



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### **Usage guidelines**

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### **About Google Book Search**

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>





000004007H











**UDE'S COOKERY.**

## LITERARY OPINIONS

### ON THE SUBJECT OF MR. UDE'S FRENCH COOK.

"This Work appears to be admirably arranged; every one of its Receipts has its own peculiar value, and is attainable through no other source. Indeed 'THE FRENCH COOK' may be said to be, beyond dispute, the best Treatise on the subject at present in existence. The instructions in it may be more safely followed than those of the Author's amateur contemporaries, as it is manifest that an experienced practitioner must understand his business, and be better fitted to teach it than any theoretical lady or gentleman. M. Ude's book is, therefore, a perfect treasure to persons of both sexes entering upon the culinary profession, and ambitious of distinction in it; for one may venture to say, that with an ordinary portion of good sense, and a careful study of Ude's precepts, any industrious individual may become a very scientific Cook, and may command a salary sufficiently high to enable him or her to lay by a handsome provision for advanced life: to say nothing of the advantage derived by the tasteful and eating public, from the diffusion of sound principles in the art of Cookery! 'The advice to Cooks' is alone worth the whole of the purchase-money of the volume, and ought to be read by every Cook in the kingdom."—*New Monthly Magazine*.

"Monsieur Ude's is a system of *French Cookery* adapted to *English tastes and materials*, and the Receipts are equally fitted for the most splendid tables, and the most economical."—*London Weekly Review*.

"It would be inexcusable were we to neglect the opportunity which the publication of M. Ude's work affords us of strongly recommending it, not only as the best system of *French Cookery*, but the best Cookery-Book in existence, combining, with all the exquisite delicacy of the *Cuisine Française*, the economy and nutritive qualities of the *English school*."—*New London Literary Gazette*.

"Louis Eustache Ude, ci-devant Cook to Louis XVI., has added to our stores of knowledge a most erudite and philosophical Work on the science which he professes."—*London Magazine*.

"Monsieur Ude is, beyond all competition, the most learned of Cooks, even of French Cooks."—*Literary Gazette*.

"Infinitely the best Institute of the best kind of Cookery."—*Monthly Review*.

"Monsieur Ude, a most competent judge on the subject of gastronomy."—*Foreign Quarterly Review*.

"Monsieur Ude comes upon us, gorgeous in all the magnificence of patrician and royal households, laying bare before us mysteries very little short of those of alchemy. We must say, however, that he unfolds them with the lucidness of a real professor. When once he does admit the general gaze into the secrets of his laboratory, his learning is equally displayed by clear and brief explanation, as it is by the value and rarity of the thing explained."—*Monthly Magazine*.

"There is in M. Ude an apostolic earnestness, which sensibly enforces his expressed conviction; a zeal of more than ordinary fervour, which attests the depth of individual eviction, and extensively affects the solicited comprehension of the reader."—*Blackwood's Magazine*.

"With regard to Ude's System of Cookery, we have already said that its excellence consists in its adaptation to the palates and predilections of this country. Of the Receipts individually we confess ourselves unable to judge; by those who can, we are informed they have great merit: nor do his prescriptions seem costly, a great merit in such a work. As a standard work for those who desiderate an elegant and not expensive preparation of their food, we think Ude's Cookery unequalled."—*Bolster's Irish Quarterly*.

"So high is my veneration for that wise man, that if all the evidence of my sense and reason were on one side, and the dictum of the great UDE on the other, I should be inclined, I think I should be determined—to relinquish the former and adopt the latter."—*Pelham*.

"Ude, the author of 'The French Cook,' the connecting link between England and France, the Janus of the Science, looking into the excellencies of either side of the Channel."—*The Keepsake*.

"Monsieur Ude, who commands the 'batterie de cuisine,' with the genius of a chef, and who has written more profoundly than any of his predecessors."—*Wadd on Corruptency*.

"Ude's quasi-Elysian Banquets."—*London Review*.

"Ude's fame is boundless as his talent. Does not London resound from St. James's to Ireland's favoured colony, St. Giles's, with the celebrity of this Professor of the Culinary Art? Are not his bon-mots the fortune of the magazines and newspapers? In short, English literature boasts a Ude and a Rogers, while we have only a Norbury."—*Crafton Croker's Legends of the Lakes*.

"Ude, the Autocrat of Cookery."—*Major Beamish*.





*Drawn by Morel.*

*Engraved by Morel.*

*Louis-Benoît Morel*

*Engraved by J. B. Morel, 1784, Paris, France*



THE  
FRENCH COOK,

A  
SYSTEM OF FASHIONABLE AND ECONOMICAL

**Cookery,**

ADAPTED TO THE  
USE OF ENGLISH FAMILIES.

By LOUIS EUSTACHE UDE,

CI-DEVANT COOK TO LOUIS XVI. AND THE EARL OF SEFTON; LATE STEWARD TO THE UNITED SERVICE CLUB;  
TO HIS LATE ROYAL HIGHNESS THE DUKE OF YORK;  
AND NOW MAITRE D'HOTEL AT CROCKFORD'S CLUB, ST. JAMES'S STREET.

TENTH EDITION, CORRECTED AND ENLARGED,

WITH AN

APPENDIX OF OBSERVATIONS

ON THE MEALS OF THE DAY—NEW METHOD OF GIVING FASHIONABLE SUPPERS  
AT ROUETS AND SOIREES, AS PRACTISED BY THE AUTHOR WHEN WITH  
LORD SEFTON—HISTORY OF COOKERY—RULES FOR  
CARVING—ON THE CHOICE OF MEAT, &c.

"True taste is an excellent Economist."—*Rogers.*

"You shall see what a Book of Cookery I shall make! Women can spin very well; but they cannot make a good Book of Cookery. I could write a better Book of Cookery than has ever yet been written; it should be a Book on philosophical principles."—*Dr. Johnson.*

LONDON:


JOHN EBERS AND CO., 27, OLD BOND-STREET.

SOLD ALSO BY

HURST & CO.; WHITTAKER AND & CO.; AND SIMPKIN & MARSHALL, LONDON;  
WILSON & SONS, YORK; W. & W. CLARKE, & T. GREGSON, MANCHESTER;  
G. & J. ROBINSON, LIVERPOOL; BELL & BRADFUTE, EDIN-  
BURGH; GRIFFIN, GLASGOW; J. CUMMING,  
DUBLIN; AND BOLSTER, CORK.

MDCCCXXIX.

745.



**LONDON:**  
Printed by **WILLIAM CLOWES,**  
**Stamford-street.**

## ADVERTISEMENT.

---

IN offering to the Public the Tenth Edition of his work, the Author is anxious to express his grateful sense of the favour which it has received. He reflects with pride that he has been the instrument, however humble, of extensively introducing into this country a taste for, as he conceives, a better, and certainly a more scientific, species of Cookery.

That he is warranted in making this assertion the circulation of upwards of twelve thousand copies of "The French Cook" is abundant proof. To render the work still more deserving of public favour, and more generally useful to all classes of society, he has, in the present edition, thoroughly revised, and in some measure rewritten every receipt; remodelled his plan of arrangement, so as to present the most obvious facilities of reference; and translated every French term, so far as it was possible (some of the technical phrases being incapable of translation). He has also added much new matter, especially an Appendix of Observations on the Meals of the Day, with his mode of giving Suppers at Routs and Soirées as practised when the Author was in the employ of Lord Sefton; suppers which were at the time admired, and attempted to be imitated by the Matîres-d'Hotel of several Ladies of rank.

Among other additions, he has given a brief history of the Rise and Progress of Cookery, from the admirable treatise in the "Cuisinier des Cuisiniers." These exertions on his part will, he trusts, be taken in earnest of his anxiety to merit a continuance of public patronage.

In conclusion, the author would observe with regret, that, in certain quarters, an erroneous opinion has been entertained that his method of cookery is expensive. To this charge he begs to reply, that his receipts will be found on trial to consume less meat, and to be, in other respects, (to say nothing of the difference in point of taste,) infinitely more economical than similar directions, in works professedly written with that object. For example: the reader of the present work will perceive that some of those portions of a large joint, which are too frequently wasted in families, may be turned to account by contributing to the elegance and variety of the table; and that the remains of the preceding day's dinner may, in like manner, be so prepared, as not only to improve the appearance but to add to the attraction of the repast.

CROCKFORD'S CLUB-HOUSE,  
*St. James' Street, April, 1829.*

## CONTENTS.

On Cookery . . . . .	xxix
On the imputed ill effects of Cookery on the Health . . . . .	xlix
On Carving . . . . .	liii
Advice to Cooks . . . . .	lxiii
On the Choice of Meat . . . . .	lxix
Vocabulary of Terms . . . . .	lxxi

### CHAPTER I.

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

No.	Page	No.	Page
Observations . . . . .	1	26 White sharp Sauce . . . . .	12
1 First Broth . . . . .	1	27 The Brown sharp Sauce, or Poivrée . . . . .	13
2 First Consommé, or Stock Broth . . . . .	2	28 The Aspic Lié . . . . .	13
3 Consommé, or Stock Broth of Poultry . . . . .	3	29 White Ravigotte, or Herb Sauce . . . . .	14
4 Consommé, or Broth of Game . . . . .	3	30 Ravigotte à la Ude (Ude's Herb Sauce) . . . . .	14
5 Consommé, or Broth of Rabbits . . . . .	4	31 Maître d'Hôtel (the Steward's Sauce) . . . . .	14
6 Veal Gravy, or Blond of Veal . . . . .	4	32 Maître d'Hôtel Maigre (Steward's Sauce Meagre) . . . . .	14
7 Beef Gravy . . . . .	4	33 Tarragon Sauce, or Pluche . . . . .	15
8 The Aspic, an Egg Jelly . . . . .	5	34 The Bourguignotte . . . . .	15
9 Meat Jelly for Pies . . . . .	6	35 The Bon Beurre, or Savoury Butter . . . . .	15
10 The Sage, or l'Empotage . . . . .	6	36 The Béchamel . . . . .	15
11 Clarified Broth or Consommé . . . . .	7	37 The Béchamel Maigre (Béchamel for Lent) . . . . .	16
12 Clarified Gravy . . . . .	7	38 The Genoese Sauce . . . . .	16
13 Le Bouillon de Santé, or wholesome Broth . . . . .	7	39 Sauce à Matelotte for Fish (Sauce for Matelottes or Hotchpots of Fish) . . . . .	17
14 White Roux (White Thickening) . . . . .	7	40 Sauce à Matelottes for Entrées (Sauce for Matelottes in the first course) . . . . .	17
15 Brown Thickening . . . . .	8	41 Apple Sauce for Geese and Roast Pork . . . . .	17
16 The Cullis (a Brown Jelly) . . . . .	8	42 Purée of Sorrel (Stewed Sorrel) . . . . .	18
17 Grand Espagnole (Spanish Sauce) . . . . .	8	43 Sorrel en maigre (Sorrel dressed meagre way) . . . . .	18
18 Espagnole of Game (Spanish Sauce with Game) . . . . .	9	44 Purée of Céleri (Stewed Celery) . . . . .	18
19 Sauce Tournée . . . . .	9	45 Purée of Onion, or Soubise (Stewed Onions) . . . . .	19
20 Sauce à l'Allemande (German Sauce) . . . . .	9		
21 The Velouté . . . . .	10		
22 Velouté, or Béchamel, a new method . . . . .	10		
23 White Italian Sauce . . . . .	11		
24 Brown Italian Sauce . . . . .	11		
25 The Sauce Hachée or Minced Sauce . . . . .	12		

No.	Page	No.	Page
46 Purée of Onion, Brown, and Lyonaise (Onions Stewed Brown, and Lyonaise)	20	74 Melted Butter (English manner)	32
47 Bretonne	20	75 Ragout à la Financière (Fi- nancier's Ragout)	33
48 Purée of White Beans (White Beans Mashed)	21	76 La Godard	34
49 Purée of Mushrooms (White and Brown Mushroom Stew)	21	77 La Chambord	34
50 Purée of Green Peas, new and dry (Stewed Peas)	22	78 Salmi Sauce à l'Espagnole (Spanish Sauce for Hashes)	35
51 Purée of Chestnuts	22	79 Butter of Crawfish	35
52 Purée of Asparagus (Aspa- ragus Stewed)	22	80 Butter of Anchovies	35
53 Nouilles	23	81 Glaze	36
54 The Macédoine (Macedonian Sauce)	24	82 Sauce Robert	36
55 Sauce for Attelets	24	83 La Livernaise (Livernoise Sauce)	36
56 Sauce for Sturgeon	25	84 Hochepot	37
57 Red Sauce Cardinal	25	85 La Polonoise (Polish Sauce)	37
58 Lobster Sauce	26	86 Cucumbers for Blanquettes (or White Fricassees)	37
59 Sauce à la Lucullus (the Sauce of Lucullus)	26	87 Essence of Cucumbers	38
60 Common Rémoulade, and Green Rémoulade	27	88 Green Peas in White Sauce	38
61 Mayonnaise	28	89 Green Peas à l'Espagnole (Peas in Spanish Sauce)	39
62 Egg Sauce	28	90 Les Pois au Lard (or Peas and Bacon)	39
63 Verd d'Épinards (or Green Extract of Spinach)	28	91 La Sauce au pauvre Homme (Poor Man's Sauce)	39
64 Verd de Persil (Green of Parsley)	29	92 Love-Apple Sauce	39
65 Sauce à la Pompadour (Pom- padour Sauce)	29	93 Sauce à la Bigarade (Bitter Orange Sauce)	40
66 La Dusselle (the Dussel)	29	94 La Sauce au Céleri (Ce- lery Sauce)	40
67 Les Pointes d'Asperges (As- paragus-tops)	30	95 The Pascaline	40
68 Les Petits Pointes d'Asperge (Little Asparagus-tops)	30	96 Sauce à l'Aurore (Aurora Sauce)	41
69 L'Haricot brun (Brown Haricot Sauce)	31	97 The Toulouse	41
70 L'Haricot vierge (White Haricot Sauce)	31	98 La Wasterfish (Sauce for Perch)	41
71 Hollandoise verte (or Green Dutch Sauce)	32	99 Oyster Sauce	41
72 Dutch Sauce	32	100 Caper Sauce for Fish	42
73 White Sauce (or French Melted butter)	32	101 L'Italienne with Truffles (Ita- lian Sauce with Truffles)	42
		102 La Manselle	42
		103 Sauce à la Maréchale (the Marshal's Sauce)	43
		Observations relative to the Sauces	43

**CHAPTER II.**

**SOUPS AND POTAGES.**

104 Soupe de Santé, or au Natu- rel (Soup of Health, or Plain Soup)	45	105 Potage consommé of Fowl (Fowl Soup)	45
---	----	--	----

CONTENTS.

XI

No.	Page	No.	Page
106 Potage à la Clermont (Clermont Soup)	45	126 Potage à la Reine (Queen's Soup), a new receipt	51
107 Potage à la Julienne (Julien Soup)	46	127 Semolina with Consommé	52
108 The Julienne with Consommé (or Broth of Fowl)	46	128 Rice Cream	52
109 Cressi Soup	46	129 The Garbure with Brown Bread	53
110 Soupe à l'Aurore (Aurora's Soup)	47	130 Potage with Cabbage; or Cabbage Soup	53
111 La Brunoise (Brunois Soup)	47	131 German Cabbage Soup	54
112 Soupé à l'Allemande (German Soup)	47	132 Soup à la Bonne Femme (Good Woman's Soup)	54
113 Soupe à la Condé (the Condé's Soup)	48	133 Potage aux Nouilles (Soup with Nouilles)	54
114 Soupe à la Faubonne (Faubonne Soup)	48	134 Soup à la Borgosse, (Borgoss Soup)	54
115 Soupe à la Carmelite (the Carmelite's Soup)	49	135 Milk soup with Ammand Laurel	55
116 Purée of Green Peas	49	136 Potage au Lait d'Ammand (the Lover's Soup)	55
117 The same, made very green	49	137 La Tortue (Turtle Soup) a Receipt most carefully revised	56
118 Macaroni, with consommé, or Stock Broth	50	138 Mock Turtle, English Fashion	59
119 Lazagnes au consommé (Flat Macaroni)	50	139 Spring Soup	61
120 Rice Soup	50	140 Potage à la Jardinière, (Gardener's Soup)	61
121 Rice with different sorts of purées	50	141 Mutton Cutlet Soup, or Scotch Broth	61
122 Vermicelli Soup	50	142 Hochepot Soup	62
123 Italian Pastes	51	143 Potage à la Nouveau, (Turnip Soup)	62
124 Vermicelli à la Reine (Vermicelli the Queen's way)	51	144 Potage à la Régence (Regent's Soup)	62
125 Turnip Broth	51		

CHAPTER III.

FARCES OR FORCED MEATS.

145 Quenelles of Veal	64	154 Quenelles of Whittings	69
146 Panadas for Farces in general	64	155 Farce of Carp	69
147 Quenelles of Fowl	65	156 Farce de Godiveau, for the Pâtés à la Mazarine, &c. (Godiveau forcemeat for Mazarin Pastes)	70
148 Quenelles of Rabbits	66	157 Green Marble Farce	70
149 Quenelles of Partridges	67	158 Red Marbled Farce	71
150 Farce of Fowl à la Crème	67	159 Stuffing for Hare or Turkey	71
151 Farce for Gratins of Partridges, Rabbits, and Fowls	68	160 Farce for Pies	71
152 Boudins à la Richelieu (Richelieu Puddings)	68	161 Farce for Sausages	72
153 Boudins à la Sefton (Sefton Puddings)	68		



## CHAPTER IV.

## RECEIPTS FOR COOKING BUTCHERS' MEAT.

No.	Page	No.	Page
162	73	175	77
163	73	176	78
164	73	177	78
165	74	178	79
166	74	179	79
167	75	180	79
168	75	181	80
169	75	182	80
170	76	183	81
171	76	184	81
172	77	185	81
173	77	186	82
174	77	187	82
		188	82
		189	82
		190	83
		191	84
		192	84

## CHAPTER V.

## RECEIPTS FOR COOKING MUTTON AND LAMB.

193	85	199	89
		200	89
		201	90
		202	90
		203	90
		204	91
		205	91
		206	91

CONTENTS.

xiii

No.	Page	No.	Page
207	The Breasts of Mutton à la Ste. Menoult (St. Menoult's Breasts of Mutton) . . . . .	92	
208	Musette of Mutton with Endive (Mutton Bagpipe with Endive) . . . . .	92	
209	Sheep's Tongues with Turnips	93	
210	The same with Cabbage-Lettuces . . . . .	93	
211	Sheep's Tongues au gratin . . . . .	94	
212	Sheep's Tongue à la Maintenon (Maintenon Sheep's Tongues) . . . . .	94	
213	Hashed Mutton, English Fashion . . . . .	94	
214	Minced Mutton with Cucumbers . . . . .	95	
215	Minced Mutton with Endive	95	
216	Sheep's Tails with Purée of Green Peas . . . . .	95	
217	Sheep's Tails with à la St. Laurent . . . . .	95	
218	Sheep's Brains en Matelotte (Matelot of Sheep's Brains)	96	
219	Sheep's Brains à la Maître d'Hôtel (or Steward's way)	96	
220	Sheep's Trotters à la Poulette	96	
221	Sheep's Trotters en Canelons (Sheep's Trotters Stuffed)	97	
222	Sheep's Trotters, Fried . . . . .	97	
223	Sheep's Trotters Farce . . . . .	98	
224	Sheep's Kidneys Broiled	98	
225	Sheep's Kidneys with Champagne . . . . .	99	
226	Braized Leg of Mutton, otherwise called Gigot de Sept Heures . . . . .	99	
227	Leg of Mutton, Farcie or Stuffed . . . . .	100	
228	Leg of Mutton Roasted	100	
229	Saddle of Mutton Roasted	101	
230	Saddle of Mutton, or Roast Beef of Mutton . . . . .	101	
231	Boiled Leg of Mutton . . . . .	101	
232	Breast of Mutton à la Bourgeoise (Plain Breast of Mutton) . . . . .	102	
233	Breast of Mutton en Haricot (Haricod Breast of Mutton) . . . . .	102	
234	Haricot of Mutton à la Bourgeoise (Plain Haricot of Mutton) . . . . .	102	
235	Breast of Mutton in a Hoche-pot . . . . .	103	
236	Breast of Lamb with Green Peas, Brown . . . . .	103	
237	Breast of Lamb with Peas, White . . . . .	104	
238	Lamb's Pluck à la Pascaline (Lamb's Pluck with Pascaline Sauce) . . . . .	104	
239	A Roast Beef of Lamb . . . . .	104	

CHAPTER VI.

