let me urge you to try my remedy—not neglecting the nap, if possible—and great will be the change thereafter in your appearance. The lines will be gone, and the look of distress; the soft, healthful color will come again to the cheek and lip, and a restful and rested look return to the eyes, and you will be once more in condition to enjoy—and, better yet, to be enjoyed.

**1009. Cephalic Snuff.**

Lundyfoot snuff and as-abaracca leaves, of each two ounces ; lavender flowers, two drachms ; essence of bergamot and oil of cloves, of each four drops. Grind the lavender with the snuff and leaves to a fine powder ; then add the perfume. Much recommended in headaches, dimness of sight, etc.

**1010. Bilious or Sick Headache.**

Headache is, in general, a symptom of indigestion, or deranged general health, or the consequence of a confined state of the bowels. The following alterative pill will be found a valuable medicine : Take of calomel, ten grains ; emetic tartar, two, three, or four grains ; precipitated sulphuret of antimony, one scruple ; guaiacum in powder, one drachm. Rub them well together in a mortar for ten minutes, then, with a little conserve of hips, make them into a mass, and divide it into twenty pills. *Dose.*—One pill is given every night, or every other night, for several weeks in succession.

**1011. Hiccough.**

This may usually be removed by the exhibition of warm carminatives, cordials, cold water, weak spirits, camphor julep, or spirits of sal-volatile. A sudden fright or surprise will often produce the like effect. An instance is recorded of a delicate young lady that was troubled with hiccough for some months, and who was reduced to a state of extreme debility from the loss of sleep occasioned thereby, who was cured by a fright, after medicines and topical applications had failed. A pinch of snuff, a glass of *cold* soda-water, or an ice cream will also frequently remove this complaint.

**1012. Cramp.**

When cramp occurs in the limbs, warm friction with the naked hand, or with the following stimulating liniment, will generally be found to succeed in removing it :

*The Liniment.*—Take of water of ammonia, or of spirit of hartshorn, one ounce ; olive oil, two ounces. Shake them together till they unite.

When the stomach is affected, brandy, ether, laudanum, or tincture of ginger affords the speediest means of cure. The following draught may be taken with great advantage : Laudanum, forty or fifty drops ; tincture of ginger, two drachms ;



syrup of poppies, one drachm; cinnamon or mint water, one ounce. Mix for a draught. To be repeated in an hour, if necessary.

In severe cases, hot flannels, moistened with compound camphor liniment and turpentine, or a bladder nearly filled with hot water, at 100 deg. or 120 deg. Fahr., should be applied to the pit of the stomach; bathing the feet in warm water, or applying a mustard poultice to them is frequently of great advantage.

\*.\* The best preventatives, when the cause of cramp is constitutional, are warm tonics, such as the essence of ginger and camomile, Jamaica ginger in powder, etc., avoiding fermented liquors and green vegetables, especially for supper, and wearing flannel next to the skin.

### 1013. Neuralgia (Greek *neuron*, a Nerve, and *algos*, Pain).

A painful affection of the nerves: when it occurs in those of the face, it is termed *face-ague*, or *tic-doloreux*; when it affects the great nerve of the leg, it is called *sciatica*; other parts, such as the fingers, the chest, the abdomen, etc., are also liable to this agonizing pain, one of the most severe and wearing to which the human frame is liable; the exact nature of it is not very clear, that is to say, the origin of the disease, for although its immediate seat is a nerve, or set of nerves, yet there must be some originating cause. It can frequently be traced to some decay, or diseased growth of the bone about those parts through which the nerves pass; and in some severe cases it has been found to depend upon the irritation caused by foreign bodies acting upon those highly sensitive organs. The only *symptom* of neuralgia generally, is a violent plunging and darting pain, which comes on in paroxysms; except in very severe and protracted cases, there is no outward redness nor swelling to mark the seat of the pain, neither is there usually constitutional derangement, other than that which may be caused by want of rest, and the extreme agony of the suffering while it lasts, which may be from one to two or three hours, or even more, but it is not commonly so long. Tenderness and swelling of the part sometimes occurs, where there has been a frequent recurrence and long continuance of the pain, which leaves the patient, in most cases, as suddenly as it comes on; its periodic returns and remissions, and absence of inflammæ-

tory symptoms, are distinctive marks of the disease. Among its exciting *causes*, we may mention exposure to damp and cold, especially if combined with malaria; and to these influences a person with a debilitated constitution will be more subject than another. Anxiety of mind will sometimes bring it on and so will a disordered state of the stomach, more particularly a state in which there is too much acid.