RECEIPTS FOR COOKING VEAL

240	Veal Cutlets Broiled à la l'italienne (The Italian way) . . . . .	105	
241	The same, à la Vénitienne, Dites aux Fines Herbes (the same, Venetian way, with Minced Herbs) . . . . .	106	
242	The same, à la Dauphine (the Dauphin's way) . . . . .	106	
243	The same, à la Mirepoix	106	
244	Veal Cutlets à la Maintenon (Maintenon Cutlets of Veal) . . . . .	107	
245	Veal Cutlets à la Chingara (Chingara Cutlets) . . . . .	107	
246	Veal Cutlets à la Dreux	107	
247	Veal Cutlets à la Châlons . . . . .	108	
248	Veal Cutlets à la Financière (Financier's Cutlets) . . . . .	108	
249	Neck of Veal à la Cream (Creamed Neck of Veal)	108	
250	Neck of Veal à la Mirepoix	108	
251	Neck of Veal à la Barbarie (Barbary Veal) . . . . .	109	
252	Neck of Veal à la Ste. Menhoult (St. Menhoult's way)	109	
253	Le Fricandeau aux Différentes Purées (Fricandeau with different sorts of Purées) . . . . .	110	
	Another Method . . . . .	112	
254	Grenadins of Veal, with the Purée of White Celery	112	
255	The Noix of Veal en Bèdeau (Beadle's Noix of Veal)	113	
256	Veal à la Bourgeoise (Plain Veal) . . . . .	113	

No.	Page	No.	Page
257	114	nade, Dites au Soleil (Pickled Tendons of Veal)	122
258	114	279 Tendons of Veal, en Haricots Vierges . . . . .	122
259	114	280 Tendons of Veal in Chipolata	122
260	115	281 Tendons of Veal with the Purée of Chestnuts . . . . .	123
261	116	282 Calves' Ears Farced and Fried	123
262	116	283 Calves' Ears, Love-Apple Sauce . . . . .	124
263	116	284 Calves' Ears with Green Dutch Sauce . . . . .	124
264	117	285 Calves' Ears with Ravigotte Sauce . . . . .	124
265	117	286 Calf's Liver Larded and Roasted . . . . .	125
266	118	287 Scollops of Calf's Liver with Fine Herbs . . . . .	125
267	118	288 The petites Noix of Shoulders of Veal with Sorrel . . . . .	125
268	119	289 The Noix of Shoulder of Veal with Endive . . . . .	126
269	119	290 Calf's Feet Plain . . . . .	126
270	119	291 Calf's Feet Marinade . . . . .	126
271	120	292 Calves' Feet, Farcis en Soleil (Stuffed Calves' Feet)	127
272	120	293 Calves' Feet à la Poulette (Calf's Feet Chicken way)	127
273	120	294 Loin of Veal Roasted . . . . .	127
274	120	295 Loin of Veal à la Béchamel (Loin of Veal with Béchamel) . . . . .	127
275	121	296 Loin of Veal à la Crème	128
276	122	297 Calf's Head Plain . . . . .	128
277	122	298 Calf's Head with Love-Apple Sauce . . . . .	128
278	122	299 Calf's Head Bigarrée (Party-coloured) . . . . .	129
		300 Calf's Head du Puits Certain	129
		301 Calf's Head à la Chambord	130

## CHAPTER VII.

## DISHES OF PORK, HAM, &amp;c.

302	131	305	132
303	131	306	133
304	132	307	133

## CHAPTER VIII.

## VENISON.

308	134	310	134
309	134		

CONTENTS.

XV

CHAPTER IX.

FOWLS.

No.	Page	No.	Page
311	Fowl au Consommé (Fowl boiled with broth) generally termed, Au Gros Sel (with Coarse Salt) . . .		135
312	Fowl au Gros Sel (Fowl with Coarse Salt) . . .		136
313	Fowl à la Villeroy . . .		136
	Poêlé . . .		136
314	Fowl à la Montmorency (Montmorency Fowls) . . .		137
315	Fowl à la Condé . . .		137
316	Fowl à la Turque (Turkish Fowls) . . .		138
317	Poularde au Ris (Fowl with Rice) . . .		138
318	Fowl à la Dreux . . .		138
319	Fowl with Green Oysters . . .		139
320	Fowl with Olives . . .		139
321	Fowl à la Crème (Creamed Fowl) . . .		140
322	Fowl à la Monglas (Monglas Fowl) . . .		140
323	Fowl à la Dubaril . . .		141
324	Fowl à la Mirepoix, otherwise à la Cendre . . .		141
325	Fowl à la Cardinal (The Cardinal's Fowl) . . .		142
326	Fowl à Campine, with raw Onion (Pullet with Onions) . . .		143
327	Fowl à la Tartare (Boiled Fowl) . . .		143
328	Fowl à la Chingara (Chingara Fowl) . . .		143
329	Fowl with Tarragon Sauce . . .		144
330	Fowl with Cauliflowers . . .		144
331	Cutlets of Fillets of Fowl, with Crumbs of Bread à la Maréchale . . .		145
332	The Wings of Fowls à la St. Laurent (St. Laurent's Fowl Wings) . . .		145
333	Fillets of Fowls sautés au suprême (Fried Fillets of Fowl) . . .		146
334	Scollops of Fowls with Cucumbers . . .		146
335	Scollops of Fowls with Essence of Cucumbers . . .		147
336	Scollops of Fowls with Truffles . . .		148
337	Scollops of Fowl à la Conti, with Truffles . . .		149
338	Scollops of Fowl with Purée of Green Peas . . .		149
339	Fillets of Fowl à la Chingara . . .		149
340	Blanquette of Fowl marbrée . . .		150
341	Wings of Fowl à la Dauphin (the Dauphin's Wings of Fowl) . . .		150
342	Boudin à la Reine (Queen's Pudding) . . .		151
343	Croquettes of Fowl with Velouté sauce . . .		151
344	Hachi, or minced Fowl à la Polonoise (Polonese hashed Fowl) . . .		152
345	Legs of Fowl en Caneton (Duckling-like) . . .		152
346	Legs of Fowl en Balotine . . .		153
347	Legs of Fowl à Orlié . . .		153
348	Legs of Fowl à la Dreux . . .		153

CHAPTER X.

FAT CHICKENS.

349	Chickens à l'Ivoire (Ivory White Chicken) . . .	354	Chickens with Italian Paste . . .
		355	Fat Pullets with Nouilles . . .
350	Chickens à la Villeroy (Villeroy Chickens) . . .	356	Chickens à la Tartare (Boiled Chickens) . . .
351	Chickens à la Montmorency (Montmorency Chickens) . . .	357	Fat Pullets à la Givry . . .
352	Chickens à la Condé (the Condé's Chickens) . . .	358	Chickens à la Barbarie with Truffles (Barbary Chickens with Truffles) . . .
353	Chickens à la Turque (Turkish Chickens) . . .	359	Chickens à la Cardinal (the Cardinal's Chickens) . . .
			159

No.	Page	No.	Page
360	Fillets of fat Pullets à la Royale . . . . .	378	Fricassée of Chickens à la Paysanne (Country Girl's Fricassée) . . . . .
361	Cutlets of Chickens à l'Epigramme (Epigram of Chicken Cutlets) . . . . .	379	Fricassée à la Chevalière (the Knight's Lady's Fricassée) . . . . .
362	Fillets of fat Chicken, au Suprême . . . . .	380	Fricassée of Chickens à la St. Lambert (St. Lambert's Fricassée) . . . . .
363	Fillets of fat Pullets sautées à la Lucullus (Fried Lucullus's way) . . . . .	381	Fricassée of Chickens à la Dauphine (the Dauphine's Fricassée) . . . . .
	Sauce to the Fillets . . . . .	382	Marinade of Chickens à la St. Florentin . . . . .
364	Scollops of Chicken, with Truffles . . . . .	383	Friteau of Fat Chickens . . . . .
365	Scollops of fat Pullets à la Conti, with Truffles . . . . .	384	Fricassée of Chickens à la Bardoux . . . . .
366	Scollops of Chicken, with Essence of Cucumbers . . . . .	385	The Capilotade of Chickens . . . . .
	Sauces to the Scollops . . . . .	386	Members of Chickens au Soleil or with Stewed Pickle . . . . .
367	Blanquette of Chicken à la Turquie . . . . .	387	Marinade of Chickens à la Orlie . . . . .
368	Sauté of Fillets of fat Pullets à la Turquie (Turkish way) . . . . .	388	Minced Chickens à la Polonoise (Polish minced Chickens) . . . . .
369	Sauté of Fillets of fat Pullets, fried au Suprême . . . . .	389	Blanquette of Chickens with Green Peas . . . . .
370	Wings of fat Pullets à la Dauphine (the Dauphin's way) . . . . .	390	Soufflé of Chickens à la Crème . . . . .
371	Boudins of Fillets of Chicken à la Reine . . . . .	391	Gratin of Fillets of Chickens with Velouté . . . . .
372	Boudins of Chicken à la Richelieu (Richelieu Puddings of Chicken Meat) . . . . .	392	Galantine of Fat Chickens . . . . .
373	Boudins, Puddings à la Seston . . . . .	393	Boudins of Chickens à la Ude (Ude's Chicken Puddings) . . . . .
374	Quenelles of Chicken with clarified Consommé . . . . .	394	Grenade of Fillets of Chicken . . . . .
375	Risolles of Fowls . . . . .	395	Turbans of Fillets of Chickens à la Sultane (Sultana's Turbans of Chickens) . . . . .
376	Croquettes of Chickens with Velouté . . . . .		
377	Fricassée of Chickens (au naturel) . . . . .		

## CHAPTER XI.

## TURKEYS.

396	Farm-yard Turkey à la Montmorenci . . . . .	399	Boiled Turkey with Oyster Sauce . . . . .
397	Turkey with Celery Sauce . . . . .	400	Haricot of Turkey Giblets . . . . .
398	Turkey à la Périgueux, with Truffles . . . . .	401	Haricot of Turkey Pinions . . . . .

CHAPTER XII.

PARTRIDGES YOUNG AND OLD.

No.	Page.	No.	Page
402	Whole Partridges à l'Espagnole (Spanish Partridges)	413	Sauté of Filets of young Partridges à la Sefton . . . . .
403	Young Partridges à la Montmorenci . . . . .	414	Croquettes of young Partridges . . . . .
404	Young Partridges à la Barbare (Barbary Partridges)	415	Soufflé of young Partridges . . . . .
405	Young Partridges à la Dreux	416	Purée of Game à l'Espagnole (Spanish Purée of Game)
406	Young Partridges à la Crapaudine (Boiled Partridges)	417	Salmi of young Partridges à l'Espagnole (Spanish Hash of Partridges) . . . . .
407	Young Partridge à la Givry	418	Young Partridges à la Monglas . . . . .
408	Compote of young Partridges à blanc (Partridges fried White) . . . . .	419	Young Partridges in Surprise . . . . .
409	Compote of young Partridges, Brown . . . . .	420	Quenelles of young Partridges with Fumet . . . . .
410	Partridges and Cabbages, dressed . . . . .	421	Boudins (Puddings) of young Partridges . . . . .
411	Sauté of Filets of young Partridges, with the Game flavour . . . . .	422	Quenelles of Partridges à la Sefton . . . . .
412	Cutlets of young Partridges in Epigram, with Truffles	423	Dishes of red-legged Partridges, or Bartavelles . . . . .

CHAPTER XII.\*

PHEASANTS, QUAILS, WOODCOCKS, PLOVERS, PIGEONS, DUCKS, WILD DUCKS, LARKS, &c.

424	Salmi of Pheasants à l'Espagnole (Pheasants hashed)	437	Salmi of Woodcocks à l'Espagnole (Spanish way)
425	Croquettes of Pheasants . . . . .	438	Croustade of Purée of Woodcocks . . . . .
426	Hachi of Pheasants à la Polonoise (Polish way) . . . . .	439	Salmi of Woodcocks à la Lucullus (Lucullus's Woodcocks) . . . . .
427	Soufflé of Pheasant . . . . .	440	Plovers, with Bourguignotte Sauce . . . . .
428	Cutlet of Pheasant with Fumet . . . . .	441	Capilotade of Plovers . . . . .
429	Escallopes of Filets of Pheasant with Truffles . . . . .	442	Compote of Pigeons (Pigeons stewed Brown) . . . . .
430	Compote of Quails . . . . .	443	Compote of Pigeons à la Paysanne (Stewed Pigeons Country way) . . . . .
431	Compote of Quails, white . . . . .	444	Pigeons à la Crapaudine (Broiled Pigeons) . . . . .
432	Quails with Peas . . . . .	445	Pigeons au Soleil (in sunshine) . . . . .
433	Quails au Gratin . . . . .		
434	Quails à la Bourguignotte . . . . .		
435	Quails à la Crapaudine . . . . .		
436	Salmi of Woodcocks (Hashed Woodcocks) . . . . .		

No.	Page	No.	Page
446	Cutlets of Pigeons à la d'Armagnac (Armagnac Pigeon Cutlets) . . . . .	204	
447	Cutlets of Pigeons à la Maréchale (Broiled Pigeon Cutlets) . . . . .	205	
448	Pigeons à la Toulouse (Toulouse Pigeons) . . . . .	205	
449	Pigeons à la Financière (Pigeons Stewed) . . . . .	205	
450	Pigeons à l'Aspic clair (Pigeons with Aspic Sauce) . . . . .	206	
451	Pigeons cooked in all manner of ways . . . . .	206	
452	Pigeon Pie . . . . .	206	
453	Duck with Turnips . . . . .	207	
454	Duck with small Green Peas . . . . .	207	
455	Duck with the Purée of Green Peas . . . . .	208	
456	Ducklings à la Bigarade (with Bitter Orange Juice) . . . . .	208	
457	Salmi of Wild Duck (Wild Duck Hashed) . . . . .	209	
458	Members of Duck, with the Purée of Lentilles . . . . .	209	
459	Duck with Olives . . . . .	210	
460	Capilotade of Duck . . . . .	210	
461	Duck, with Sour-Crout . . . . .	210	
462	Members of Duck, with French Sour-Crout . . . . .	211	
463	Larks au gratin . . . . .	211	
464	Caisses of Larks (Larks in Cases) . . . . .	212	
465	Hot raised Lark Pies . . . . .	212	
466	Larks en Croustade (Larks in Paste) . . . . .	212	

## CHAPTER XIII.

## RABBITS.

467	Fillets of young Rabbits à la Orlie . . . . .	214	
468	Turban of Fillets of Rabbits à la Sultane (the Sultana's) . . . . .	215	
469	Mince of Rabbits with Fumet . . . . .	216	
470	Scollops of Rabbits with Truffles, the same as à la Conti . . . . .	216	
471	Blanquette of Rabbits with Green Peas . . . . .	217	
472	Scollops of Rabbits with Fumet (Flavour) . . . . .	217	
473	Scollops of Rabbits à la Conti . . . . .	218	
474	Young Rabbits en Friteau (Fried) . . . . .	218	
475	Rabbits Venetian way . . . . .	219	
476	Rabbits en Caisses (in Cases) . . . . .	219	
477	Giblottes of Rabbits . . . . .	220	
478	White Giblottes of Rabbits . . . . .	220	
479	Fillets of young Rabbits en Lorgnettes (Eye-Glass Shape) . . . . .	221	
480	Hot raised Pie of Rabbits . . . . .	221	
481	Quenelles of Rabbits . . . . .	222	
482	Gratin of Rabbits . . . . .	222	
483	Soufflé of Rabbits . . . . .	223	
484	Croquettes of Rabbits . . . . .	223	
485	Boudins of Rabbits à la Reine (Rabbit Puddings, the Queen's) . . . . .	224	
486	Boudins of Rabbits à la Richelieu (Rabbit Puddings, Richelieu's) . . . . .	224	
487	Legs of Rabbits à la Maintenon . . . . .	224	
488	Rissoles of Rabbits . . . . .	225	
489	Boudins of Rabbits à la Lucullus (Lucullus's Rabbit Puddings) . . . . .	225	
490	Fillets of Rabbits à la Maréchale . . . . .	226	
491	Fillets of Rabbits à la Pompadour (with Pompadour Sauce) . . . . .	226	
492	Attereaux of Rabbits à l'Italienne (the Italian way) . . . . .	227	
493	Rabbits and Onions . . . . .	228	
494	Rabbit Soup . . . . .	228	
495	Fillets of Rabbits à la Ude (Ude's way) . . . . .	229	
496	Rabbit Pie . . . . .	230	



CONTENTS.

xix

CHAPTER XIV.

HARES AND LEVERETS.

No.	Page	No.	Page
497 Hare en Daube (Stewed Hare)	231	502 Pain of Hares (Hare Bread), Boudins of Hares (Hare Puddings), Roasted Hares	234
498 Potted Hare	232	503 Hare Soup	236
499 Civet of Hare, served as Soup	232	504 Another way of making Hare Soup	236
500 Fillets of Hare, with the Blood	233		
501 Fillets of Hare en Chevreuil (like Roebuck)	234		

CHAPTER XV.

FRESH-WATER FISH—CARP, EELS, PIKE, PERCH, TENCH, TROUT, SALMON-TROUT, LAMPREY, CRAWFISH, &c.

505 Broiled Carp with Caper Sauce	237	524 Pike with Sauce à la Matelotte	247
506 Carp Farcie baked (Carp stuffed)	238	525 Fillets of Pike with Steward's Sauce	247
507 Carp au bleu, and au Court-bouillon (Stewed Carp with Court-bouillon)	238	526 Fillets of Pike à la Maréchale (the Marshal's)	248
508 Court-bouillon	238	527 Fillets of Pike à la Turque (Turkish fashion)	248
509 Carp à la Chambord	239	528 Baked Pike	248
510 Carp with Matelotte Sauce	240	529 Pike à la Chambord	249
511 Matelotte of Carp à la Royale (Royal Matelot of Carp)	240	530 Pike with Court Bouillon	249
512 Matelotte of Carp à la Marinière (Seawife's Matelot)	241	531 Court Bouillon for Fish au bleu	250
513 Petits Pâtés of Farce of Carp (Small Carp Pasties)	242	532 Perch à la Waster-fish	250
514 Matelotte of Eels	242	533 Perch plain boiled, or Water Suchet	251
515 Tronçons of Eels broiled à la Tartare (Eels broiled in pieces)	242	534 Perch à la Maître d'Hôtel (with Steward's Sauce)	251
516 Tronçons of Eels à la Poulette (Eels like a Fricassée of Chicken s)	243	535 Perch plain boiled, with Dutch Sauce	252
517 Baked Eels	244	536 Fried Tench	252
518 Tronçons of Eels larded and glazed	244	537 Trout stewed in Court Bouillon	253
519 Pike à la Polonoise (Polish fashion)	244	538 Trout with Genèveise Sauce	253
520 Pike with Genèveise Sauce	245	539 Fillets of Trout à l'Aurore	253
521 Pike with Dutch Sauce	246	540 Baked Trout	254
522 Boiled Pike with Dutch Sauce	246	541 Trout plain Boiled	254
523 Baked Pike, French way	247	Lamprey	255
		542 Crawfish à la Poulette	255
		543 Bisque of Crawfish	256
		544 Crawfish for Entrées	256
		Shad	257

## CHAPTER XVI.

SALT-WATER FISH—TURBOT, BRILL, JOHN DORY, SALMON,  
STURGEON, COD, WHITING, SMELTS, &c. &c.

No.	Page	No.	Page
545	Turbot . . . . .	258	572 Scollops of Cod à la Maître d'Hôtel (Steward's Sauce) . . . . .
546	Fillets of Turbot with Maréchale Sauce . . . . .	258	573 Crimped Cod with Oyster Sauce . . . . .
547	Fillets of Turbot à la Crème (with Cream Sauce) . . . . .	259	574 Salt Cod à la Maître d'Hôtel (with Steward's Sauce) . . . . .
548	Gratin of Fillets of Turbot with Velouté Sauce . . . . .	259	575 Salt Cod à la Provençale (Provence manner) . . . . .
549	Vol au Vent d'Escalopes de Turbot, au bon Beurre (Scollops of Turbot, with Butter Sauce) . . . . .	260	576 Salt Cod with Cream Sauce . . . . .
550	Petites Timballes of Fillets of Turbot à la Venitienne (Small Timballes of Turbot, Venetian way) . . . . .	260	577 Salt Cod à la Bonne Femme (Good Wife's way) . . . . .
551	Small Turbot broiled, with Caper Sauce . . . . .	261	578 Salt Cod à la Lyonnaise (Lyonese way) . . . . .
552	Turbot and Lobster Sauce . . . . .	261	579 Salt Cod plain with Egg Sauce . . . . .
553	Broiled Turbot . . . . .	262	580 Broiled Whiting . . . . .
	Brill . . . . .	262	581 Fillets of Whittings à la Orlie . . . . .
554	John Dory boiled, with Lobster Sauce . . . . .	263	582 Quenelles of Whittings . . . . .
555	Ditto, broiled, with Anchovy and Caper Sauce . . . . .	263	583 Boudins, Puddings of Whittings, à la Ude (Ude's way) . . . . .
556	Slices of Crimped Salmon with Lobster Sauce . . . . .	263	584 Fillets of Whittings broiled à la Maître d'Hôtel (in the Steward's way) . . . . .
557	Slices of Crimped Salmon broiled, with Caper Sauce . . . . .	263	585 Paupiettes of Fillets of Whittings . . . . .
558	Cutlets of Salmon sautés à la Maître d'Hôtel (Steward's manner) . . . . .	264	586 Whittings with gratin . . . . .
559	Salmon Salad . . . . .	264	587 Whittings fried . . . . .
560	Salmon, with Genévoise Sauce . . . . .	266	588 Shrimp Sauce . . . . .
561	Salmon, with Matelotte Sauce . . . . .	266	588 Soles with Water Suchet . . . . .
562	Roast Sturgeon . . . . .	267	589 Paupiettes of Fillets of Soles . . . . .
563	Baked Sturgeon . . . . .	267	590 Fillets of Soles sautés with Ravigotte, à la Crème (with Ravigotte of Cream) . . . . .
564	Sturgeon à la Ude (Ude's manner) . . . . .	267	591 Fillets of Soles à la Orlie . . . . .
565	Blanquette or White Fricassée of Sturgeon à la Paysanne (Peasant's way) . . . . .	268	592 Timballes of Fillets of Soles à la Vénitienne (Venetian manner) . . . . .
566	Blanquette of Sturgeon with Green Peas . . . . .	268	593 Vol au Vent of Fillets of Soles with Cream Sauce . . . . .
567	Croquettes of Sturgeon . . . . .	268	594 Fillets of Soles à l'Aurore (Aurora's Soles) . . . . .
568	Cod with Oyster Sauce . . . . .	269	595 Soles à la Miromesnil . . . . .
569	Cod with Cream Sauce . . . . .	269	596 Aspice and Salad of Fillets of Soles with Montpelier Butter . . . . .
570	Scollops of Cod en bonne Morue . . . . .	269	597 Croquettes of Fillets of Soles . . . . .
571	Vol au Vent of Scollops of Cod with Cream Sauce . . . . .	270	598 Fillets of Soles à la Turque (Turkish way) . . . . .
			599 Soft Roes of Herrings, in Cases . . . . .
			600 Baked Piper, Dutch Sauce . . . . .

CONTENTS.

xxi

No.	Page	No.	Page
601 Fillets of Piper, Lord Sefton's way . . . . .	283	610 Timballe of soft Roes of Mackerel, Lord Sefton's way . . . . .	286
602 Fillets of Piper, with Steward's Sauce . . . . .	284	611 Soft Roes of Mackerel in Cases . . . . .	287
603 Fillets of Piper à la Orlie . . . . .	284	Sea-Dragon . . . . .	287
604 Red Mullet, with Genèveise Sauce . . . . .	284	Anchovies . . . . .	287
605 Mackerel broiled à la Maître d'Hôtel (with Steward's Sauce) . . . . .	285	Smelts . . . . .	288
606 Boiled Mackerel . . . . .	285	612 Skate with Caper Sauce, French fashion . . . . .	288
607 Fillets of Mackerel à la Ste. Menchoult . . . . .	286	613 Skate au Beurre noir (with Black Butter) . . . . .	288
608 Fillets of Mackerel sautés à la Maître d'Hôtel (Fried with Steward's Sauce) . . . . .	286	614 Skate plain Boiled . . . . .	288
609 Fillets of Mackerel with Ravigotte . . . . .	286	615 Small Skates Fried . . . . .	289
		616 Miroton of Plounders à l'Italienne (with Italian Sauce) . . . . .	289
		Plaice . . . . .	289
		Observation relative to all sorts of Fish Sauces . . . . .	289

CHAPTER XVII.

SHELL FISH—LOBSTER, MUSSELS, CRABS, OYSTERS.

617 Small Timballes of Lobster with Velouté Sauce . . . . .	290	622 Scollops of Oysters . . . . .	292
618 Scollops of Lobster in the Shell . . . . .	290	623 Small Oyster Patties (Lord Sefton's way) . . . . .	293
619 Lobster Sauce . . . . .	291	624 Small Patties (French way) . . . . .	293
620 Lobster Salad . . . . .	291	625 Oyster Sauce . . . . .	293
621 Mussels with Parsley . . . . .	291	626 Oyster Sauce for Entrées . . . . .	293
Crabs . . . . .	292	627 Attelets of Oysters . . . . .	294

CHAPTER XVIII.

EGGS.

628 Omelette Moëlleuse (Marrow Omelet) . . . . .	295	639 Eggs à la Maître d'Hôtel (Steward's way) . . . . .	298
629 Omelet with fine Herbs . . . . .	295	640 Eggs à l'Aurore (Aurora's) . . . . .	298
630 Small Omelets with Ham . . . . .	296	641 Eggs in Surprise . . . . .	298
631 Small Omelets with Sorrel . . . . .	296	642 Croquettes of Eggs . . . . .	299
632 Omelet, with Kidney of Veal . . . . .	296	643 Andouilles of Eggs (Hog's Puddings of Eggs) . . . . .	299
633 Small Omelets with Sweetmeats . . . . .	296	644 Eggs à la Neige (in the manner of Snow) . . . . .	300
634 Fried Eggs . . . . .	296	645 Les Cocottes . . . . .	300
635 Eggs au Miroir . . . . .	297	646 Eggs brouillés . . . . .	300
636 Poached Eggs . . . . .	297	647 Eggs and Bacon . . . . .	301
637 Poached Eggs Fried . . . . .	297		
638 Eggs à la Tripe (in Tripe manner) . . . . .	298		

CHAPTER XIX.

**EXTREMETS, OR SECOND COURSE DISHES, OF VEGETABLES—  
CARDONS, SPINACH, ENDIVI, CAULIFLOWER, SALSIFIS,  
ARTICHOKEs, FRENCH BEANS, WHITE BEANS, ASPARAGUS,  
&c. &c. &c.**

No.	Page	No.	Page
648	Cardons à l'Espagnole (with Spanish Sauce) . . .	302	651 White Beans à la Maitre d'Hôtel (Steward's way) . . .
649	Cardons à l'Essence with Marrow . . .	303	652 White Beans à la Lyonnaise . . .
650	Cardons with Velouté Sauce . . .	304	653 Purée of White Beans . . .
651	Cardons with White Sauce . . .	304	654 The same as the last, Brown . . .
652	Spinach in Consommé . . .	304	655 Windsor Beans à la Poulette . . .
653	Spinach with Cream . . .	305	656 Windsor Beans à la Poulette, another method . . .
654	Spinach French Fashion . . .	305	657 Beans and Bacon . . .
655	Croustades of Spinach . . .	306	658 Asparagus with White Sauce, called en Batonets . . .
656	Endive with Veal Gravy . . .	306	659 Asparagus Peas . . .
657	Endive with Velouté . . .	307	690 Cucumbers stuffed . . .
658	Endive à la Française (French way) . . .	307	691 Cucumbers à la Poulette . . .
659	Cauliflowers with White Sauce . . .	307	692 Cucumbers, Cardon fashion . . .
660	Cauliflower with Velouté . . .	308	693 Sea Kale—Brocoli . . .
661	Cauliflower with Parmesan Cheese . . .	308	694 Potatoes à la Maitre d'Hôtel (with Steward's Sauce) . . .
662	Cauliflower with Spanish Sauce . . .	308	695 Fried Potatoes . . .
663	Salsifis with Velouté . . .	309	696 Potatoe Purée . . .
664	Salsifis with Spanish Sauce . . .	309	697 Potatoe Croquettes . . .
665	Fried Salsifis . . .	309	698 Potatoe Casserole . . .
666	Salsifis in Salad or Aspic . . .	310	699 Potatoe Soufflé . . .
667	Artichokes au Naturel (Dressed plain) . . .	310	699 Potatoe Cakes . . .
668	Another method . . .	311	700 Biscuits of Potatoes and Potatoe Flour . . .
669	Artichokes à l'Estouffade . . .	311	701 Peas, French fashion . . .
670	Artichokes à la Barigoule . . .	312	702 Stewed Green Peas with Bacon . . .
671	Artichokes à la Provençale (Provence way) . . .	312	703 Peas, plain boiled . . .
672	Fried Artichokes . . .	312	704 Green Peas à la Paysanne (Peasant's way) . . .
673	Artichokes à l'Italienne (with Italian Sauce) . . .	313	705 Peas in general . . .
674	Artichoke Bottoms . . .	313	706 Turnips with Sauce Blanche (with White Sauce) . . .
675	Blanc for Vegetables and Cardons in general . . .	313	707 Turnips glazed, Pear fashion . . .
676	Artichoke Bottoms en Canapés . . .	314	708 The White Purée of Turnips . . .
677	French Beans with Poulette Sauce . . .	314	709 The Brown Purée of Turnips . . .
678	French Beans à la Lyonnaise . . .	314	710 Carrots à l'Orleans . . .
679	French Beans à la Française (French manner) . . .	315	711 Purée of Carrots . . .
680	French Beans à la Provençale (Provence way) . . .	315	712 Soufflé of Carrots . . .
			713 Celery à l'Espagnole (with Spanish Sauce) . . .
			714 Celery with White Sauce . . .
			715 Purée of Celery . . .
			716 Truffles, with Champagne . . .
			717 Truffles à l'Italienne (Italian way) . . .

CONTENTS.

xxiii

CHAPTER XX.

SWEET ENTREMEMTS—APPLES, RICE, NOUILLES.

No.	Page	No.	Page
718 Apples à la Portugaise (Portuguese way)	332	727 Rice Soufflé	338
719 Miroton of Apples	332	728 Rice gratiné (Gratin of Rice)	338
720 Suédoise of Apples	333	729 Rice Turban	339
721 Chartreuse of Apples and Fruit	333	730 Croquettes of Rice with Apricot Marmalade	339
722 Turban of Apples	334	731 Croquettes stuffed with Apples	339
723 Casserole of Rice	335	732 Soufflé of Apples with a Rice border	339
724 Rice Cassolettes	336	733 Charlotte of Apples mixed with Apricots	340
725 Rice Cake	337	734 Croquettes of Nouilles	341
726 Rice Croquettes	337		

CHAPTER XXI.

SWEET ENTREMEMTS—CREAMS.

735 Coffee Cream	342	749 Marbled Cream with Coffee	348
736 Lemon Cream	342	750 Marbled Cream, White Vanilla, and Chocolate	348
737 Chocolate Cream	343	751 Crème à la Chantilli (Chantilli Cream)	349
738 Crème à la Vanille (Vanilla Cream)	343	752 Crème Pâtissière (Pastry Cream)	349
739 Crème au Thé (Tea Cream)	344	753 Crème Pâtissière (Custard)	350
740 Orange Flower Cream	344	754 Frangipan	350
741 Crème à la Genet, called Barley-sugar Cream	344	755 Cabinet, or Chancellor's Pudding	350
742 Manner of melting Isinglass	345	756 Pudding à la Bourgeoise (Citizen's Wife's way)	351
743 Egg and Water Cream	346	757 Tapioca gratiné	351
744 Cream of Eggs with Broth	346	758 Croquettes of Chestnuts à la Ude (Ude's way)	352
745 Eggs with Consommé of Game, en petits pots	346		
746 Eggs à la Neige (like Snow)	347		
747 Italian Cream	347		
748 Pine-Apple Cream	348		

CHAPTER XXII.

SWEET ENTREMEMTS, SOUFFLÉS, &c.

759 Soufflé of Potatoes with Lemon	353	764 Soufflé of Chocolate	354
760 Soufflé of Orange Flower	353	765 Soufflé, or Cake of Tapioca	355
761 Soufflé of Ground Rice	354	766 Omelet Soufflé	355
762 Soufflé of Bread	354	767 Pancakes, French fashion	356
763 Soufflé of Coffee	354	768 Pancakes, English manner	356

CHAPTER XXIII.

SWEET ENTREMEMTS, JELLIES AND FROMAGES.

769 Strawberry Jelly	358	772 Currant Jelly with Raspberries	359
770 Raspberry Jelly	359	773 White Currant Jelly	359
771 Red Currant Jelly	359		

XXIV

CONTENTS.

No.		Page	No.		Page
774	Orange Jelly . . .	359	784	Apricot Cheese . . .	366
775	Lemon Jelly . . .	360	785	Strawberry Cheese . . .	367
776	Mosaic Jelly . . .	360	786	Raspberry Cheese . . .	367
777	Pine-Apple Jelly . . .	362	787	Pine-Apple Cheese . . .	367
778	Cherry Jelly . . .	362	788	Peach Cheese . . .	367
779	Jelly and Miroton of Peaches à la Ude (Ude's way) . . .	362	789	Orange Flower Cheese . . .	368
780	Calf's Foot Jelly . . .	363	790	Vanilla Cheese . . .	368
781	Madeira Wine Jelly . . .	364	791	Marasquino Cheese . . .	368
782	Marbled Jellies . . .	365	792	Chocolate Cheese . . .	368
783	Macedoine of Fruit . . .	365	793	Coffee Cheese . . .	369

CHAPTER XXIV.

SWEET ENTREMETS.

794	Pâte Brisée . . .	370	800	Timballe for Macaroni . . .	376
795	Cold Pie en Timballe . . .	372	801	Paste for Tourtes and Tarts . . .	376
796	To make Cold or Hot Pies, either of Fowl or Game, either Dressed or in Tim- balles . . .	373	802	Puff-Paste . . .	377
797	Consommé for the Inside of the Cold Pie . . .	374	803	Tourte à la Frangipane (Fran- gipan Tart) . . .	378
798	Paste for Hot Raised Pies . . .	374	804	Tourte des Confitures, Peach, Plum, Apple, Apricot, or otherwise . . .	379
799	Hot Water Paste . . .	375	805	Apple Custard . . .	379
			806	Peach Custard . . .	380

CHAPTER XXV.

SWEET ENTREMETS—PASTRY FOR ENTREES.

807	Vol au Vent . . .	381	812	Ramequins à la Sefton (Welsh Rabbits Lord Sefton's way) . . .	383
808	Vol au Vent for Sultane . . .	381	813	Common Ramequins, or Welsh Rabbits . . .	383
809	Petits Patés of all Sorts . . .	381	814	Cheesecakes . . .	383
810	Small Timballes for all Sorts of Entrées or for Darioles with Cream of every Flavour . . .	382	815	French Cheesecakes . . .	384
811	Dariole à la Cream (Cream Custard) . . .	382			

CHAPTER XXVI.

SWEET ENTREMETS—PASTRY FOR ENTREMETS.

816	Polish Cakes . . .	385	824	Petits Paniers, garnished with Jam . . .	387
817	Puits d'Amour garnished with Jam . . .	385	825	Little Plats decorated . . .	388
818	Petites Bouchées garnished . . .	386	826	Little Cockades garnished . . .	388
819	Lozenges garnished . . .	386	827	Apricot Cakes trellised . . .	388
820	Feuillantines Pralinés (with Almonds) . . .	386	828	Brioche Paste . . .	389
821	Gateaux à la Manon (Manon Cakes) . . .	386	829	Compiègn Cake . . .	391
822	Croques en Bouche . . .	387	830	Baba . . .	391
823	Feuillantines garnished . . .	387	831	Brioche au Fromage (Cheese Brioche) . . .	392
			832	Nougat . . .	392

CONTENTS.