As for *treatment*, that, of course, must depend upon the cause; if it is a decayed tooth, which, by its exposure of the nerve to the action of the atmosphere, sets up this pain, it should be at once removed, as there will be little peace for the patient until there is; if co-existent with neuralgia there is a disordered stomach, suspicion should at once point thereto, and efforts should be made to correct the disorder there. If the patient is living in a moist, low situation, he should at once be removed to a higher level, and a dry, gravelly soil. Tonics, such as Quinine and Iron, should be given, and a tolerably generous diet, but without excess of any kind. In facial Neuralgia, blisters behind the ears, or at the back of the neck, have been found serviceable, and, if the course of the nerve which appears to be the seat of mischief can be traced, a Belladonna plaster or a piece of rag soaked in Laudanum and laid along it, will sometimes give relief; so will hot fomentations of poppies and camomiles, or bran poultices sprinkled with turpentine. In very severe cases  $\frac{1}{4}$  of a grain of Morphine may be given to deaden the nervous sensibility, and induce sleep, which the patient is often deprived of at night, the pain coming on as soon as he gets warm in bed.

An application of Chloroform on lint has sometimes proved very effectual in relieving severe Neuralgic pains, and so has an ointment composed of Lard and Veratrine, in the proportion of six grains to the ounce.

A mixture of Chloroform and Aconite has been recommended for facial Neuralgia, the form of preparation being two parts of Spirits of Wine, or Eau de Cologne, one of Chloroform, and one of Tincture of Aconite, to be applied to the gums of the side affected by means of a finger covered with a piece of lint or soft linen, and rubbed along them; the danger of dropping any into the mouth being thus avoided. When the pain is connected with some organic disease, as a decayed tooth, or chronic inflammation of the gums, or of the sockets or super-

ficial necrosis of the bone, substitute Tincture of Iodine for the Spirit in the above formula. We would caution our readers strongly against the careless inhalation of Chloroform as a remedy for Neuralgia, which appears to be growing into a general practice ; several deaths have resulted from it, the practice being to pour a little on a pocket handkerchief, without much regard to quantity, and hold it to the mouth until the required insensibility is produced. This remedy should never be administered, except under the supervision of a medical adviser. People at all liable to this painful affection should be extremely careful not to expose themselves to wet or cold : above all to avoid draughts. A very slight cause will often bring it on where there is the slightest tendency to it.

#### 1014. **Croup.**

On the first appearance of croup, administer a teaspoonful of the following mixture :—Ipecacuanha Wine, half an ounce ; tartaric emetic, one grain ; distilled water, half an ounce. Mix. Should be immediately given, and repeated every ten minutes, until it excites vomiting. After its operation the child should be put in a warm bath, for ten to fifteen minutes, and a dose of calomel and James' powder given. If relief be not obtained from these measures, the entire throat should be covered with leeches, say eight or ten, and the bowels emptied by the following injection :—Take of common turpentine two drachms, beat it up with the yolk of an egg, and add by degrees half a pint of decoction of chamomile flowers, in which an ounce of glauhar salts have been dissolved ; strain it, and divide it into two equal parts, one of which is to be administered night and morning. If the alarming symptoms are not checked in twelve hours, the warm bath is to be repeated, and calomel, in doses of from three to five grains, with three grains of Jam s' powder in each, should be given every third hour.

If a child recover from the attack of croup, every affection of the chest and lungs should be considered as important ; it should, therefore, be carefully guarded against cold, especially in damp weather, for which purpose the child should wear a chamois leather waistcoat next the skin, made to cover the neck and great attention be paid to the stomach and bowels. *A child having been once attacked with croup is very liable to its return from any slight exposure to cold.*

**1015. Treatment of Bunions.**

This consists in removing all pressure from the part. The formation of a bunion may in the beginning be prevented, *but only in the beginning*; for when actually formed, it is scarcely possible ever to get rid of it, and it remains an everlasting plague. To prevent the formation of a bunion, it is necessary whenever or wherever a boot or shoe pinches, to have it eased at once, and so long as that part of the foot pinched remains tender, not to put on the offending shoe again. When a bunion has once completely formed, if the person wish to have any peace, and not to have it increase, he must have a last made to fit his foot, and have his shoe made upon it. And whenever the bunion inflames, and is painful, it must be bathed with warm water and poulticed at night.

**1016. Sty.**

The sty is strictly only a little boil which projects from the edge of the eyelid. It is of a dark red color, much inflamed, and occasionally a great deal more painful than might be expected, considering its small size. It usually disappears of itself, after a little time, especially if some purgative medicine be taken.

If the sty be very painful and inflamed, a small warm poultice of linseed meal, or bread and milk, must be laid over it, and renewed every five or six hours, and the bowels freely acted upon by a purgative draught, such as the following:—Take of Epsom salts, half an ounce; best manna, two drachms; infusion of senna, six drachms; tincture of senna, two drachms; spearmint water, one ounce; distilled water, two ounces. Mix; and take three, four, or five tablespoonfuls.