XXV

CHAPTER XXVII.

SWEET ENTREMEMTS AND HOT PASTRY.

No.	Page	No.	Page
833 Dry Meringues . . .	394	845 Cascade à la Chantilli . . .	401
834 Marasquino Meringues with Sugar . . .	395	846 Savoy Biscuits Hot . . .	401
835 Gimblettes Paste . . .	395	847 Savoy Biscuits Cold . . .	402
836 Clarified Sugar . . .	396	848 Biscuits in Cases . . .	403
837 Royal Paste, called "au Choux" . . .	397	849 Spoon Biscuits . . .	403
838 Petits Choux Pralinés (Little Puff-Paste Balls with Sweet Almonds) . . .	398	850 Paste for Tarts . . .	403
839 Gimblettes à la d'Artois . . .	398	851 Apple Tart with Dry Paste . . .	403
840 Gimblettes Pralinés (with Sweet Almonds) . . .	398	852 Almond Paste . . .	404
841 Basket of Petits Choux, with Chantilli Cream . . .	399	853 Tartlets of Almond Paste . . .	404
842 Pains à la Duchesse (Duchess Paste) . . .	399	854 Tartlets of Almond Paste with Strawberries . . .	405
843 Choux in Biscuits, called Gateaux à la d'Artois . . .	400	855 Tartlets of Jam . . .	405
844 Pain de la Méque (Mecca Paste) . . .	400	856 Flemish Wafers . . .	406
		857 Madeleine Cake . . .	406
		858 Genèveise Paste . . .	406
		859 White Gimblettes of Genèveise . . .	407
		860 Rose, or Green Gimblettes of Genèveise . . .	407
		861 Fruit Tart, English manner . . .	408

APPENDIX OF OBSERVATIONS ON THE MEALS OF THE DAY, WITH BILLS OF FARE AND RECEIPTS.

No.	Page.	No.	Page.
Breakfast . . .	411	863 Sandwich of Fillet of Fowl au suprême . . .	437
862 Method of making Coffee with the utmost expedition . . .	412	864 Sandwich of Fillet of Pheasant au fumet (Game Flavour) . . .	437
Luncheon . . .	413	865 Sandwich of Fillet of Sole à la Ravigotte . . .	438
Dinner . . .	414	866 Salad Sauce for Fillet of Soles, serving also for Salad Sandwich . . .	438
Bill of Fare, for a Dinner of four Entrées . . .	415	867 Sandwich of Salad . . .	439
— six Entrées . . .	416	868 Anchovy Sandwich . . .	440
Bills of Fare . . .	424 to 432		
Coffee . . .	433		
Supper . . .	433		
INDEX . . . . .			443





COMPANION TO UDE'S COOKERY.

---

THE  
ITALIAN CONFECTIONER;  
OR  
COMPLETE ECONOMY OF DESSERTS.

CONTAINING

**The Elements of the Art,**

ACCORDING TO THE MOST MODERN AND APPROVED PRACTICE.

---

BY

G. A. JARRIN,  
CONFECTIONER, NEW BOND-STREET.

---

THE FOURTH EDITION, CORRECTED AND ENLARGED,

WITH SEVERAL FASHIONABLE BILLS OF FARE FOR THE DESSERT,

*Plates. 9s.*

---

" This Work is divided into Sections, and treats at large of Sugar, and the manner of preparing it; of the numerous Candies and Bon-Bons, as they are made in France; of the imitation of Vegetables, Fruits, and other natural objects, in Sugar, and of a great variety of Drops, Prawlings, &c. &c.; of the best mode of preparing Chocolate and Cocoa; of Syrups, Marmalades, Jellies, Fruit, and other Pastes; and of Preserved Fruits, including directions for preserving Fruit without Sugar, according to the method of M. APPERT; with Hints respecting the construction of Ovens and Stoves, and a Table of the various degrees of Heat adapted to the different Articles of Confectionary. The "ITALIAN CONFECTIONER" will also be found to contain Receipts to make Tablets and Rock Sugar; the various Compotes; the French method of preparing Comfits; the best manner of making Creams and Ices, with some important hints respecting the latter, upon which their excellence entirely depends; how to preserve Fruits in Brandy; to make and arrange Pièces Montées, Confectionery, Paste, and the mode of producing picturesque scenery, with trees, lakes, rocks, &c.; Lozenges and Jellies; cool drinks, for Balls and Routs; Cakes, Wafers, Biscuits, (particularly those of Italy,) rich Cakes, Biscotini, Macaroons, &c. &c. The Section on Distillation includes Distilled Waters, Liqueurs composed of Spirits, and Ratafias of all kinds. That part of the work which regards the Decoration of the Table, necessarily treats of the articles which compose the various ornaments used for this purpose; as Gum Paste, and the most approved mode of modelling flowers, animals, figures, &c.; of Colours for Confectionery, with full instructions how to prepare them; of Varnishing and Gilding; of Moulding, with directions to enable every Confectioner to make his own moulds; of works in Pasteboard, Gold and Silver Papers, Borders, &c. &c. And, to complete the whole, and render the Confectioner independent of every other Artist, the manner of engraving on Steel and on Wood is fully explained."—*Author's Preface.*



ON THE  
RISE AND PROGRESS  
OF  
COOKERY.

---

Μεγα σωμα, μεγάλη σοφία.

“Great mouth, great understanding.”—*A Greek Proverb, quoted by*  
HERDERICHUS. *Verbo σωμα.*

“Some people have a foolish way of not minding, or pretending not to mind, what they eat. For my part I mind my belly very studiously and very carefully; for I look upon it, that he who does not mind his belly will hardly mind anything else.”—DR. JOHNSON.

---

THE Art of Cookery, says Montaigne, is as old as the world. If we give credit to the Jew, El Bassum, a learned commentator of the Talmud, the mess of pottage for which Esau sold his birth-right had been dressed by some great postdiluvian cook, whose name El Bassum could never discover, though he spent fifteen years in the enquiry. We may, however, console ourselves for this misfortune, by remembering that Fabricius, in his Greek library, quotes at least a hundred epic poems, written before the Iliad, whose authors will be ever unknown to us. It is not our intention to describe the culinary art, as it has existed among different nations; we shall not display the torch of cookery, sinking into obscurity, and again rising with double lustre, participating in the progress and deterioration of human reason—consoling the Carthaginians (whom Plutarch describes as great eaters) for the loss of their liberty—Corinth for the destruction of her museum—and Rome for the oppression of her Emperors.

Let us only remark here the constant care of Providence, in raising men capable of consoling nations in grief, by burying in oblivion the loss of their arts, and the tyranny exercised over their reason, together with the truth of the system of compensations, circumstantially detailed in the writings of the Materialist, Bonnet, and of which the honour of invention has in our own time been attributed to Mons. Azais.

It appears that the science of Cookery was in a very inferior state, under the first and second race of the French Kings—Gregory of Tours has preserved the account of a repast of French warriors, at which, in this refined age, we should be absolutely astounded. According to Eginhard, Charlemagne lived poorly, and ate but little—however, this trait of resemblance in Charlemagne and Napoleon, the modern Eginhards have forgotten in their comparison of these two great men. Philippe le Bel was hardly half an hour at table, and Francis I. thought more of women than of eating and drinking; nevertheless, it was under this gallant Monarch that the science of gastronomy took rise in France. The innovation which Luther had made in human reason was extended even to the kitchen. A learned writer has given long details of the influence of the Reformation on the study of ancient languages, religion, archæology, history, the law of nations,—and has not said a word on the influence which this religious schism had upon Cookery, though it was immense.

Hardly had the Monk of Wittenberg agitated the moral world, when every one began to study the ancients, the fathers of the church, the councils, and the scriptures. The Catholics, whose intellect had hitherto remained

uncultivated, committed to memory the writings of the moralists of Rome and Athens, and the poesy of Homer and Virgil; read their bible, in order to oppose to these novel seductions of language and art (the fruitful instruments of the Reformation) the not less efficacious means of enchantment and proselytism. Hence arose an obstinate struggle between the two rival religions, in order to hasten or oppose the reign of these new ideas. A struggle began at school, to be continued at table *inter pocula et scyphos*. It was at table that the Protestants and Catholics gained proselytes to their cause.

Luther had more than one cook amongst his disciples, as is affirmed by Heas\*; and there is no room for doubt, when we see the Reformer ordain tailors, smiths, masons, tanners, journeymen printers, and send them to places where parsons are wanted, to read printed sermons. Whosoever doubts this may consult the *Banquet de Théodule*, by Starch.

It was not in Germany alone that the Reformation exerted her influence over the science of Cookery. De Thou, exiled from his country, to escape the dreadful spectacle of the massacre of the Protestants, himself relates the succulent repasts which he made in Italy, a country, which, though she had made the first return to the cultivation of poetry and the arts, yet made classical sauces, long after the Germans.

Few have heard the name of GONTHIER D'ANDERNACH! Yet he is one of those stars which shone in the Reformation, and may be compared with Eichhorn, Schultens, Kennicott, Semler, Schroek, Munter, Wachler, and all

\* Recueils destinés à l'histoire des églises et de la Réformation en Suisse.

those great men whom M. de Villers quotes with admiration, in his learned dissertation. What Bacon was to philosophy, Dante and Petrarch to poetry, Michael Angelo and Raphael to painting, Columbus and Gama to geography, Copernicus and Galileo to astronomy, Gonthier was in France to the art of cookery.

Before him, their code of eating was formed only of loose scraps picked up here and there; the names of dishes were strange and barbarous, like the dishes themselves. Can it be credited, that the most witty and inventive nation has not one single sauce that can be called its own; it borrows its dishes and their names from other countries. No written precepts, nothing but inconsistent receipts, which fathers have transmitted to their children, who will again hand them down to their own posterity, and which all will date from the very origin of the world, because then their antiquity is the only criterion that fixes their rank in the public estimation.

At length, Gonthier appeared, to raise the culinary edifice, as Descartes, a century after him, raised that of philosophy. Both introduced doubt—the one in the moral, the other in the physical world. Descartes, considering our conscience as the point from which every philosophical enquiry ought to begin, regenerated the understanding, and destroyed that unintelligible empiricism, which was the bane of human reason. Gonthier, establishing the nervous glands as the sovereign judges at table, overturned the whole scaffolding of *bromatological* traditions, the sad inheritance of past ages. Gonthier is the father of cookery, as Descartes, of French philosophy. If the latter has given rise to geniuses, like Spinoza, Mallebranche, and Locke; the former has been

followed by a posterity of artists, whose names and talents will never be forgotten. Who has not heard of d'Alégre, Souvent, Richant, and Mézelier? It is said that Gonthier, in less than ten years, invented seven cullises, nine ragoûts, thirty-one sauces, and twenty-one soups; but who can assert that Descartes has discovered as many facts! In the history of Gonthier, every page should be read; but could we say as much for an historian or a novelist? We know nothing of Gonthier's last moments; whether he was burnt at the stake for having conformed to the doctrines of the Reformation, or whether he died a natural death; whether poor or rich, in exile, or in his own country. Concerning this we have recurred in vain for information to that crowd of pedants, who have so circumstantially described the quarrels of Ramus and the University, the violent, and sometimes bloody battles of the Realists and Nominals,—the combat of Empiricism and Spiritualism; all those foolish disputes of the sixteenth century, which paved the way for philosophic doubt, but which, in reality, were fit only to abridge the already too short duration of human life. Motion was created; nothing was able to stop it henceforth; the world could not return to its original chaos.

A woman opened the gates of an enlightened age; it was Catherine, the daughter of the celebrated Lorenzo de Medici, niece of Leo the Tenth, then in all the bloom of beauty. Accompanied by a troop of perfumers, painters, astrologers, poets, and cooks, she crosses the Alps, and whilst Bullan planned the Tuileries, Berini recovered from oblivion those sauces which, for many ages, had been lost. Endowed with all the gifts of fortune, the mother and the wife of kings, nature had also gifted her



with a palate, whose intuitive sensibility seldom falls to the lot of sovereigns. In consequence of which, after having driven before her this troop of male and female soothsayers, who pretended to foretell the future, she consulted her *maître d'hôtel*, about some roast meat brought from luxurious Florence; and dipped in a rich sauce the same hand that held the reins of the empire, and which Roussard compared to the rosy fingers of Aurora! Let the foolish vulgar laugh at the importance which the Queen-mother seems to place in the art of cooking; but they have not considered that it is at table, in the midst of the fumes of Burgundy, and the savoury odour of rich dishes, that she meditated the means of quelling a dangerous faction, or the destruction of a man, who disturbed her repose. It was during dinner she had an interview with the Duke of Alba, with whom she resolved on the massacre of St. Bartholomew. It was at table she named her deputies, bought votes, softened the rigid virtue of a modern Cato. All ages are alike, said the wise Seneca, *seculo simile seculum*.

The long reign of this woman, during which France did not enjoy a moment's repose, was fertile in splendid repasts. History speaks of two, which surpassed in magnificence every thing hitherto related in the annals of good cheer. One given by Catherine at the marriage of her daughter Marguerite, to Jean d'Albret, who died two days after,—not, however, of indigestion: the other was given in honour of the execution of Cavagnes, whom Charles wished to see hanged, as is reported by a candid historian of that time.

The execution and repast took place by torch-light. What the executioner gained by this business we cannot

positively say; but we may see on the registers of the town-hall, almost to a farthing, the amount of the banquet. Sauval, in his antiquities, gives a full account of it.

We know that the cooks of the sixteenth century are accused of having acted an infamous part during our domestic dissensions. According to certain half-starved sycophants, they were the confidants of the Queen Dowager; the ministers of her vengeance, and the habitual instruments of her cruelty, *instrumens regni*, according to the expression of Tacitus. Very likely, Catherine sent for some, as Agrippina for Locuste, when she could not sleep. But we defy any one to name a single man who sold or hired himself to this wicked woman. Besides, had she not physicians and apothecaries, whose heads were much more fertile in invention, than that of a devoted artist who never leaves his kitchen.

But to resume—not long after the massacre of St. Bartholomew the throne was occupied by Henry de Valois, brother to Charles the Ninth, and son of Catherine. He was a prince of good appetite, a lover of wine and good cheer, qualities which his mother had carefully fostered and cultivated, that she alone might hold the reins of government. Henry de Valois spent whole days at table, and the constellations of the kitchen shone with the greatest splendour under this gourmand king.

We date from the beginning of his reign the invention of the fricandeau, generally attributed to a Swiss. Now the fricandeau having its Columbus, its discovery appears not more wonderful than that of America, and yet it required *une grande force de tête*.

• Did ever any one suspect the efforts of genius, which

the invention of so simple a machine as the wheelbarrow cost Pascal, its inventor? Schrœter, in his excellent Treatise on Astronomy, Vol. II., considers the invention of the spinning-wheel to be more surprising than the discovery of the great laws of Nature by Kepler, that the squares of the times of the revolutions of the planets are to one another as the cubes of the great axes of their orbits; and Schrœter is right. As to my own opinion respecting the superiority of these three productions of human reason, the wheelbarrow, the fricandeu, and the spinning-wheel, I should give the fricandeu the second place, which, if my memory deceive me not, is the rank M. de Fontanes assigns to the Martyrs of M. Chateaubriand between the two finest epic poems of the intellectual world.

Though we acknowledge the immense influence this monarch had over cookery, we must not conceal that he brought in fashion aromatic sauces, tough macaroni, cullises, and brown sauces calcined by a process like that of roasted coffee. These sauces gave the dishes a corrosive acidity, and as Jourdan le Cointe remarks, far from nourishing the body, communicated to it a feverish sensation, which baffled all the skill of physicians, in their attempts to cure it. They were positive poisons which the Italians had introduced into France, a taste for which spread through every class of society, for as Galen says, in his first book of Antidotes, chapter the fourth:—*Est enim admiratione dignum quantoperé populi principum mores, vel imitentur, vel si non imitentur, videri saltem velint.* A slave to the wishes of his mother, even at table, Henry III. had not resolution enough to expel these foreign scullions, who had intro-

duced themselves into the royal service, to the detriment of a number of native artists, who only waited for a look from the king to create a source of national prosperity in France. As early as the reign of Charles IX. this fatal love of imitation, this romantic gluttony, threatened destruction to the progress of the art. Fortunately providence had placed near the young king a man who kept a watchful eye over our dearest concerns; few people know now-a-days that the most eloquent orator, the most incorruptible magistrate, the noblest political and literary character of the sixteenth century, that the rival of Cicero and Horace, as Scaliger calls him, in short, that de l'Hôpital, a second Fabius, saved, by his prudent procrastination, what we may justly call the public weal. It is a homage paid him by Bruyerinus, one of his cotemporary philologers, who, in his immortal work, *De Re Cibariâ*, affirms that the chancellor de l'Hôpital would never suffer on his table any dish of foreign origin. His eulogium of the chancellor is worthy to be quoted:—" *Novi stomachum ac palatum tuum eruditum; satis compertum habeo te in cibo tantam semper adhibuisse sagacitatem; ut nullius præceptis, nedum nostris indigeas.*"—"I know your stomach, and your learned palate; I know that your alimentary science needs no man's lessons, and mine less than those of other's."—It is hoped the candid reader will excuse this humble prose, which is far from having the energetic precision of the text: the epithet *eruditum* is truly beyond the power of translation, and it would require a large volume to do justice to the word *sagacitatem*.

Under the reign of Henry III. a taste for warm drinks

was joined to that of spicy dishes. Hippocrates recommends hot water in fevers, Avicenna in consumption, Trallien in phrensy, Plato in loathings, Ætius in strangury,—whence we conclude that warm water, having so many different qualities, must have been a very useful article at table, had it only been to assist digestion, considering that people eat copiously in the reign of the Valois. They made not one single repast without a jug-full of hot water, and even wine was drunk lukewarm.

Whether they were right or wrong is a serious question to determine. Were I not afraid that my research might appear of difficult digestion, or badly digested, I should quote, in favour of hot water, the guest of Athenæus, who asks for hot water in order to comfort his stomach:—*aquam jube decoquere, visceribus ut auxiliemur*; those slaves of the ancients whose office it was to bring both boiling and lukewarm water to the guests.—*Ancillæ effundebant, altera, quidem calidam aquam, altera μεταχειρας*; those new spouses, who, according to Botius *de potu antiquorum*, administered warm water at the nuptial festivities—*Calidam nympa ministrat aquam*. One of the most learned physicians that ever existed, doubts of the ancients having made use of warm water during their repast, because he thinks it likely to cause a sensation quite different from that of appetite; but the learned Mercurialis is mistaken; he has not sufficiently considered the difference which exists between hot, *aquam fervidam*, and warm water, *aquam decoctam*.

If the poor have preserved the memory of Henry IV., we cannot say as much of his cooks. That monarch

did nothing for them;—either Nature had not endowed him with a good appetite, (for what prince ever was perfect!) or he looked upon them, as, in the last century, we looked upon soups, as things of hardly any use; but in return they also did nothing for him. Nevertheless his reign was not destitute of gourmands, nor did it entirely pass away without indigestions. Everybody has heard of that Odont, whose blessed stomach left the table tired, but not satiated; and of that Mayenne, who, with a less spacious paunch, would have been the first man of his age.