When the sty appears ripe, an opening should be made into it with the point of a large needle, and afterwards a little of the following ointment may be smeared over it once or twice a day. *Ointment.*—Take of spermaceti, six drachms; white wax, two drachms; olive oil, three ounces. Melt them together over a slow fire, and stir them constantly until they are cold

**1017. Simple Remedies.**

A teaspoonful of lime-water will cure the worst case of colic. This is something every mother should know.

A couple of figs eaten before breakfast are an excellent laxative, especially for children.

When suffering from overstrained and tired eyes, bathe them in hot water several times a day.

For cankered throats, mix equal parts of powdered borax and sulphur, and blow a little into the throat thorough a quill.

For a cough, boil one ounce of flaxseed in a pint of water, strain and add a little honey, one ounce of rock candy, and the juice of three lemons. Mix and boil well. Drink as hot as possible.

For ivy poisoning, boil wood ashes enough to make a strong lye ; wash the poisoned parts in this, let it remain on a few minutes, and wash off in soft lukewarm water ; when dry anoint with vaseline. Repeat this process as the poison develops itself. One or two applications will effect a cure.

Only a scratch ! and yet a scratch has often cost a life. A scratch should be carefully washed with a little Castile soap and warm water. It should never be touched by the finger nails. If there is any appearance of inflammation, a small bread-and-milk poultice, or the application of some medicated clay, will be the safest and best treatment. A sudden and decided change in the weather, or a poor condition of the blood, will often favor the scratch, and develop it as an agent for serious evil.

**1018. Oatmeal Drink (Recipe by the late Dr. Parkes).**

“ The proportions are a quarter pound of oatmeal to two or three quarts of water, according to the heat of the day and the work and thirst ; it should be well boiled, and then an ounce or one and a half ounces of brown sugar added. If you find it thicker than you like, add three quarts of water. Before drinking it shake up the oatmeal well through the liquid. In summer drink the cold ; in winter hot. You will find it not only quenches thirst, but will give you more strength and endurance than any other drink. If you cannot boil it you can take a little oatmeal mixed with cold water and sugar, but this is not so good ; always boil it if you can. If at any time you have to work a very long day, as in harvest, and cannot stop for meals, increase the oatmeal to half pound or even three quarters pound, and the water to three quarts if you are likely to be very thirsty. If you cannot get oatmeal, wheat-flour will do, but not quite so well.” Those who tried this recipe last year found that they could get through more work than when using beer, and were stronger and healthier at the end of the harvest.

**1019. Chilblains.**

Paint them with iodine, or apply camphor ointment.

**1020. For Inflamed or Weak Eyes.**

Half fill a bottle with common rock salt ; add the best of French brandy till all but full. Shake it, let it settle, and bathe the outside of the eye with a soft linen cloth on going to bed and occasionally through the day. This will be found a good application for pains and bruises generally.

**1021. Earache.**

That bugbear of the nursery, earache, will soon yield to proper treatment. Make a poultice of hops and vinegar and bind it upon the aching member ; almost instant relief will follow. One drop of onion juice and two drops of sweet oil should be put into the ear immediately after the poultice is taken off, to prevent a recurrence of the pain.

**1022. Deficiency of Wax in the Ear.**

Deafness is sometimes the consequence of a morbidly dry state of the inner passages of the ear. In such cases, introduce a piece of cotton wool, dipped in an equal mixture of oil of turpentine and oil of sweet almonds, or in the liniment of carbonate of ammonia.

**1023. Accumulation of Wax in the Ear.**

To remedy this, which is a very frequent cause of deafness, introduce a small piece of cotton wool, upon which a little oil of sweet almonds has been dropped, into the ear, and let it remain there for a day or two. Then syringe the ear with a little warm milk and water, or a solution of soap or with a solution of common salt and water, in the proportion of two drachms of the former to half an ounce of the latter. The solution of salt is the best solvent of accumulated wax in the ear.

**1024. To Remove Nervous Anxiety.**

Keep the bowels regular with mild purgatives, take plenty of exercise in the open air, adopt a light nutritious diet, and seek pleasant society. A teaspoonful of carbonate of soda, or of magnesia, or a few drops of laudanum taken the last thing at night, will generally have the effect of preventing watchfulness.

**1025. Hives.**

The irritation caused by hives can be allayed by dipping the bare finger in sweet oil and gently rubbing the affected parts. Under this treatment the intense itching ceases, and the child soon falls into a peaceful sleep.

**1026. Poultices and Plasters.**

The convenient mustard leaves should be kept in every house. But in the case of children, a milder plaster than one of pure mustard may be required. For an infant it is never safe to use more than one quarter mustard, completing the plaster with three-quarters flour or linseed meal. For an older child one half mustard to one half flour may be used. Should a strong plaster be needed use pure mustard. In each case mix with boiling water to the consistence of thick paste, spread the plaster on a thick cotton cloth, lay over the face of the plaster a piece of thin old linen to prevent it touching the skin. A roll of old linen handkerchiefs should always be kept on hand to be used for this purpose, and there should be a roll of cotton sheeting convenient to spread plasters and poultices on when needed. A small can of mustard and a can of flour should be kept, as well as a box of prepared mustard plasters for use at night and in emergencies when it is not always convenient to depend upon kitchen supplies. When a prepared mustard plaster is used it should be dipped in boiling water, and a layer of thin linen cambric should be laid over the face of it when it is put on. After applying, cover any plaster of this kind with thick flannel, laid over the back, to prevent the dampness from it penetrating the clothing. Where a mustard plaster is removed physicians usually order a layer of cotton wadding to replace it, in order to prevent the patient taking cold, and cotton wadding should always be kept at hand for this purpose, with the materials for making the paste.

**1027. To Produce Perspiration.**

Twelve drachms of antimonial wine and two drachms of laudanum. Of this mixture eighteen drops may be taken in water every five or six hours.

**1028. Lotion to Remove Freckles.**

Mix two ounces of rectified spirits of wine, add two teaspoonfuls of muriatic acid, with one pound and a half of distilled water.

**1029. Ointment for Chilblains**

Calomel and camphor, of each two drachms ; spermaceti ointment, eight drachms ; oil of turpentine, four drachms. Mix well together. Apply, by gentle friction, two or three times daily.

**1030. To Raise a Blister Speedily.**

A piece of lint dropped into vinegar of cantharides, and immediately after its application to the skin covered over with a piece of strapping to prevent evaporation.

**1031. Dyspepsia, Heartburn, and Acidity.**

Pure water, five ounces ; carbonate of ammonia, two drachms ; syrup of orange peel, one ounce. Mix. For a six-ounce mixture.

**1032. Warming Plaster.**

Burgundy pitch, seven parts, melt and add plaster of cantharides, one part. Some add a little camphor. Used in chest complaints, local pains, etc.

**1033. Rules for the Preservation of Health.**

Adopt the plan of rising early, and never sit up late at night.

Wash the whole body every morning with cold water, by means of a large sponge, and rub it dry with a rough towel, or scrub the whole body for ten or fifteen minutes with flesh-brushes.

Drink waters generally, and avoid excess of spirits, wine, and fermented liquors.

Sleep in a room which has free access to the open air, and is well ventilated.

Keep the head cool by washing it with cold water when necessary, and abate feverish and inflammatory symptoms when they arise by persevering stillness.

Symptoms of plethora and indigestion may be corrected by eating and drinking less per diem for a short time.

Never eat a hearty supper, especially of animal food.

Exercise, regularly adopted, conduces to preserve the health, and should always be taken by those who value so inestimable a blessing.



**1034. Always Keep Warm.**

If you are getting a cold and feel the chills creeping stealthily over you, beware, and get warm at any cost ! Heat your room to eighty degrees if necessary, drink a cup of hot tea or chocolate, and put on all the wraps you please, even if you are laughed at for so doing. Better a small laugh at your expense than a severe cold, lasting for weeks, perhaps ending in a doctor's bill, certainly spoiling your comfort and your good looks as well. And when the chill is averted and normal warmth and health restored, you will then need the extra heat no more than the wagon needs a fifth wheel. But never sit and chill, for fear of "coddling yourself." It is almost suicidal.





## INDEX OF DOMINION COOK BOOK.

---

### BREAD AND CAKES— Pages 140-172.

- Biscuits, 149, 162, 170, 171,  
..... 172  
Bread, Brown.... 145, 146  
    "    Corn ..... 147  
    "    French ..... 145  
    "    Home-made. 142, 143  
    "    Plain ..... 144  
    "    Potato (Yeast). 142  
    "    Rice and Wheat  
        ..... 145, 147  
    "    Rolls ..... 148 149  
    "    Rusks ..... 148  
Buns..... 151, 152  
Cakes, all kinds of, 152,  
    153, 154, 156, 161, 162,  
    163, 164, 165, 166, 167,  
    168, 169, 170, 171, 172.  
Cakes, Icing for .. 155, 156  
    "    Fruit ..... 157, 158  
    "    Rice ..... 159, 160  
    "    Seed ..... 158, 159  
    "    Muffins ..... 150  
    "    Crumpets ..... 150  
    "    Rolls. 148, 149, 154  
    "    Waffles ..... 151  
    "    Ginger ..... 162  
    "    Soda..... 147  
    "    Yeast..... 141, 144  
    "    White..... 143

### BUTTER—Pages 243, 248.

- Butter, to dress .. 244, 245  
    "    to preserve .... 24;  
Buttermilk ..... 244  
Cream, to manage..... 244