The cooks were prolix in excellent reasons for the defence of their art.

It is possible, said they, that cookery may have increased the tables of mortality among the Romans, although several historians accuse medicine of having been its accomplice; but what conclusion can we draw against the art itself? If we judge by the work of Apicius *de Obsoniis*, the ragoûts of the Romans were absolutely inflammatory; no constitution, in our age, could stand them, and a dinner served in the style of Apicius would poison our guests;—but our manner of cooking is not like that of the ancient Romans.

There they stopped, not being able to appreciate, like us, the influence it has over civilization.

We are taught by a fashionable theory in medicine, that a change of food, as well as of climates, has an effect on the genius, inclinations, and dispositions of nations. What an intellectual improvement has taken place in the northern countries, since the addition of sugar, spices, and other productions of the South, to their former less savoury dishes! “The salts and-

spirituous juices of these substances (says l'Abbé Dubos) give a tone to the constitution of the Northern nations, or, as the physicians call it, an ethereal oil, which the productions of their own country could not effect. These juices fill the blood of the inhabitants of northern countries with animal spirits produced in Spain and other warmer climates.

“A portion of the juices and air of the Canaries is imported into England with the wine of those islands, brought here in quantities. The habitual and frequent use of the produce of warm climates makes us participate, we may say, in their advantages, and must give a vigour and refinement to the blood and imagination of the inhabitants of the northern climes, which were not possessed by their ancestors, who were contented with the simple productions of their native soil.”

Cookery refines the coarser part of food, deprives the compound substances employed in it of the terrestrial juices therein contained; it improves, purifies, and in some measure spiritualises them. The dishes, thus prepared, must then amass in the blood an abundance of purer and finer spirits. Thence arise more agility and vigour of body, more vivacity and fire of imagination, more extent and force of genius, and more delicacy and refinement of taste. It is not, then, so strangely paradoxical to rank the improvements in modern cookery amongst the physical causes which have recalled us from the extremity of barbarity, to the bosom of refinement, talents, wit, arts, and sciences. They tell us of new maladies; even if that be true, old ones have disappeared. Since the sauces of warm countries have been introduced at Amsterdam, the learned Régis has re-

marked, that not the twentieth part of the scorbutic diseases formerly to be met with, now exist.

It is very remarkable, that in France, where there is but one religion, the sauces are infinitely varied, whilst in England, where the different sects are innumerable, there is, we may say, but one single sauce. Melted butter, in English cookery, plays nearly the same part as the Lord Mayor's coach at civic ceremonies, calomel in modern medicine, or silver forks in the fashionable novels. Melted butter and anchovies, melted butter and capers, melted butter and parsley, melted butter and eggs, and melted butter for ever: this is a sample of the national cookery of this country.

We may date the art of making sauces from the age of Louis XIV. Under Louis XIII. meat was either roasted or broiled: every baker had a stove where the citizen, as well as the great lord, sent his meat to be dressed; but, by degrees, they began to feel the necessity of sauces.

A sauce, made according to the principles of the art, excites and restores the appetite, flatters the palate, is pleasing to the smell, and inebriates all the senses with delight. We have often heard a noble patron, whose taste on the subject is indisputable, assert that sauces are to food what action is to oratory. We would bow to a famous sauce-maker, as we would have done to Lord Byron or Sir Walter Scott; and amongst the proofs of the immateriality of the soul, at the very first line, we place "the prodigy of a perfectly well-made sauce." He was in the right: perhaps the wisdom and fertility of nature are not displayed with more splendour in the works of the creation, than is the genius of the cook in the



composition of a sauce. *Omnis pulchritudinis forma unitas est*, said St. Augustin; therefore there must be unity in every good sauce,—there is a harmony of taste as well as of colours and sounds. If it were not so, why should the organ of taste be wounded by one composition, and so agreeably flattered by another. Thence it follows, that more sagacity and taste are requisite than we are generally willing to allow. To appreciate a sauce, a delicate palate is as necessary to these kinds of cooks, as a refined ear to a musician. Father Castel wanted only nine scientific eyes to feel the harmony of his colours; and a skilful sauce-maker requires only an experienced palate, to taste the harmony of the flavours of his ragouts.

It appears that the great wits of the age of Louis XIV. had not that contempt for cookery which some idealists of our days affect to have. Boileau has described a bad repast like a man who has often seen better; he liked the pleasures of the table, which have never been incompatible with the gifts of genius, or the investigations of the understanding. "I cannot conceive," says Doctor Johnson, "the folly of those, who, when at table, think of everything but eating; for my part, when I am there I think of nothing else; and whosoever does not trouble himself with this important affair at dinner, or supper, will do no good at any other time." Boswell affirms that he never knew a man who dispatched a dinner better than the great moralist. But what avails it to defend cooks and gourmands? It is an axiom in political economy, according to Malthus, that *he who makes two blades of grass grow, where before there was but one, ought to be considered as the benefactor of his country, and of mankind.*

Is not this a service which the epicure and the cook every day do their country? Addison thought differently from Johnson on this subject: "Every time," says he, "that I see a splendid dinner, I fancy fever, gout, and dropsy, are lying in ambush for me, with the whole race of maladies which attack mankind: in my opinion an epicure is a fool." What does this blustering of Addison prove? Boswell also asserts, that Addison often complained of indigestion. And in the present times, the first chemist of the day, Sir Humphry Davy, passes for a finished gourmand.

If Poetry be, as has been said, the offspring of Love, why should we not call Cookery the sister of Chemistry? for surely we may do so with equal reason and justice.

Roasting, boiling, frying, broiling, do not alone constitute the art of cooking, otherwise the savage of the Orinoco might be *mattre d'hôtel* with Prince Esterhazy.

The progress of chemistry during the regency made way for that of cookery. It was, then, if we are not mistaken, that the *Cuisiniere Bourgeoise* was published in six volumes, or rather in six cantos,—a work which shows a profound study of the arts, and an admirable talent for analysis; no superfluous words or useless phrases, but apophthegms, in the severe style of the ancients: it is a monument worthy the veneration of all epicures.

It is under the regency that we find this definition of man, *animal cuisinant*,—a definition which is worth all those which the materialists of the eighteenth century have imagined. Indeed, of all the animals in the creation, man alone lights a fire to prepare his food: the ape, as an

ingenious writer\* has observed, which has so decided an inclination for imitation, never thought of dressing its food. Mons. Pougens threw Jocko some bits of wood to light a brazier's fire, but the intelligent animal did not dress its dinner on it.

The application of chemistry to alimentary preparations gave rise to a number of nutritive combinations, which by increasing the difficulty of the art of Apicius, rendered those who distinguished themselves in it more valuable than before. The charms of gold, honours, and glory, (for the kitchen afforded all these things,) inflamed every mind: the wooden horse of Troy could not have contained all the practitioners of this period. Then every great lord had a cook whom he treated more like a friend than a servant, never left in town or country, took with him on his travels, and paid exorbitantly. They then bought a cook as dear as an original of Raphael. On the other hand, we see cooks, quitting the common track, aspire at a higher course, search into antiquity, call upon the manes of the Greek and Roman artists, to learn the secret of making those sauces considered as lost for ever, and, by dint of patience and genius, recover some, and invent others which the ancients might have envied us. Unhappily, the libertinism of morals, which had crept from the throne to the lowest ranks of society, put a sudden stop to the "March of Gastronomy."

Let us explain ourselves.

The example of the Regent, who admitted concubines to his table, was followed by all his courtiers. It became

\* Accum.

fashionable among the great to dine with actresses and kept women. It was necessary, therefore, that the genius of the cooks should let itself down to a level with these impudent parasites, and, as one might say, to effeminate itself. The manly food that had been served at the table in the olden time, the spices, banished from their alimentary preparations, were supplied by sugar, syrups, and essences mixed in every dish presented to these Sybarites; and they were not far from seeing the regimen of Pythagoras prevail in France: all the gods of the ancients came down from Olympus upon tables in the form of pies, which their great cooks were condemned to make and adorn with their own hands.

The science of gastronomy made great progress under Louis XV., a brilliant epoch for the literature of gastronomy: together with the fashions, customs, freedom of opinion, and taste for equipages and horses brought from Great Britain,—some new dishes taken from the culinary code of this country, such as puddings and beef-steaks, were also introduced into France.

Thanks to the increasing progress and discoveries in chemistry, and to the genius of our artists, the art of cookery rose to the greatest height towards the end of the last century. What a famous age was that of Mezelier, l'Asne, Jouvent, Richaud, Chaud, and Robert!

"It is difficult to forget it," says a journalist, whose literary articles have as much of the piquant as the sauces of Laguipierre, "that some men, who were total strangers to our manners, and whose memory all cooks ought for ever to execrate, would soon have accustomed us to those accursed dishes, which might have satisfied the Romans in the first ages of the republic, but which are repugnant

to the delicacy of our taste. What times! what customs! but, above all, what dinners! The people themselves were soon disgusted with them. They had been promised better ones, and they could not conceive why they should fare so badly in the midst of the homage paid to their sovereignty. Poor sovereigns! who had for their dinner only a dish of lentiles, which, in spite of the love of their country, the only seasoning, was not the less insipid." But as all that is violent is of short duration, the people threw aside the royal purple, which suited them so ill, and, like the Hebrews, again desired their onions of Egypt. Then came the Tribunes, under whom the people were allowed two meals a day. The cooks, until then concealed in their kitchen, and lamenting the inactivity to which they had been condemned, reappeared, went in quest of their former masters, but not finding them, offered their talents to those bastard republicans, who were no sooner permitted to eat to keep themselves alive, than they kept open house, strove to regain lost time, and now seemed only to live for the sake of eating.

History will never forget that great man, who aspired to all kinds of glory, and would have been, if he had wished, as great a cook as he was a statesman,—I mean the Prince de Talleyrand, who re-kindled the sacred flame in France. The first clouds of smoke, which announced the resurrection of the science of cookery in the capital, appeared from the kitchen of an ancient Bishop.

A revolution like the French, which presented to their eyes such terrible spectacles, must have left some traces in their physical or intellectual constitution. At the end of this bloody drama, the mind, bewildered by the late dreadful scenes, was unable to feel those sweet and

peaceable emotions, in which it had formerly delighted; as the palate, having long been at rest, and now become blunted, must require high-seasoned dishes, to excite an appetite. The reign of the Directory, therefore, is that of *Romances à la Radcliffe*, as well as of *Sauces à la Provençale*. Fortunately, the eighth of Brumaire pulled down the five Directors, together with their saucepans.

Their fall was celebrated by the joyous disciples of Epicurus, even on the stage, where they laughed for the first time since the last ten years, and was celebrated in festivities, at which were seen those *piquantes* beauties, who, during the discords, had given proofs of the most heroic sacrifices, and who, at the return of peace, graced their banquets with their presence, in order to excite the lively sallies and noisy mirth of the guests. It will be easily believed that they could not present the rosy lips of the fair sex with the garlic and onions of the republicans.

Under the Consulship, and during the empire, the art of cooking, thanks to the labours of Beauvilliers, Balaine, and other artists, made new and remarkable improvements. Among the promoters of the gastric science, the name of a simple amateur makes a distinguished figure—it is Grisnod de la Reynière, whose almanack the late Duke of York called the most delightful book that ever issued from the press. We may affirm, that the *Almanach des Gourmands* made a complete revolution in the language and usages of the country. Before it appeared, a man of fashion would have blushed to be heard speaking of cookery. Grisnod de la Reynière ennobled its language, and at the same time inspired a taste for it, by proving that the genius of that science may be accompanied by all the nobler qualities of the mind. The French are not in-

debted to M. Grisnod for any discovery; he created nothing, not even a sauce, and yet his name will be remembered in that country, as long as people continue to eat there: the songs of the Orpheus of Pesaro will be antiquated, and the pills of Abernethy out of fashion, when the Almanach des Gourmands will be read,—full of life and glory. We are yet too near the restoration to determine the degree of influence it had on cookery in France. The restoration has introduced into Monarchy the representative forms friendly to epicurism, and in this respect it is a true blessing,—a new era opened to those who are hungry. However, we shall soon have it in our power to appreciate the influence of the constitutional government on the national love of feasting. A man who, for these five-and-twenty years, has held in their Legislative Assemblies the place which Copernicus assigned to the sun in the firmament, has traced a picture of it in one volume octavo, under the title of *Histoire de la gueule en France depuis la Revolution en 1789, jusqu'à nos jours*. We have seen some portions of the work, in which we have discovered many happy conceptions, new ideas, profound thought, and a concise and nervous style. One of the chapters bears this title: *Nomination of M. A. due to a pie of goose-liver*; another, *the turkey with truffles and the censure*; a third, *the eighteenth of Brumaire explained by the larks of Pithiviers*; and another, *the liberty of the press repulsed with considerable loss by a fat chicken of Strasbourg*.

## ON THE IMPUTED ILL EFFECTS OF COOKERY ON THE HEALTH.

---

“Sir, the waste of life must be repaired by the indulgences of the table.”—*Dr. Johnson's Table Talk.*

---

**MANY** persons, but particularly Medical Practitioners have, from time immemorial, been the declared enemies of Cooks and Cookery. The determination of the latter to keep mankind under their despotic dominion, has engaged them in a perpetual warfare against whatever might oppose their peculiar interests. But I will dare to affirm that good Cookery, so far from possessing any deleterious tendency, is, on the contrary, highly conducive to the preservation of health, inasmuch as it protects the appetite against the disadvantageous monotony of plain food. I will not, however, pretend to deny, that, like everything else, it should be used with discretion; but on what enjoyment, or even ordinary function of life, I would ask, is not discretion an indispensable attendant? The mischief then lies only in the abuse. A skilful and well-directed Cookery abounds in chemical preparations, highly salutary to weak stomachs. There exists a salubrity of aliment suited to every age. Infancy, youth, maturity, and old age—each has its peculiarly adapted food, and that not merely applicable to digestive powers in full vigour, but to stomachs feebly organized by nature, or to those debilitated by excess.

I am greatly concerned at being obliged to combat a still more powerful, though amiable enemy to Cookery. The Ladies of England are unfavourably disposed to-



wards our art ; yet I find no difficulty in assigning the cause of it. It is particularly the case with them (and indeed it is so in some measure with our own sex) that they are not introduced to their parents' table till their palates have been completely benumbed by the strict diet observed in the nursery and boarding-schools. Here, then, are two antagonists to cookery—the Ladies and the Doctors, whose empire is as extensive as the universe, and who divide the world between them. However, in spite of the envious, the Ladies will still wield the sceptre of pleasure ; while the dispensations of the Doctors will be sought for by us only when under the influence of pain.

Nature affords a simple remedy against the abuse of good cheer—**ABSTINENCE**. If you have eaten too much, doubtless you will feel inconvenienced. In that case, have immediate recourse to some weak tea \*, which will speedily liberate your stomach from the superfluities which encumber and oppress it, without leaving those intestinal pains which are rather the result of the medicine than the effect of the disorder. Numbers of persons attribute the gout to the frequent use of dishes dressed in the French way. Many years' experience and observation have proved to me, that this disorder has not its origin in good cheer, but in excesses of other kinds. Have we not seen, in years past, numberless individuals who have lived entirely on French Cookery, to very advanced ages, without being afflicted with that disorder ? and do we not see daily, that the greater number of those who suffer the acute agonies of it, derive it from their predecessors, rather than from their own habits of life ? A

\* Galen and Hippocrates said, that they left behind them two still greater Doctors than themselves—**WATER** and **ABSTINENCE**.

copious and sustained exercise is the surest preventive. It is true the gout more frequently attacks the wealthy than the indigent: hence it has been attributed to their way of living; but this is an error. It is exercise only which they need; not an airing on horseback, or in a carriage, but that bodily activity which, occasioning fatigue, would enable them to enjoy the sweets of repose. I do not attempt then, as empirics do, to prescribe ineffectually a remedy to cure the gout; but I have this advantage over them, that I can afford a positive preventive against it, and thus prevent many a sufferer from falling under their dominion. If the Art of Cookery had been held in a little more estimation, there can be no doubt but that among its professors many might have been found of sufficient information, and sufficiently devoted to the interests of the human race, to give prescriptions in Cookery, as Doctors give them in medicine. We have this advantage, however, over them, that our compositions are always agreeable to the palate, while theirs are horribly disgusting. I could therefore recommend a skilfully dressed dish, as in all respects more salubrious than simple fare. I do not mean to deny that a plainly roasted joint, well done, is food of easy digestion; but I peremptorily proscribe all salted and underdone provisions. Pork, in whatever way it may be dressed, is always unwholesome; yet if dressed in the French fashion, the stimulant of a sauce makes it aperient, and it of course is less indigestive than when dressed plainly. Our manner of dressing vegetables is more various and extensive than in England, a circumstance which embraces the double advantage of flattering the palate and being of easier digestion.

I would recommend as a certain preventive against

disorder, great bodily exercise—as hunting, billiards, tennis, shuttlecock, fencing, &c., for gentlemen; and for ladies, dancing, and such lively exercises as are suited to their sex: walking also, but not the grave and deliberate movements of a magistrate, but an active and accelerated pace, such as may occasion fatigue. Thus you may find health and appetite, which afford the pleasure of self-government, by keeping you from the power of Doctors and Doctors' stuff.

One more remark, and that on the disproportion of talent which exists among Cooks. A person who has never tasted made dishes, sits down for the first time, perhaps, to indifferently dressed ones: hence arises, at first setting out, an impression, which the Author confesses it is hardly possible to overcome. He himself infinitely prefers a plain dish to a made dish that is badly seasoned, badly trimmed, and, above all, dressed in an uncleanly manner, and served up with a disagreeable appearance. But the wealthy are able to vanquish these disadvantages, by engaging in their service persons properly qualified to be placed in the rank of ARTISTS.

I would, in conclusion, endeavour to persuade my readers that Cookery, well executed, is both nutritive and easy of digestion; and that, in spite of the custom of many medical practitioners who decry the use of it, I cannot cite a better instance of its good effects than myself, who have always lived on good, indeed on the best of cookery, and who, although upwards of sixty years of age, am still in good health, and possess an excellent appetite; but the causes of the continuance of these two great blessings are, undoubtedly, my constant activity, and the exercises which I take, without which I *should enjoy neither.*

## ON CARVING.

---

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

---

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

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

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

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

#### ROUND OF BEEF.

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

Do not forget, when the joint is sent to the larder, to turn it, so as to let all the gravy run to that part which you intend to eat cold.

## ON CARVING.

17

### RUMP OF BEEF.

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

### BREAST OF BEEF GLAZED, COMMONLY CALLED THE TREMBLING PART.

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

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

### ROAST SIRLOIN OF BEEF.

As this piece of beef is always tenderer than any other part, and likewise looks better, it is not surprising to find it on most tables, although it may be considered the representative of the national cookery of this country. At the table of an epicure of fashion, this elephantine joint

gets no other place than the sideboard, where it is the province of the *maitre-d'hôtel* to carve it as follows :—

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

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

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

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

## SADDLE OF MUTTON.

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

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

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

## LEG OF MUTTON.

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

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



## SIRLOIN OF VEAL.

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

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

## FILLET OF VEAL.

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

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

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

## HAM AND TONGUE

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

## CALF'S HEAD.

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

The parts most delicate in the head are the bit under the ears, next the eyes, and the side of the cheek. When you help anybody, always take care to keep the side of the skin uppermost; and put sauce over the meat of those you assist; if they like it, they will dip the meat into it themselves: it is usual to give those whom you may help a small portion of the brain, and a little bit of the tongue.

## SUCKING FIG.

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

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

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

## TURKEY.

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

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

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

#### HARE AND RABBIT.

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

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

Rabbit must be carved in the same manner; but as it contains no stuffing, there should be some gravy, and parsley and butter, with the liver chopped in the sauce.

The shoulder of rabbit is very delicate, and the brain is a titbit for a lady. Cut the head, therefore, in two, and help her to it.

## FOWL.

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

## PHEASANT.

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

## PARTRIDGE.

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

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

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

## GOOSE, DUCK, AND WILD DUCK.

These birds must always be carved from one end to the other. Cut small slices, and open the inside to get at some of the seasoning within; add a little gravy and some of the apple sauce. Wild duck is carved by slicing the breast in the first instance, and pouring over the gashes a few spoonful of sauce, composed of port wine or claret, lemon juice, salt, and Cayenne pepper; dexterity in preparing which, evinces a gentlemanlike taste.

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

---

## ADVICE TO COOKS.

---

“About the same time, he was so much displeas'd with the performances of a nobleman's cook, that he exclaimed with vehemence, 'I'd throw such a rascal into the river.'”—*Boswell's Life of Dr. Johnson.*

---

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

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

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

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

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

Great cleanliness is requisite in the utensils you make

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

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

I have remarked elsewhere, that any thing clarified requires high seasoning, and consequently is not so healthy. A stock-pot well managed saves a great deal of trouble, for it would be ridiculous in a small dinner to make several broths. When you have put into the stock-pot the articles and ingredients as directed in the Chapter on that subject, the same broth will serve you to make the soup, and white or brown sauce, &c. Economy should be the order of the day, seeing the dearness of every thing used in the kitchen. You should be very careful to take off the fat, and skim the soups and sauces; it is an operation which must be repeated again and again: the smallest drop of fat or grease is insufferable; it characterises bad cookery, and a Cook without method. The different classes of cookery, viz. the soups, the entrées, the fish, the entremets, the roasts, the jellies, the decorated entremets, the pastry, &c. all require the greatest attention. The theory of the kitchen appears trifling; but its practice is extensive: many persons talk of it, yet know nothing of it beyond a mutton-chop or a beef-steak.



Cooks in this country have not the opportunity of instructing their pupils that we have in France, except at the Royal Palace, where every thing is, and must be, done in perfection, as neither hands nor expense are objects of consideration. The chief Cook should be particular in instructing his apprentices in all the branches before-mentioned; and that he may be certain of teaching them properly, not the slightest particularity of the art must be omitted. The difficulties to be conquered are a national prejudice which exists against French Cookery; and the circumstance of a young man coming to this employment from school, with his taste he will settled, and remaining a long time in a kitchen, before he will attempt to taste any thing that he has not been tomed to; if he does not like Cookery himself, he never can be a good Cook.

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

I recommend particularly to a Cook, to bestow great attention on the sauces, which are the soul of Cookery. One great difficulty in cooking is the names of the dishes; Cooks seldom agree upon this point: some names owe their origin either to the Cook who invented them, or to the first Epicure who gives them a reputation. Cookery possesses few innovators. I have myself invented several dishes, but have been shy in giving them my name, from a fear of being accused of vanity. I confess there are some ridiculous names: for instance, *soup au clair de lune, soup à la jambe de bois,*

*la poularde en bas de soie, les pets de nonne, &c., &c.,* with many others equally ludicrous.

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

“ Qu'un CUISINIER est un mortel divin :”

Why should we not be proud of our knowledge in cookery? It is the soul of festivity at all times and to all ages. How many marriages have been the consequence of meeting at dinner? How much good fortune has been the result of a good supper? At what moment of our existence are we happier than at table? There hatred and animosity are lulled to sleep, and pleasure alone reigns. It is at table that an amiable lady or gentleman shines in sallies of wit, where they display the ease and graceful manners with which they perform the honours of the table. Here the Cook, by his skill and attention, anticipates their wishes, in the happiest selection of the best dishes and decorations; here their wants are satisfied, their minds and bodies invigorated, and themselves qualified for the high delights of love, music, poetry, dancing, and other pleasures; and is he, whose talents have produced these happy effects,

to rank no higher in the scale of man than a common servant? Yes, if you adopt and attend to the rules that I have laid down, the self-love of mankind will consent at last that Cookery shall rank in the class of the Sciences, and its Professors deserve the name of Artists.

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

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

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

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

\* "You shall see what a Book of Cookery I shall make! Women can spin very well; but they cannot make a good Book of Cookery. I could write a better Book of Cookery than has ever yet been written; it should be a book on philosophical principles."—*Dr. Johnson.*

## ON THE CHOICE OF MEAT.

---

"I, Madam, who live at a variety of good tables, am a much better judge of cookery than any person who lives much at home; in trying by a wider range, I can more exquisitely judge."—*Dr. Johnson, vide Boswell.*

---

## BUTCHER'S MEAT.

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

*Veal.*—Veal, for dishes, should always be white and fat ; for sauces it is not of so much consequence. Very white veal is more healthy than common veal. Many stomachs are disordered by red veal. The flesh of veal is more firm, but less white than that of heifer ; if exposed to the air for some time it grows red.

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

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

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

## POULTRY

*Fowls.*—In buying fowls choose those with white legs, their flesh is finer, and the skin more tender; they also look better at table. (For the manner of fattening them, see page 135.)

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

## GAME.

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

*Pheasant.*—If the spur is short and obtuse, the bird is young and good to eat.

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

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

## FISH.

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

*Salmon.*—Thames salmon is the best.

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

## VOCABULARY OF TERMS

## IN USE IN THE KITCHEN.

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

*Bain Marie, a warm-water-bath*—Any flat vessel containing hot-water; the effect of which is to keep anything contained in a stew-pan, and placed in it, of precisely the same heat, without altering the quantity or quality.—(See note to page 19.)

*Braise*—A manner of stewing meat which greatly improves the taste by preventing any sensible evaporation.—(For further explanation, see note to page 103.)

*Braisière (braising-pan)*—A copper vessel tinned, deep and long, with two handles, the lid concave on the outside, that fire may be put in it.

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

*Buisson, en, pastry piled thus*



on a plate.

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

*Croustades*—Fried crusts of bread.

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

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

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

*Entremets*—Is the second course, which comes between the roast meat and the deserts.

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

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

*Feuilletage*—Puff-paste.

*Filets Mignons*—Inside small filets.

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

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

*Lardoire (Larder)*—An instrument of wood or steel for larding meat.

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

*Mark*—To prepare the meat which is to be dressed in a stewing-pan.

*Mask*—Is to cover a dish with a ragoût or something of the sort.

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

*Pain de beurre*—An ounce or an ounce and a half of butter, made in the shape of a roll.

*Paner*—To sprinkle meat or fish which is dressed on the gridiron with crumbs of bread dipped in butter and eggs.

*Panures*—Every thing with bread over it.

*Parer*—Is freeing the meat of nerves, skin, and all unnecessary fat.

*Paupiettes*—Slices of meat rather broad, to be rolled up.

*Piqué*—Is to lard with a needle, game, fowls, and all sorts of meat.

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

*Quenelles*—Meat minced or potted, as *quenelles* of meat, game, fowls, and fish.

*Sautez*—Is to mix or unite all the parts of a ragoût by shaking it about.

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

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

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

THE  
**FRENCH COOK.**

---

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

---

OBSERVATIONS.

**BROTH** is the foundation of Cookery.

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

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

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

1. *First Broth.*

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



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

### 2. *First Consommé, or Stock Broth.*

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

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

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

### 4. *Consommé, or Broth of Game.*

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

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

### 5. *Consommé or Broth of Rabbits.*

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

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

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

### 7. *Beef Gravy.*

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

knife into the meat; let it stew gently on a slow fire till the gravy is a light brown colour\*. Next moisten with some first broth, throw in a large bunch of parsley and of green onions, a little salt, and a peppercorn. Let the whole boil for one hour; take the fat off, and drain it through a silk sieve, to use when wanted.

### 8. *The Aspic, an Egg Jelly.*

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

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

\* The browner the glaze is, the better; but care should be taken not to burn it, as it would then be bitter.

9. *Meat Jelly for Pies.*

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

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

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

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

11. *Clarified Broth, or Consommé,*

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

12. *Clarified Gravy.*

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

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

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

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

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

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

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

15. *Brown Thickening.*

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

16. *The Cullis—(a Brown Jelly.)*

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

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

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

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

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

The same operation as above, except that in this are introduced the loins and trimmings of either young or old partridges, that this sauce may taste of game. Put them to sweat. Remember that such sauces, if kept too long on the fire, lose their savour, and the game flavour.—This method may be thus shortened: prepare a good consommé or broth of game; when done, reduce it to glaze, then by putting a small bit of that glaze in either sauce, it will save time and expense, and will answer much better,

19. *Sauce Tournée* \*.

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

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

This is the same as the last sauce with the addition of a thickening † of eggs well seasoned. This sauce is always used for the following sauces or ragouts, viz. blanquettes, or white fricassees, of all descriptions, of veal, of fowl, of game, or palates, ragout, loin of veal, with bechamel, &c. &c.

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

† This thickening is what is called, in French, *liaison*; the yolk of two or four eggs.



21. *The Velouté.*

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

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

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

and should therefore be avoided. This sauce should be very thick. Put it into a white basin through a tammy, and keep it in the larder out of the dust.

This sauce is the foundation, if I may so speak, of all sorts of little sauces, especially in England, where white sauces are preferred. On this account I seldom adopt the former method. In summer I was unable to procure any butter fit for use, and accordingly I was forced to do without, and found that my sauce was the better for it. This sauce should always be kept very thick, as you can thin it whenever you please, either with stock-broth or with cream. If too thin, it could not be used for so many purposes.

### 23. *White Italian Sauce.*

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

### 24. *Brown Italian Sauce.*

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

Take two spoonfuls of chopped mushrooms, one spoonful of shalots, one ditto of parsley\*. Throw the whole

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

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

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

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

#### 26. *White sharp Sauce.*

Pour into a stewpan four spoonsful of white vinegar, to which add some tarragon, (if you have no tarragon, use

tarragon vinegar,) and about twenty peppercorns; reduce the vinegar to one-fourth of its original quantity, pour into the stewpan six spoonfuls of sauce tournéé (No. 19), and two spoonfuls of consommé, or stock-broth (No. 2); then reduce this sauce over a large fire. Strain it through a tammy, and then put it again on the fire. When it boils, thicken it with the yolks of two eggs, work it with a small bit of butter. In case it should happen to be brown, pour a spoonful of cream into it, to restore the white colour, and put a little cayenne and salt. This sort of sauce is used for all great houses.

27. *The Brown sharp Sauce, or Poivrée.*

Put a small bit of butter, a small carrot cut into dice, a few shalots cut in the same way, some parsley roots, some parsley, a few slices of ham, a clove, a little thyme, the half of a bay-leaf, a few grains of pepper-corn and allspice, with a little mace, in a small stewpan. Let the stew-pan be put on a slow fire, till it begins to be of a fine brown all round; then keep stirring with a wooden spoon; pour into the stewpan four spoonfuls of white vinegar, and a small bit of sugar. Let this reduce nearly to a glaze. Then moisten with some Spanish sauce (No. 17), and a little consommé (No. 2), that you may be enabled to take the fat off from the sauce; season with cayenne and a little salt. Taste whether it be salt enough, but observe that it should not be too acid; skim off the fat, and strain the sauce through a tammy, and serve up.

28. *The Aspic Lié.*

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

29. *White Ravigotte, or Herb Sauce.*

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

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

Take a tea-spoonful of catsup, ditto of cavice, ditto of Chili vinegar, ditto of Reading sauce, a lump of butter the size of an egg, three spoonfuls of thick béchamel, (No. 36), a little new cream, salt and pepper, and a little parsley chopped fine, and blanch very green; this sauce is in high request, and entirely the composition of the Author.

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

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

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

Is nothing more than plain butter sauce with a little chopped parsley, salt, pepper, and lemon-juice. If shalots are liked, a few may be added, the same as to the maître d'hôtel, or steward's sauce, above.

### 33. *Tarragon Sauce, or Pluche.*

See No. 26, *White sharp Sauce*. Blanch some tarragon, either in fillets, squares, or any other shape you may think proper, and put it into the sauce. It is then called Tarragon sauce. In other pluches, tarragon must always prevail. You may make pluches of parsley, chervil, &c. with the sauce called white sharp sauce.

### 34. *The Bourguignotte.*

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

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

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

### 36. *The Béchamel.*

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

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

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

38. *The Genoese Sauce.*

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

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

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

Melt some brown thickening (No. 15), into which throw a few onions cut into slices: keep it stirring over the fire till the onions be dissolved in the thickening. Then moisten with the wine in which the fish has been stewed, and which should be red wine. Add some trimmings of mushrooms, with a bunch of parsley and green onions, well seasoned with spices; bay leaves, thyme, sweet basil, cloves, allspice, &c. Let the flour be well done. Take care to throw in a few spoonful of veal gravy. Taste whether the sauce be properly seasoned, and strain it through a tammy. Then take a few small glazed onions and mushrooms, ready done, likewise a few small quenelles, and put into it some of the sauce, and keep this little ragout, to put over the fish when your matelotte is in the dish. When ready to serve up, add the juice of a lemon, and two spoonful of essence of anchovies. Work the sauce well, that it may be quite mellow. Cover the fish with the sauce, and then pour the ragout over.

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

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

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

Peel some apples and cut them into quarters, put them into a stewpan, with a little brown sugar, and water. When they are melted, stir them well with a wooden spoon, add a little butter to it, and send up.



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

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

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

Pick your sorrel, let it melt, drain it, and lay it on the table, as above. Mind that the table be very clean. Then chop the sorrel for a long time, and very fine, fry it gently in a stewpan with a little butter. When it has been kept for about half an hour on a slow fire, to drain all the humidity, throw in a spoonful of flour: moisten with boiling hot cream, and let it stew on a slow fire for an hour. Then season it with a little salt. If the sorrel should be too acid, put a little sugar to it. Then thicken it with the yolks of four eggs, and serve up.

If you prefer making a Brunoise (No. 111), make a kind of pap with flour and cream, or milk, and let it boil.

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

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

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

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

Take a dozen white onions. After having peeled and washed them, cut them into halves, take off the tops and

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

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

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

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

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

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

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

47. *Bretonne.*

The same as above; some denominate it *Bretonne*, some *Lyonnaise*.

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

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

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

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

If you wish to make a white purée of mushrooms, you must then turn the mushrooms white in a little water and lemon-juice; chop them, and then put them into a stew-pan, with a very small bit of butter. When the mushrooms are melted, moisten them with four or six spoonful of velouté (No. 21), or béchamel (No. 36). Do not let them boil long, for fear they should lose their taste and colour. Then rub them through a tammy.

It is almost useless to observe that, for the brown purée, it will be enough to moisten with some *Espagnole*, or Spanish sauce (No. 17) only. If you were to fry the mushrooms brown, they then would turn black, and make the sauce of the like colour. Skim the sauce. Put a

little sugar into both. All such sauces as are called purées, must be made thicker than others.

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

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

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

51. *Purée of Chestnuts.*

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

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

Take a bunch of green asparagus, break them in the tender part, and wash them well, then blanch them in boiling water, with salt to make them very green; when they begin to be tender, drain them and put them in

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

### 53. *Nouilles.*

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

54. *The Macédoine.*

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

55. *Sauce for Attelets* \*.

Take a spoonful of fine herbs, such as mushrooms, parsley, shalots, and a little butter, and fry them slightly in a stewpan. When the herbs have begun to fry, before they are too dry, sprinkle them with a little flour, and moisten with broth or consommé. Reduce over a large fire,

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

without skimming off the fat. Season with pepper, salt, and small spices. When the sauce begins to thicken, take it off the fire. Then throw in the yolks of two or three eggs, well beaten : keep stirring, and pour the sauce over whatever it may be intended for.

#### 56. *Sauce for Sturgeon.*

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

#### 57. *Red Sauce Cardinal.*

Reduce some sauce tournée (No. 19), with a few spoonful of consommé, or broth of fowls. When the sauce is sufficiently done, take some butter of craw-fish\*, which throw in. Work it well, with a small lump of fresh butter, to prevent the other butter from turning to oil. Give it a good seasoning, and add the juice of a lemon. The spawn of lobster is better, gives less trouble, and has a finer flavour.

\* Butter of craw-fish :—In England the spawn of lobster is used : it should be well pounded.



58. *Lobster Sauce.*

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

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

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

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

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

#### 60. *Common Rémoulade, and Green Rémoulade.*

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

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

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

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

#### 61. *Mayonnaise.*

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

#### 62. *Egg Sauce.*

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

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

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

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

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

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

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

65. *La Dusselle*—(*The Dussell.*)

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

\* Panures are everything with crumbs of bread over them.

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

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

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

68. *Les Petits Pointes d'Asperge*—(*Little Asparagus-tops.*)

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

peas, and so in proportion. This method, when well done, gives precisely the taste of peas, and is excellent for entremêts or second course dishes, as well as for sauce: for entremêts you must use water only, but for sauce they should be made tasty.

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

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

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

Cut small turnips into the shape either of corks, or olives, or into any other shape according to your fancy. Blanch them with one single boil in water; drain them, and stew them with a little sugar, and two spoonfuls of good stock-broth (No. 2). Mind they must stew over a sharp fire, that they may be reduced speedily, for otherwise they would be too much done. When they are reduced to a glaze, take them off the fire. Pour in three or four spoonfuls of velouté or béchamel, according to the new method (No. 22). If the sauce be too thick,

put to it a spoonful of thick cream ; do not forget a little salt. This sauce must always be white, and is generally required with glazed articles, which have a sufficient degree of substance.

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

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

72. *Dutch Sauce*.

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

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

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

No. 74. *Melted Butter*. *English manner*.

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

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

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



76. *La Godard.*

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

77. *La Chambord.*

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

\* See Receipts for pigeons under that head.