### CANNED FRUIT—Pages 234-238.

- Canned Cherries ..... 237  
    "    Fruit to bottle. 237  
    "    Gooseberries.. 237  
    "    Peaches.. 234, 235  
    "    Pears.... 235, 236  
    "    Pineapples ... 235  
    "    Plums ..... 236  
    "    Strawberries .. 236  
    "    Syrup ..... 238

### CARVE BEEF, PORK, ETC.—Pages 65, 78.

### CARVE POULTRY, ETC. —Pages 40, 41, 52, 72.

### CATSUP — Pages 132- 136.

- Caper ..... 134  
Cherokee ..... 134  
Chile Vinegar ..... 134  
Garlic " ..... 135  
Grape Catsup..... 136  
Green Gooseberry and  
    Chutnee ..... 134  
Herb Powders ..... 135  
Himalaya ..... 135  
Horse Radish Vinegar. 134  
Lemon Catsup ..... 132  
Mint Vinegar..... 133  
Mustard Vinegar..... 133  
Mother's Chutnee .... 135  
Mushroom ..... 132  
Nasturation for Capers. 134  
Parsley ..... 135  
Tomato..... 133  
Useful Catsup ..... 136

**CHEESE—Pages 244-248.**

Cream Cheese . 245, 246, 247  
 “ Macaroni . 247, 248  
 “ Rennet to prepare . . . . . 244

**DESSERTS—Pages 213, 215.**

Almond and Raisins  
 . . . . . 213, 214  
 Apples . . . . . 213  
 Apple Ginger . . . . . 214  
 Bananas . . . . . 214  
 French Plums . . . . . 215  
 Frosted Currants . . . . . 213  
 Figs . . . . . 215  
 Impromptu . . . . . 213  
 Mixed Fruits . . . . . 214  
 Nuts . . . . . 215  
 Oranges . . . . . 213  
 Strawberries . . . . . 214, 215

**EGGS—Pages 123-131.**

Fried . . . . . 126, 127  
 Omelet . . . . . 129, 130  
 Poached . . . . . 123, 124  
 Stewed . . . . . 125, 126  
 Scrambled . . . . . 127, 128  
 To keep fresh for several weeks . . . . . 130

**FISH—Pages 25-39.**

Cods and Shoulders to boil . . . . . 26  
 Cod's Roes . . . . . 27  
 Cod, Curry of . . . . . 27  
 Cod, Salt . . . . . 27  
 Cod Steaks . . . . . 28  
 Cod Fish Balls . . . . . 28  
 Cream Oysters, half shell 34  
 Crimped Cod and Oyster Sauce . . . . . 28

Fish Croquets . . . . . 38  
 Fresh Salmon to boil . . 30  
 Haddock with Tomatoes 38  
 Halibut . . . . . 38, 39  
 Herrings, baked . . . . . 34  
 Lobster Croquets . 30, 32, 32  
 Mackerel, pickled . . . . . 35  
 “ scalloped . . . . . 35  
 Mullet with Tomatoes . . 36  
 Oyster Sausages . . . . . 34  
 “ Boiled . . . . . 33  
 “ Stewed . . . . . 35  
 “ Patties . . . . . 34  
 Perch and Trout . . . . . 35  
 Pike, Haddock stuffing . 39  
 Salmon, Salt, to Souse . . 28  
 “ “ Boil . . . . . 28  
 “ “ Pot . . . . . 28  
 “ Dried . . . . . 29  
 “ Italian Sauce . . . . . 30  
 Shad, Boiled . . . . . 32  
 “ Baked . . . . . 32  
 Smelts, to Fry . . . . . 37  
 Sturgeon, Fresh . . . . . 36  
 Turbot, Fillet of, Front and Grayling to Fry . . 35  
 Whiting, fried . . . . . 35

**FLAVORS—Page 225.**

Bisque . . . . . 225  
 Chocolate . . . . . 225  
 Fruit Ice Cream . . . . . 225  
 Fruit Ices . . . . . 225  
 Lemon . . . . . 225  
 Vanilla . . . . . 225

**FORCEMEATS — Pages 137-139.**

Balls . . . . . 138, 139  
 “ for Cold Pie . 137, 138  
 “ common, for Veal or Ham . . . . . 137

- Balls for Fowls or Meat  
 ..... 137, 138  
 " for Fish Soups...  
 ..... 138, 139  
 " for Oysters or Boil-  
 ed Turkey .... 139  
 Sage and Onion Stuffing 139

**GRAVIES—Page 79.**

All kinds of .... 79, 80, 81

**ICE CREAM — Pages  
 224-225.**

Chocolate Ice Cream... 224  
 Coffee Ice Cream..... 224  
 Recipes for making ... 225