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

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

78. *Salmi Sauce à l'Espagnole*—(*Spanish Sauce for Hashes.*)

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

79. *Butter of Crawfish.*

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

80. *Butter of Anchovies.*

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

81. *Glaze.*

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

82. *Sauce Robert.*

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

83. *La Livernaise—(Livernoise Sauce.)*

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

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

84. *Hochepot.*

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

85. *La Polonoise\**—(*Polish Sauce.*)

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

86. *Cucumbers for Blanquettes*—(*or White Fricassees.*)

Cucumbers are good only when quite young; you must take care, however, that they have not a bitter taste. The best are those that have a rough, shaggy coat. Cucumbers are cooked in various ways, either for sauces or for entremets (or second course dishes). It is useless to fry them in white clarified butter (as practised in France). As soon as they have been pared, stew them in a little sauce tournée (No. 19), and sugar, but do not let them stew too long. Lay them in a hair-sieve to drain, reduce the liquor in which they have been stewing,

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

and thicken it with the yolks of four eggs. Do not put the cucumbers into the sauce till you are going to send up, or it would get too thin.

#### 87. *Essence of Cucumbers.*

Peel the cucumbers as above, and keep the parings, which are to be made into a purée, by stewing it with a little butter. When entirely melted, drain the butter, and moisten with the sauce tournée (No. 19), in which you have stewed the cucumbers, and which have been drained upon a hair sieve, and covered with a round of paper. Reduce this purée to a state of absolute consistency, and mix with it four large spoonsful of béchamel (No. 36). You must also put a little sugar when you stew the cucumbers in the sauce tournée. After having thrown in the béchamel and reduced it, strain the purée through a tammy. Put in the scollops of fowls, and toss them in the sauce. If the sauce should happen not to be white enough, pour one or two spoonsful of thick cream into it. A short time before you send up, throw the cucumbers into the sauce. Serve hot, and well-seasoned.

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

#### 88. *Green Peas in White Sauce.*

Procure some very young peas. Do not take those which have a kind of a kernel, for they are liable to break, and thicken the sauce. Put the peas into an earthen pan, with a small bit of butter, and plenty of fresh water. Handle and shake the peas well in the water, and then drain and put them to sweat in a stew-pan on a little stove, with a small bunch of parsley and green onions. When they are nearly done, pour in four or six spoonsful of sauce tournée (No. 19), reduce it

over a large fire, thicken it with the yolks of two eggs, a little sugar, and send it up. If the sauce be intended to cover over the dishes, it must be kept thicker.

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

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

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

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

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

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

92. *Love-Apple Sauce.*

Melt in a stewpan a dozen or two of love-apples (which before putting in the stewpan, cut in two, and squeeze the juice and the seeds out); then put two shalots, one onion, with a few bits of ham, a clove, a little thyme, a

bay-leaf, a few leaves of mace, and when melted, rub them through a tammy. Mix a few spoonful of good Espagnole (Spanish sauce, No. 17), and a little salt and pepper, with this purée. Boil it for twenty minutes, and serve up.

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

Cut off the thin rind only, and quite equally, of two bitter oranges. Blanch it. Have ready a rich Espagnole (Spanish sauce, No. 17), reduced, and throw the rind, with a small bit of sugar, into it, and season it well. When you are going to send up, add the juice of one of the oranges and a little lemon. The sauce must be made strong, on account of the acids, for the reasons mentioned in No. 64.

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

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

95. *The Pascaline.*

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

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

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

97. *The Toulouse.*

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

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

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

99. *Oyster Sauce.*

Be careful, in opening the oysters, to preserve the liquor. Put them into a stewpan over a stove on a sharp fire. When they are quite white and firm, take them out of the



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

#### 100. *Caper Sauce for Fish.*

Take some melted butter, into which throw a small bit of glaze, and when the sauce is in a state of readiness, throw into it some choice capers, salt and pepper, and a spoonful of essence of anchovies.

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

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

#### 102. *La Manselle\*.*

Make a salmi (hash) as directed above, with this difference, that all the parings, bones, &c. which you put into the sauce when it is done, must be pounded. Rub this through a tammy, and pour it over the members of game or fowls. This sauce must be kept hot, and without boiling, otherwise it will curdle†.

\* This sort of hash sauce, or salmi, is generally used for woodcocks or partridges.

† This sauce is called by the modern cooks, *salmi à l'ancienne*.

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

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

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

***Observations relative to the Sauces.***

Amongst the number of sauces here mentioned, many may be found that are not to be used. The author, however, has thought it incumbent upon him to introduce them all, from a fear of incurring censure. If four made dishes, or entrées, only are to be sent up to table in the first course, it would be ridiculous to make preparations that would answer the purpose of a grand dinner. Instead, then, of using a great many sorts of broth, suage, coulis, &c., merely prepare a stock-pot the preceding day, if you have leisure, with twenty pounds of beef, a knuckle of veal, and a hen; do not season with too much vegetable. As this is to be used for sauces, the vegetable would give a disagreeable taste to some of them when reduced.

When you are to send up a dinner of six or eight entrées, and wish to be economical, take a nice rump of beef, and about twelve pounds of buttock, a leg and knuckle of veal, and, as there must be no waste, the rump is used to make a remove; make grenadins, or fricandeaux, or quenelles, with the noix of veal. By this means the expense is reduced. On the preceding evening put into a stock-pot twelve pounds of beef, with the bones and trimmings of the rump, a knuckle of veal, and a few other parings, if you have any. Set the pot to skim, and season it with two large onions, one of which is to be stuck with four cloves, three carrots, four large

leeks, as many turnips, a head of celery, a little salt, and leave the whole to stew on a slow fire for five hours. Strain the broth through a silk sieve, and skim the fat; for if broth of any description be not thus skimmed, it will turn sour in the course of the night, particularly in hot weather. On the next day mark your sauces with this broth; and the day on which you are to serve the dinner, make another stock-pot with the rump, a knuckle of veal, and a hen, seasoned in the same manner as above. This broth is used for pottages, and to moisten the braizes.

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

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

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

## CHAP. II.

## SOUPS AND POTAGES.

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

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

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

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

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

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

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

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

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

The same as above, only you moisten it with consommé of fowl (No. 3), and put in the back of a roasted chicken, which stew with the roots, and send up with the bread as above.

109. *Cressi Soup*.

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

good colour, and put it into the soup when you serve up. This purée may be used with rice, vermicelli, Italian paste, small macaroni, &c.

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

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

#### 111. *La Brunoise*—(*Brunois Soup*.)\*

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

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

Make a paste for nouilles (No. 51), cut into dice; blanch and drain them, and then let them cool. Boil them in rich broth. When thoroughly done, take them out of the

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

broth, and throw them into a good rich consommé of fowl, or poultry broth (No. 3), well clarified. When you take them out of the liquor in which they have boiled, you must use a skimmer, and drain them in a clean napkin, then put them into the consommé, and serve up. If you do not use these precautions, the broth will be muddy, and not so well flavoured.

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

Take about a pint of red beans, well washed, let them soak in soft water for about a couple of hours: then put them into a small pan with a pound of the breast part of bacon, a knuckle of veal, and the legs and back of a roasted fowl, if you have any such thing by you. Put the whole together with an onion stuck with two cloves, a carrot, and a couple of leeks, a bunch of parsley, green onions, thyme, bay-leaves, and a little salt and pepper. Moisten with soft cold water, and let the beans boil till they are quite soft. Then take the beans, pound them, and rub them through a sieve; moisten with the liquor sufficiently thin to admit the fat being skimmed off. Then boil the soup in the corner of the stove till all the white scum is entirely gone; the soup should then be very red. Fry and prepare slices of bread, as in No. 104.—If you have good consommé, or stock-broth, in the larder, you may dispense with putting any beef, veal, or fowl in the beans; bacon only, or the knuckle of a ham, if you have one. The fat of the ham will be better than bacon.

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

Prepare the vegetables and roots, as in No. 109. Mince some cabbage lettuce and sorrel, and sweat them separately; throw them into the soup when you have skimmed off the fat. Slices of bread as above. This soup is almost the same as the *Cressi* (No. 109); the lettuce and sorrel give an additional flavour, and vary it slightly.

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

Take some lentils à la reine, which prepare as the beans in No. 113: when stewed, rub them through a tammy; then moisten with a little veal gravy, and rich broth.—When well skimmed, throw in the bread. Send up rather thin, as it is liable to thicken when getting cold\*. If you have a couple of rumps of fowl, make a purée of them the same as that for the soupe à la reine (No. 126), which will make the soup more delicate.

116. *Purée of Green Peas.*

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

117. *The same, made very green.*

Take three pints of large green peas, fresh gathered, boil them with a handful of parsley and green onions in salt and water, very quickly; when they become tender, drain and put them in the mortar, pound them well; and when you rub them through the tammy, moisten with good broth, season with salt and sugar; let it be very hot, but do not let it boil or it will lose its green colour: cut and fry the bread as above. When the peas are not very green, you may use the green of spinage. See Nos. 63 and 64, green extract of spinage or parsley.

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



118. *Macaroni, with consommé, or stock-broth.*

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

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

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

120. *Rice Soup.*

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

121. *Rice with different sorts of purées.*

The rice is to be prepared as above : only mix it with the purée you have chosen one hour before you send up, in order that the rice may retain the taste and colour of the vegetables. The purées intended for soups are not to be so thick as those that are intended for sauces. Those most generally used, are purée of carrots, turnips, celery, white beans, red ditto, lentils, green peas, the cressi, &c. The mode of proceeding is the same with all the various kinds of purée ; they only differ in the taste and colour of the particular vegetable used. All the various vegetables being mixed together, take the name of cressi. When used separately, each retains its own respective appellation, and is made as in No. 109.

122. *Vermicelli Soup.*

For eight people take a quarter of a pound of vermicelli, which blanch in boiling water to take off the taste of dust

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

### 123. *Italian Pastes.*

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

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

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

### 125. *Turnip Broth*

Is made with about a dozen turnips, peeled and cut into slices. Blanch them for a short time in water; drain them and put them with a knuckle of veal, a small piece of beef, and the half of a hen, into a stewpan; and pour some rich boiling broth over the whole. Let the whole stew for about two hours; then strain it through a double silk sieve, and use it with rice, vermicelli, &c. &c.

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

For twelve people take three fat chickens or pullets, which are generally cheaper and better than fowls: skin them,

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

#### 127. *Semolina with Consommé.*

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

#### 128. *Rice Cream.*

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

129. *The Garbure, with Brown Bread.*

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

130. *Potage with Cabbage; or Cabbage Soup.*

Take four cabbages, with curling leaves ; wash them clean, blanch and braize them with a little seasoning ; observing, however, that for soup they are not to be so highly seasoned as for a first course dish. Your soup may be prepared as in No. 104. Cut the cabbages into quarters, and put them into the soup when the latter is in the tureen.

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

This broth is to be prepared plain, and kept clear, as the cabbages, being braized, are very tasty; cut them nicely, and put them on the top of the soup.

### 131. *German Cabbage Soup.*

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

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

Take two handfuls of sorrel; after having taken off the stalks, put the leaves one above another and mince them. Take the hearts of two or three cabbage-lettuces, which mince likewise. Wash the whole well, then take about two ounces of fresh butter, and put the herbs to melt in a small stock-pot. When so, moisten with broth\*, and let it boil for an hour. Skim off the fat, and throw in a little sugar to take off the acidity of the sorrel. Then thicken the soup with the yolks of eight eggs, mixed with a little cream. Remember to keep a little broth to soak the bread in. If you were to put the bread in, you would not be able to stir the soup. When you put the thickening in, the bread will all break into crumbs.

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

Take a handful or two of flour, with which mix a little salt, the yolks of three eggs, a little water, and a small

\* If you have in the larder, the back and legs of a roast fowl, put them into a stewpan with a few carrots, turnips, and celery; a little parsley and chervil, &c.; moisten with some good broth; let the whole boil till thoroughly done; skim it well, strain it, and moisten the sorrel with this.

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

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

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

135. *Milk Soup with Almond Laurel*.

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

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

Boil a quart of milk as above, seasoned with a little salt. The bread as in No. 135. Put a quarter of a pound of

sweet almonds, and a dozen bitter ones, into hot water, peel and pound them in a mortar: moisten with a little milk to prevent their turning into oil. When sufficiently fine, rub them through a tammy, and throw them into the soup instead of a thickening. They must not boil\*.

### 137. *La Tortue.*

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

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

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

Have ready a large vessel full of boiling water on the fire, put in the shells, and when you perceive that they come off easily, take them out of the water, and prick all the shells of the back, belly, fins, head, &c. Boil the back and belly till you can take off the bones, without, however, allowing the softer parts to be sufficiently done, as they must boil again in the sauce. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten all the sauces.

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

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

All the flesh of the interior parts, the four legs and head, must be sweated in the following manner:—

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

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

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

Ascertain that the sauce is neither too thick nor too thin, and then put the stewpan on the side of the stove, to skim off all the white scum, and all the fat and oil, that rises on the surface of the sauce. By this time all the softer parts will be cold enough; cut them about an inch or two square, without waste, throw the whole into the sauce, which must simmer gently. Then try them again, for, if done enough, they are not to be kept on the fire any longer. Skim off all the fat and froth. Take all the leaves of the herbs from the stock, sweet basil, sweet marjorum, lemon-thyme, winter savory, two or three bay-leaves, common thyme, a handful of parsley and green onions, and a large onion cut in four pieces, with a few leaves of mace; put them in a stewpan, with



about a quarter of a pound of fresh butter. Let this simmer on a slow fire, till they are quite melted, then pour in one bottle of good Madeira wine, adding a small bit of sugar, and let this boil gently for one hour. When done, rub this through a tammy, and put it into the sauce. Let this boil till no white scum rises: then take with a skimmer, all the bits of turtle out of the sauce, and put them in a clean stewpan; when you have all out, pour the sauce over the bits of turtle, through a tammy, and proceed as follows.

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

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

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

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

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

Some people require besides fricandeaux, fricassees, &c., all of which are prepared in the same manner as veal. (See Fricandeaux, Blanquettes.)

### 138. *Mock Turtle, English Fashion.*

Take a calf's head very white and very fresh, bone the nose part of it; put the head into some warm water to discharge the blood; squeeze the flesh with your hand, to ascertain that it is all out. Mind the water should never be too hot for you to bear your hand in it; as long as you can bear it, the blood will come out, but if you suffer it to be too hot, it will turn the head black. When well disgorged, blanch the head in boiling water; when firm, put it into cold water, prepared in the following way, to boil it in: cut half a pound of fat bacon, a pound of beef suet, an onion stuck with a clove, and two slices of lemon; add to these slices of carrot, a bunch of parsley, green onions, thyme, bay-leaves, sweet basil, salt and pepper; put all these into a vessel, with water enough to contain the head; boil the head in this, and take care to put it in a cloth when done, and observe that it be not overdone; let it cool in the liquor, then make the sauce in the following manner.

Put into a stewpan, a pound of ham cut in slices, put

\* Be cautious not to study a very brown colour; the natural green of the fish is preferred by every epicure and true connoisseur.

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

Put into a stewpan a quarter of a pound of very fresh butter, let it melt over a slow fire; put to this butter as much flour as it can receive; let it go gently over a slow fire, till the flour has acquired a very good brown colour; moisten this gradually with the broth, which you put through a silk sieve, till you have employed it all; add half a bottle of Madeira; let the sauce boil, that the flour may be well done; take off all the scum and fat; cut the calf's head into square pieces of about an inch each; put them to boil in the sauce; season with salt and Cayenne pepper, and lemon-juice, and add some quenelles.—(See farce à quenelle.)—The bit of calf's head should always have the skin on one side, but you should leave none of the meat on, which does not adhere to the skin, otherwise the meat will break in the soup, and look unseemly. It is out of fashion now to use eggs, but on this head the taste of the master should be consulted.

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

Some persons will have their mock turtle green; in which case, you must do as follows: put into a stewpan a quarter of a pound of fresh butter, mince one or two onions, add a handful of each of the herbs described above, and some parsley, and sweat it all gently over a slow fire. When the herbs are well done, moisten with

some of the sauce, and rub it through a tammy. Mix this with the sauce, and the turtle will be green, without any alteration in the flavour.

### 139. *Spring Soup.*

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

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

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

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

Take some of the worst cutlets of the neck, according to the number of persons you expect at dinner; trim them, but not too finely, put them by, and with the trimmings make the soup in the following manner: put in a stewpan the mutton trimmings, some scrag ditto, and a knuckle of veal, moisten this with good boiling broth; then season the broth with a bunch of celery, leeks, parsley, one large onion, with two cloves, the trimmings of the turnips, cut in dice, and one or two carrots. Let this broth boil gently three hours, season it with salt, and skim off the fat; when it becomes of a good flavour, drain it over the chop, which you must put in a small stewpan.

large enough, however, to contain the soup. Have some barley\* that has been boiled a long time; wash it very well, and put it with the turnips and chop to boil one hour. Skim again before you serve up. No bread is used to this soup. Celery cut into dice, with the turnips, gives additional flavour: you can sometimes add, just at dinner time, a little parsley chopped very fine, just as you serve up.

#### 142. *Hochepot Soup.*

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

#### 143. *Potage à la Bouveau—(Turnip Soup).*

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

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

[This soup can only be made in perfection when there is game, and is not very expensive, as it is usually made

\* In general, I have my barley from the nursery or the store-keeper, when they throw it out; it is then quite in season for the soup.

with the unused boues and legs of pheasants ; proceed as follows :]

Take the back, the leg, and other bones of one or two roasted pheasants, which place in a stewpan, with slices of carrot, onions, celery, turnips, and a little chervil ; moisten with good boiling broth, and let it boil gently for two hours. Skim all the fat, and drain the broth through a silk sieve ; have some pearl barley, which has been well washed and boiled in water several times. Boil it in some of the broth. When the barley is done, take out with a skimmer several spoonful separate ; put what is in the broth in the sieve, and pound it in the mortar, with the yolks of six eggs : when you have finished pounding it, rub it through a clean tammy, adding to the broth half a pint of cream, boiled, and salt of good taste. Serve as hot as possible, with the barley in it which you took out first.

---

## CHAP. III.

## FARCES, OR FORCED-MEATS.

145. *Quenelles of Veal.*

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

146. *Panadas for Farces in general.*

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

to use when wanted. Observe, the panada is wanted for all sorts of farces or forced meats, and you should be careful to give it a good flavour, as the farce derives no taste from any thing else. Quenelles are one of the articles which are the test of the skill of a good cook, particularly of game or fish.

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

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

#### 147. *Quenelles of Fowl.*

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



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

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

#### 148. *Quenelles of Rabbits.*

The best quenelles are made with fillets only. If you are engaged by a nobleman who has game in abundance, take the fillets for the quenelles; with the legs and shoulders make a giblotte, or fricassee, or a pie English fashion for the servants, and with the remaining bony parts make the consommé, or gravy broth. When you lift up the fillets, you must leave the sinews about the carcass.—Pound the meat, and make a panada as for other quenelles (No. 146). Take a calf's udder likewise, which prepare as directed above. Quenelles differ in flavour and appellation, only in consequence of the meat of which they are made. Remember, that the panada and calf's udder are indispensable articles. Follow what is prescribed in No. 145, for the quenelles of veal, which have been mentioned first, as being more frequently used than all others. They are very good and likewise very cheap, as veal is always requisite for sauces and broth. Half, or three quarters of a pound of veal is no great drawback,

neither can it weaken the sauce, although of service to make several good entrées, as will be shown hereafter.