**JELLIES — Pages 239-  
 242.**

Apple Jelly ..... 241  
 Crab-apple..... 239  
 Currant ..... 240, 242  
 Gooseberry ..... 240, 241  
 Mixed Fruit..... 241  
 Orange ..... 242  
 Peach ..... 242  
 Quince ..... 241  
 Raspberry Vinegar... 242

**MEATS, How to Choose  
 —Pages 51-78.**

A Polish Dish ..... 51  
 Beef, Braized and cooked. 58  
 " Bubble and Squeak 56  
 " Boiled ..... 56  
 " Carving ..... 52  
 " Cold ..... 56  
 " Collops ..... 56  
 " Fillets..... 55  
 " Heart, roast .... 57  
 " Hunter's ..... 59  
 " Grenadins of.... 54  
 " Olives ..... 57  
 " Omelet ..... 58

Beef, Ox Tongue, baked. 59  
 " Pie ..... 54  
 " Roast, sirloin .... 55  
 " Spiced ..... 53  
 " Steak Pudding ... 53  
 " " Stewed ..... 59  
 " " Stuffed ..... 53  
 " Sausages ..... 56  
 " Tongue ..... 59, 60  
 Cold Meat Cookery ... 64  
 Irish Stew..... 64  
 Kidneys, Fried ..... 64  
 " Grilled ..... 64  
 Lamb Chops ..... 61  
 " Fore Quarter... 65  
 " Leg ..... 65  
 Mutton, Roast ..... 61  
 " Leg, boiled ... 61  
 " Leg of..... 65  
 " Loin of..... 65  
 " Boned ..... 61  
 " Cornettes..... 62  
 " Haricot ..... 63  
 " La Italienne .. 62  
 " Pie ..... 64  
 " Shoulder, boiled  
 with oysters. 61  
 " Sweetbread ... 63  
 " Lamb " ... 63  
 " Toad in the  
 Hole ..... 63  
 " to carve ..... 65

**PASTRY AND PUD-  
 DINGS—Pages 173-  
 212.**

Cheese Cakes .... 208, 209  
 Fritters of all kinds  
 ..... 205, 206, 207  
 Pancakes ..... 198, 199  
 Pastries, Glazings, 200, 201,  
 202, 203, 204.  
 Pie, Chicken ..... 194

# INDEX OF DOMINION COOK BOOK.

Pie, Cottage . . . . . 192  
 " Beefsteak . . . . . 193  
 " Beefsteak and Oyster . . . . . 194, 195  
 " Giblet . . . . . 194  
 " Lemon . . . . . 195, 196  
 " Macaroni . . . . . 193  
 " Mutton . . . . . 195  
 " Pigeon . . . . . 192  
 " Pork . . . . . 192  
 " All kinds, 196, 197, 198, 199, 200.

Pie and Pudding Crusts . . . . . 202-205

Puddings, 174, 175, 176, 177, 178, 179, 180, 181, 182.

Puddings, Plum, 183, 184, 185.

Puddings, all kinds, 186, 187, 188, 189, 190, 191

Puffs . . . . . 207, 208

Tarts . . . . . 209, 210, 211, 212

## PICKLES—Pages 119-122.

Beets . . . . . 122  
 Cucumbers . . . . . 121  
 Eggs . . . . . 122  
 Jumbo . . . . . 120  
 Lemons . . . . . 121  
 Mushrooms . . . . . 120  
 Onions . . . . . 119, 120  
 Picklilli . . . . . 121  
 Red Cabbage . . . . . 120  
 Walnuts . . . . . 120

## PORK—Pages 66-72.

Pig's Fry . . . . . 67  
 " Petitoes . . . . . 66  
 Pork Cheese . . . . . 69  
 " Cutlets . . . . . 68  
 " Ham, potted . . . . . 70

Pork Ham, to boil . . . . . 69  
 " Hashed . . . . . 68  
 " Lard, to make . . . . . 70  
 " Leg to roast . . . . . 66  
 " " to boil . . . . . 66  
 " to carve . . . . . 71, 72  
 " Loin and Neck, to roast . . . . . 66  
 Pork, Neck, rolled . . . . . 66  
 " Pickled . . . . . 67  
 " Pie . . . . . 66  
 " Sausages . . . . . 69  
 " Shoulder and breast . . . . . 66  
 " Sucking Pig, roast . . . . . 68  
 " " to carve . . . . . 71  
 " Tripe, fried . . . . . 70  
 " " stewed . . . . . 71  
 " " to dress . . . . . 70, 71  
 " Ham, to boil . . . . . 69  
 " " to Glaze . . . . . 70  
 " " Carve . . . . . 72

## POULTRY AND GAME—Pages 40-50.

Braised Fowl with Macaroni . . . . . 44  
 Broiled Chicken, with Mushrooms . . . . . 45  
 Chickens, cooking of . . . . . 43, 45  
 Chestnut Sauce for Turkey . . . . . 48  
 Chicken Jellied . . . . . 44  
 Duck, Wild (Roast) . . . . . 45  
 Force meat for Turkey . . . . . 48  
 German Dish . . . . . 47  
 Gravy for Turkey . . . . . 48  
 Giblets to Stew . . . . . 47  
 Hashed Game . . . . . 50  
 " Venison . . . . . 49  
 Pigeons . . . . . 47  
 Puree of Game . . . . . 45  
 Quail Pie . . . . . 45  
 Quail, roasting with Ham . . . . . 46

Rabbit Pie.....	46
Rabbit, Stewed.....	46
Roast Goose .....	50
To Truss Turkey for Roasting.....	47
Turkey, Roast .....	48
" Pulled.....	49
" Boiled.....	49
To Truss a Goose.....	50
To Carve Poultry ..40, 41	
To Dress for Roasting or Boiling.....	41, 42

### **PRESERVES—Pages 226-233.**

Jams to make. 227, 228, 229	
" Marmalade . 231, 232	
" Citron to preserve 229	
Crab apple to preserve. 232	
Chestnuts .....	233
Melons .....	229
Oranges .....	231
Pumpkins .....	230
Peaches .....	233
Quinces .....	230
Tomatoes .....	232
Walnuts .....	233

### **SALADS—Pages 115- 118.**

Salad Anchovy ...	115, 117
" Beet Root .....	118
" Celery .....	118
" Egg .....	118
" Game .....	117
" Lettuce .....	115
" Lobster .....	116
" Oyster .....	118
" Potato .....	116
" Red Cabbage ...	118
" Sardine.....	117

### **SAUCES—Pages 82-89.**

Anchovy	Sauce..	85
Bread	"	..89
Caper	"	..89
Cranberry	"	..87
Cauliflower	"	..84
Cheap Brown	"	..87
Dutch	"	..84
Egg	"	..83
Governor's	"	..83
Grill	"	..85
Horse Radish	"	..86
Liver	"	..82
Mango Chutney	"	..83
Mayonnaise	"	..86
Mint	"	..86
Mushroom	"	..84
Onion Brown	"	..87
Oyster	"	..88
Peach	"	..87
Piquant (without eggs)	..	85
Poor Man's	Sauce..	86
Roux Brown	"	..88
" White	"	..88
Sweet	"	..86
Thickening for Gravies, etc. ....		88
Tomato	Sauce..	88
White	"	..82
Worcester	"	..88

### **SICK ROOM COOKERY Pages 249-265.**

Apple Water .....	263
Arrow Root Jelly ....	256
Baked Hominy .....	261
Broths .....	251, 252
" Chicken, Milk .....	250-257
Custard.....	261
Drinks .. 259, 262, 263, 264	
Eggs and Toast.....	259

# INDEX OF DOMINION COOK BOOK.

Fowl, Stewed in Barley.	255
Gravy Sippet .....	258
Gruel .....	260-261
Ground Rice, Milk....	259
Invalids' Cutlet .....	257
Jelly .....	256, 257
Lamb's Fry, French ..	255
Mutton Cutlets .....	255
Mush.....	254
Porridge .....	258
Rabbit, Stewed .....	256
Restoratives.....	258
Sweetbread .....	256
Teas .....	264

## **SOUPS—Page 11.**

Apple	Soup	.....	18
Asparagus	"	.....	18
Barley	"	.....	21
Beef Gravy	"	.....	16
Calf Head	"	.....	15
Celery	"	.....	17
Chicken	"	.....	16
Crowdie or Scotch Soup.			14
French	Soup	.....	14
Greek	"	.....	14
Giblet	"	.....	14
Green Pea	"	.....	17
Julienne	"	.....	19
Lobster (Bisque) Soup..			19
Macaroni Soup		.....	11
Milk with Vermicelli	Soup.....		12, 17
Mock Turtle Soup		....	23
Mullagatawny	"	....	15
Onion	"	....	23
Oxtail	"	....	22, 23
Oyster a la Reine.....			16
Parsley Soup.....			20
Rice Flour Soup.....			17
Roast Beef and Boiled			
Turkey		.....	13

Scotch Mutton Broth..	13
Soup a la Dauphin....	18
" made from Bones.	21
Spanish Soup .....	19, 20
Spring Vegetables.....	12
Tapioca Soup .....	12
Tomato " ..	18, 20, 24
White " .....	18
Veal or Lamb Soup....	13

## **STOCKS—Pages 90-91.**

Common Stock	.....	90
Fish	“ .....	91
Gravy	“ .....	90
Veal	“ .....	90
White	“ .....	91

## **SWEET DISHES—Pages 216-223.**

Blanc Mange . . . . .	218, 219
Charlotte Russe. . . . .	217
Creams . . . . .	221, 222, 223
Custards . . . . .	219, 220, 221
Devonshire Junket. . . . .	216
Flumery . . . . .	217, 218
Gooseberry Fool. . . . .	217
Orange " . . . . .	217
Souffle Bread and Wal-	
nut . . . . .	217
Souffle Orange. . . . .	216

## **VEGETABLES—Pages 92-114.**

Asparagus .....	111, 112
Artichokes.....	112, 113
Beet Roots.....	99
Beans Haricot....	105, 106
Cabbages.....	95, 96, 97
Cauliflower .....	109, 110
Carrots .....	107
Cucumbers ..	103, 104, 105
Egg Plant.....	108
En Ragout.....	96



Farci or Stuffed Cabbage. 96  
 Green Corn ..... 109  
 Green Peas ..... 110, 111  
 Mushrooms ..... 101, 102  
 Onions ..... 100, 101  
 Parsnips ..... 101, 102  
 Potatoes ..... 93, 94, 95  
 Pumpkin ..... 113, 114  
 Salsify (Boiled) ..... 108  
 Spinach ..... 93  
 Squash ..... 109  
 Tomatoes ..... 97, 98, 99  
 Turnips ..... 106, 107  
 Vegetable Marrow ..... 92  
     " Stewed, 108  
     " Fried .. 108  
     " Boiled.. 109

**VEAL—Page 72.**

Veal braised, Loin of .. 77  
 " Cake ..... 73  
 " Calf's Head (col-  
     lared) ..... 75, 76, 77  
 " Calf's Head hashed, 76  
 " " stewed, 77  
 " Carving ..... 78  
 " Cutlets ..... 76  
 " Fricandeau of .... 74  
 " Haricot of ..... 76  
 " Marbled . ..... 73  
 " Minced ..... 77  
 " Pie "Ham" ..... 72  
 " Pudding . ..... 73  
 " Quenelles ..... 74  
 " Roast (Stuffed).... 72  
 " Rolled ..... 75  
 " Sausages. .... 75  
 " Scollop..... 74  
 " Stewed..... 72

# INDEX OF MEDICAL DEPARTMENT

---

A Medicine Box . . . . .	956	Epilepsy . . . . .	1001
Accidents . . . . .	977	Ear-Substances in . . . . .	982
Ankle-Sprained . . . . .	970	Eye-Substances in . . . . .	978
Apoplexy . . . . .	1000	Fits . . . . .	999
Bruises . . . . .	960-974	Fractures . . . . .	957
Bites of Snakes . . . . .	963	Freckles-Lotion to Remove . . . . .	1028
"    "Dogs . . . . .	964	Hemorrhage . . . . .	961
Bee Sting-To Re- move . . . . .	962	Heart-Burn . . . . .	1031
Blister-To Raise Speedily . . . . .	1030	Hysteria . . . . .	1002
Burns . . . . .	555	Head-Ache . . . . .	1007
Bunions-Treatment of . . . . .	1015	"    Sponged Away . . . . .	1008
Bilious or Sick Head- Ache . . . . .	1010	Hiccough . . . . .	1011
Colds-How to Pre- vent . . . . .	1005	Head Ache-Sick . . . . .	1010
Colds-An Excellent Remedy . . . . .	1004	Hives . . . . .	1025
Cough . . . . .	1006	Infants' Diseases . . . . .	992
Cramp . . . . .	1012	Measles . . . . .	993
Croup . . . . .	1014	Neuralgia . . . . .	1013
Chilblains . . . . .	1019	Nervous Anxiety-To Remove . . . . .	1024
"    Ointment for . . . . .	1029	Poultices . . . . .	1026
Cough-Whooping . . . . .	995	Plasters . . . . .	1026
Drowning-How to . . . . .	958	Perspiration-To Produce . . . . .	1027
Restore a Per- son Apparently . . . . .	958	Plaster-Warming . . . . .	1032
Diarrhoea . . . . .	995	Quinsy or Tonsilli- tis . . . . .	1003
Diphtheria . . . . .	996	Rules for Preserva- tion of Health . . . . .	1033
Dyspepsia . . . . .	1031	Remedies-Simple . . . . .	1017
Drinks-Oatmeal . . . . .	1018	Scalds and Burns . . . . .	959
Ear-Ache . . . . .	1021	Sprains-Treatment of . . . . .	965
"    Deficiency of Wax . . . . .	1022	Scarlet Fever . . . . .	994
"    Accumulation of Wax . . . . .	1023	Sty . . . . .	1016
Eyes-Weak or In- flamed . . . . .	1020	Throat-Substances in the . . . . .	987
		Typhoid Fever . . . . .	998
		Whooping Cough . . . . .	995
		Wrist-Sprained . . . . .	972

# RECIPES


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