149. *Quenelles of Partridges.*

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

150. *Farce of Fowl à la Crème.*

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

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

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

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

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

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

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

Are made with quenelles the same as those above, only instead of onions sliced sideways, put mushrooms, sliced in the same manner, and sweated white in butter. When

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

you drain the mushrooms, preserve the liquor, which pour into the sauce that serves for the boudins. The flavour of mushrooms must prevail in these puddings the same as that of onions prevails in the boudins à la Riche-lieu. This dish is very preferable to that with onions.

154. *Quenelles of Whittings.*

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

155. *Farce of Carp.*

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

spice, parsley, chopped fine, shalot and truffles (if at hand.) Fry all these ingredients gently over a very slow fire, stirring often with a wooden spoon. When the liver and the bacon are thoroughly done, drain off all the fat, and put them into a mortar, and pound them very well, and season very highly, as it is used to preserve and to stuff game, fowl, &c. in tureens. When you bake tureens of this description in the oven, take care that you place over the pot a bit of common paste, to close them hermetically, one hour, more or less, according to the size of your pie or tureen. When done, take off the crust, squeeze the meat with a spoon all round, and clean the pot; then fill up with lard, and when cold cover it with clean paper, and label it with the title of contents.

This method not only keeps better, but is more mellow in the eating than the meat farcée.

#### 161. *Farce for Sausages.*

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

## CHAP. IV.

## RECEIPTS FOR COOKING BUTCHERS' MEAT.

162. *Blanquette—(or Fricassee of Palates of Beef).*

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

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

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

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

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

spice, parsley, chopped fine, shalot and truffles (if at hand.) Fry all these ingredients gently over a very slow fire, stirring often with a wooden spoon. When the liver and the bacon are thoroughly done, drain off all the fat, and put them into a mortar, and pound them very well, and season very highly, as it is used to preserve and to stuff game, fowl, &c. in tureens. When you bake tureens of this description in the oven, take care that you place over the pot a bit of common paste, to close them hermetically, one hour, more or less, according to the size of your pie or tureen. When done, take off the crust, squeeze the meat with a spoon all round, and clean the pot; then fill up with lard, and when cold cover it with clean paper, and label it with the title of contents.

This method not only keeps better, but is more mellow in the eating than the meat farcée.

#### 161. *Farce for Sausages.*

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

## CHAP. IV.

## RECEIPTS FOR COOKING BUTCHERS' MEAT.

162. *Blanquette—(or Fricassee of Palates of Beef).*

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

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

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

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

Prepare the palates of beef as for other blanquette, some cucumbers and cut them into the size of pieces. Keep the parings to make a purée, whi



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

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

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

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

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

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

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

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

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

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

169. *Croquettes of Palates of Beef au velouté—Croquettes of Beef Palates with velouté Sauce.*

Take all the trimming from the blanquettes or fricassees, mirotons, &c. and cut them in square pieces. Have some mushrooms cut into small dice, which fry white in a little butter. Then moisten with a little thin sauce tournée (No. 19), and let them boil gently on the corner

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

170. *Beef's Tongue with Sauce hachée.*

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

171. *Miroton of Tongue with Turnips.*

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

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

172. *Miroton of Tongue with Sorrel Sauce.*

Prepare the tongue as above, No. 171, only glaze it a little more, and lay thicker. Pour into the middle the purée of sorrel (No. 42).

173. *Miroton of Tongue with Spinach.*

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

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

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

175. *Pickled Tongue, glazed.*

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

176. *Filets Mignons of Beef sautés à la Lyonnaise—*  
*(Small Fillets of Beef fried the Lyons way.)*

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

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

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

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

178. *Miroton of Beef.*

When you have some cold rump of beef left, cut it neatly into slices, and put them into a sauté-pan, or frying-pan, with a little Espagnole, Spanish sauce (No. 17), or brown Italian sauce (No. 24), some salt and pepper, and a little broth. Give them a few boils, and serve up quite hot. This dish, when well managed, is excellent and economical; but observe, you must keep it always well covered, or it will become black and dry. The best way is to keep it under the sauce.

179. *Beef Kidneys with Champagne.*

Take some kidneys that are of a nice light colour; take off a little of the fat, mince it, and fry it white in a pan with a little chopped parsley, shalots, salt, pepper, &c. When it is done enough powder a little flour over it, and moisten with a glass of Champagne, or two or three spoonsful of Espagnole, Spanish sauce (No. 17). It must not boil any more, for it would get hard. But you must keep it hot, and serve it up in the sauce. We send this entrée up to table for breakfast only.

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

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

181. *Sirloin of Beef Braized.*

Take that part of the beef that is between the rump and the first ribs. Turn it over on the small fillet, and dress it in a good shape. Put it in a large braizing-pan, with plenty of parings of veal, a large piece of the breast part of bacon, a small bit of ham, a few carrots, onions, some parsley-roots, a bunch of parsley and green onions, seasoned with thyme, bay-leaves, spices of all sorts, and a ladle of good broth. Cover the sirloin with bacon first, and then with two sheets of white paper, to prevent the fire that you are to lay over it making the meat look brown. When you have closed the braizing-pan, stick some slips of paper all round, and stew the sirloin for four hours on a very slow fire. A moderately heated oven would be preferable. The braizing-pan must have boiled before you put it into the oven. (See Sauces for the Godard, No. 76). You are to garnish with pigeons à la gautier, large quenelles, larded sweetbreads, and especially large cock's-combs, which slit into the fillet, when you are going to send up to table.

182. *Roast Beef.*

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

the joint, all the gravy runs out, and it remains dry and void of substance, besides exhibiting a most unseemly aspect when brought to table a second time.—(See also “Sirloin of beef roasted,” page 84.)

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

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

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

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

185. *Haché of Beef—(Beef Hashed).*

Take some of the beef left the preceding day, remove the fat and the skin, mince the beef about the thickness of a halfpenny, and about the same size; spread over it salt, pepper, and flour, and moisten this with the gravy left from the meat; boil this hash very little, for if it boil for any length of time it will be hard and tough, but if it is only warmed it will be very tender.

When you make hash for the servants, cut one onion, or a few shalots very fine, season with salt, pepper, bay-leaves and thyme; let the haché (hash) boil one hour or more, and put the bones into it, which will give a capital taste. When you take the meat out to put into the larder, never forget to preserve the gravy in a basin to make a haché (hash), or to use as gravy under the roast; want of caution prevents your giving a good taste to common cookery.



186. *Hochepot of Ox's Tail.*

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

187. *The same, with brown Haricot.*

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

188. *The same, with Green Peas.*

The same as above, cover over with green peas\*.

189. *Rump of Beef Glazed.*

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

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

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

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

#### 190. *Rump of Beef Braized.*

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

191. *Breast of Beef à la Flamande—(or Flemish Way).*

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

192. *Sirloin of Beef Roasted.*

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

---

## CHAP. V.

## RECEIPTS FOR COOKING MUTTON AND LAMB.

## MUTTON AND LAMB.

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

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

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

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

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

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

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

194. *Chops or Cutlets in White Haricot.*

Prepare the chops as above. Braize them in the same manner. As many people object to onions, serve them with a white haricot instead of a soubise sauce.—(See sauces.)

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

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

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

Take the best part of a neck of mutton that has been kept for a while. Cut the chops one by one, and pare them as nicely as you can. Season them with pepper and salt, dip them into some melted butter, and broil them over a brisk fire. Serve up with a very strong gravy of veal, well seasoned. Observe that these chops or cutlets to be good, must not be too much trimmed, and you must leave a little fat to them; they are dipped in butter to prevent them from drying and keep the gravy in it.

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

Take the best part of two necks of mutton, well mortified, to bring them very tender: trim them as small as can be, without wasting any thing, then laying them on the table, spread over each side salt and pepper. Have in a plate the yolk of one egg, take a paste brush and dip it in the corner of the egg, rub the chops one after the other, and rub them in the crumbs of bread; have some butter melted, but not clarified, dip the chops in the butter and the crumbs of bread, then beat them in your two hands, and dip them again in the crumbs of bread, make them very equal with the knife, and put a little of the butter in a thick sauté-pan or frying-pan, put the cutlets into it, and at the dinner time, put them over a very brisk fire, to fry them of a very good colour; observe, if the fire is not very brisk, they will take too much time in the cooking, and will be necessarily too much done: as soon as they acquire a colour, they are done. Have some whitey-brown paper put over them, and press them between two pieces, in order to extract all the fat, pass the paste brush of glaze lightly over, and serve up with Italian sauce (No. 24), very thin, spread over; this entrée will be in universal favour, if you are particular in the preparation of it.

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

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

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

Many people braize and glaze them, and put the brown haricot sauce (No. 69) in the middle, but I will explain the manner in which they are to be prepared, in order that they may taste of the turnips. Cut the chops as in No. 193, pare the bones nicely, then fry them in a little butter, of a nice brown colour, drain the butter, and make a thickening as follows, that is to say, put into the same stewpan a small bit of fresh butter and a spoonful of fine flour; put this over a moderate fire, and turn it with a wooden spoon till the flour is of a very nice brown colour, then moisten with some gravy of veal of a fine colour, well seasoned. When the sauce boils, throw in the chops, and the trimmings of the turnips, and a seasoned bundle of parsley and green onions; let them stew gently on the corner of the stove. Skim the sauce frequently: when the chops are nearly done, drain them in a clean stewpan. Have ready some turnips turned in whatever shape you think proper, but they must not be too small for this dish; drain the sauce through a tammy over the turnips and chops, which stew in this sauce with a little sugar; continue skimming frequently. When the turnips are done as well as the chops, keep them warm in the hot water-bath (No. 44, Note) till you serve up.

N.B.—Some people fry the turnips in butter to make them brown, which is useless, as they will look very well, provided the gravy of veal is of a fine colour; but in case you have no gravy of veal, you put in an omelette-

pan a small bit of butter, a spoonful of white-pounded sugar, and the turnips; fry them till they are of a fine colour, then moisten and use them as specified above.

199. *Cutlets Sautées à l'Essence*—(*Mutton Chops Fried with Essence*).

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

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

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

Pare the chops as before. Chop fine some sweet herbs, such as parsley, shalots, and mushrooms, which fry in a little butter. When they are done, fry the chops a little in that seasoning till nearly done, let them cool, then wrap them up in paper, and broil them over a slow fire. This dish I cannot much approve of, on account of the greased paper which is to appear at the table. But some persons like them. These cutlets are the same as cotelettes à la papillotte (papered cutlets). A few crumbs of bread and a little chopped ham are excellent additions, if put in the paper with the cutlets.

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



201. *The Inside Fillets à la Maréchale*—(*Inside Fillets with Marshal Sauce.*)

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

202. *The Inside Fillets marinaded au chevreuil*—(*as Roe Buck.*)

You must have the fillets of four saddles of mutton, which of course produce eight filets mignons, (small fillets). Lard them in the same manner as fillets of rabbits, next pickle them in a marinade of thyme, parsley, bay-leaves, onions, salt, pepper, and vinegar. When they have been lying for two or three hours in this marinade, put them in a sauté-pan or frying-pan over layers of bacon, and bake them of a nice colour. When done, glaze them, and serve them up with sharp sauce (No. 27) under them. Observe, that this entrée is only to be served in a family, where you give saddle of mutton to the nursery, or to the servants; in that case, you take off the inside fillets. You may leave the inside fat to the saddle, and only take off the fillets.

203. *The Inside Fillets with Purée of Sorrel.*

These are to be pared and larded as in the last. Make a bed or layer of roots in a stewpan; these you cover

with slices of layers of bacon; then lay the larded fillets on the bacon, and powder them over with a little salt. Moisten but little. They only require one hour to be done, between two fires, one at the top, the other at the bottom. When they are done, reduce the liquor and glaze the fillets with that glaze. Serve under them the purée of sorrel.

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

204. *Necks of Mutton en Aigrettes*—(in egrets).

Take the best part of two necks of mutton, pare the fillet, lard it as a fricandeau; take off the upper skin of the flank: then take a piece of cold veal, or a piece of cold beef boiled, which cut round, a little larger than your hand. Wrap this beef up in a very thin layer of bacon. Next turn the mutton with the larded fillets downwards, and the fat upwards: mark this in the same manner as the inside fillets with vegetables. When they are done, glaze them of a nice colour, then take out the beef and the bacon, and in the middle pour a Macédoine (No. 54), or any other sauce.

205. *Neck of Mutton with Parsley*.

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

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

Take a saddle of mutton, and cut off the skin that is over the fat without stripping the fillet. Cut the saddle in two,

and each of these two into three or four; braize them as the mutton with Soubise sauce; do not leave too much fat, glaze them of a nice colour, and serve them with haricot sauce (No. 69), or the jardinière (gardeners' sauce), or endive, or spinach, &c.

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

207. *The Breasts of Mutton à la Ste. Menoult—(St. Menoult's Breasts of Mutton.)*

These are to be braized with carrots, onions, spices, &c. When they are well done drain them. Take out the bones and let the meat cool between two dishes, that it may be kept flat. When cold, cut them into the shape of hearts, rounds, or into chops, just as you like. Brush them over with the yolk of an egg, and then dip them into crumbs of bread; next dip them into clarified butter, and give them another coat of bread-crumbs. Put them into the oven to give them a fine brown, and serve them up with a sauce haché, or an Italian sauce (No. 24), or with haricot sauce (No. 69). This is also a common dish.

208. *Musette of Mutton with Endive—(Mutton Bag pipe with Endive).*

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


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

209. *Sheep's Tongues with Turnips.*

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

210. *The Same with Cabbage-Lettuces.*

The tongues are to be braized as above, the same as those you wish to cook in any way whatever. Take a dozen and a half of good cabbage-lettuces, wash them very clean, and blanch them. When they are cold, and you have squeezed all the water out of them, open them in two, take off the stalks, powder a little salt and pepper over them; then shut them and give them a good form; mark them in a stewpan, surrounded with layers of bacon; moisten them with a little braize, or anything to give them a good taste; otherwise take the pot-top, with a little broth and salt. When the lettuces are quite done, drain them, and squeeze them in a cloth to extract

the grease. Dish them in rosettes,  thus, a tongue,

a lettuce, and so on successively. Put a large tongue in the middle, to improve the look of the rosette. Another time cut the tongues in two, and dish them miroton way, that is, one half of a tongue, and lettuce, alternately. In this case, put a jardinière in the middle, and cover both the tongues and the lettuce with the Espagnole (Spanish sauce, No. 17). This is likewise a common dish in a first course.

211. *Sheep's Tongues au gratin.*

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

212. *Sheep's Tongue à la Maintenon—(Maintenon Sheep's Tongues).*

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

213. *Hashed Mutton, English Fashion.*

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

214. *Minced Mutton with Cucumbers.*

Roast a leg of mutton that has been kept for a long time. When under-done let it cool ; when quite cold, pare the sinews, skin, fat, &c. &c. ; next make a mince, which throw into the sauce with cucumbers à l'Espagnole.

215. *Minced Mutton with Endive.*

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

216. *Sheep's Tails with Purée of Green Peas.*

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

217. *Sheep's Tails with à la St. Laurent.*

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

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

218. *Sheep's Brains en Matelotte*—(*Matelot of Sheep's Brains*).

Detach the brains from the heads of about eight sheep, without breaking them. Put them into a large vessel with some lukewarm water; take off the skin and let them disgorge for two hours. When they are become quite white, blanch them in boiling water, vinegar, and salt; and when they are very firm, put them in very cold water, after which place some layers of bacon round a stewpan, big enough to hold all the eight brains, add a small onion with one clove, a small bundle of parsley, well seasoned, and some salt, and cover them with some layers of bacon, and a round of paper; a little broth is required, and a few slices of lemon, to keep them very white. Twenty minutes will suffice to boil them, but they must be boiled two hours or more before dinner, to acquire a flavour; then at dinner you must have ready some croutons, or small crusts of bread in quantity equal to the brains, stick them in the dish alternately, to leave room to put the brains in the spaces; mask them with the sauce of matelots, mushrooms, and small onions, &c.

219. *Sheep's Brains à la Maître d' Hôtel*—(*or Steward's way*).

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

220. *Sheep's Trotters à la Poulette*.

Take a dozen sheep's trotters well scalded. Wash them in warm water, and let them disgorge till very white, then put them in a blanc.—(See Calf's head plain.) When well done, take some sauce tournée (No. 19) well re-

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

221. *Sheeps' Trotters en Canelons*—(*Sheeps' Trotters Stuffed.*)

Take some sheeps' trotters as above, and stew them in the same manner; but do not let them be over-done, as they are to be stuffed with a forcemeat, which could not be done in the latter case. Introduce the farce à quenelles, (forcemeat for quenelles, supra, ch. 3,) in the room of the bones. When the trotters are well stuffed, put them between layers of bacon, and moisten them with a poële. Stew them for half an hour only, on account of the forcemeat. Drain them, and cover them with a sauce well seasoned, either white or brown, according to your taste. As these are to be served whole, when you bone them, mind you do not injure the skin, for they would not hold the forcemeat that you must put in. Observe, that this dish is excellent, as well for the taste as for health. It is particularly good for weak stomachs.

222. *Sheeps' Trotters, Fried,*

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



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

### 223. *Sheeps' Trotters Farce.*

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

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

### 224. *Sheeps' Kidneys broiled.*

Take some kidneys that have been kept for a while, cut them in two, and remove the thin skin that covers them, use a small skewer to keep them open, in imitation of two shells; powder them over with a little pepper and salt, dip them into a little melted butter, and broil them just as you are going to serve up. Broil the side that you

have cut open first: when you broil the other side, the whole of the gravy issues on the upper part. Mind when you take them off the fire, that the gravy does not drop off. Have some parsley chopped very fine mixed with fresh butter, the juice of a lemon, pepper, and salt; put a little of that mixture over each kidney, and send up to table in a hot dish.

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

225. *Sheeps' Kidneys with Champagne.*

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

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

Put the leg of mutton into a braizing-pan; trim it with a little veal, a few carrots, onions, and a bunch of parsley and green onions, properly seasoned. Cover the whole

with thin slices of bacon, to prevent its being burnt. (Observe, if the bacon has been cured with saltpetre, it will turn the mutton red.) Let it stew for about four hours; then strain the liquor through a silken sieve; reduce it to glaze, and then glaze the leg of mutton which you send up, with glazed onions or white beans à la maître d'hôtel, (steward's way,) or à la Lyonnaise, (Lyons method.)

227. *Leg of Mutton, Farcie or Stuffed.*

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

228. *Leg of Mutton Roasted.*

This joint is with reason the especial favourite of an English epicure, and the dish that makes its appearance oftener than any other at his table. Welsh mutton is in very great repute; but I have frequently dressed Leicestershire equal to any mutton in the world. This joint

does not admit of being covered with paper. It must be cut in the joint, that it may be bent round when placed on the spit. This operation makes the meat carve better, as the sinews have been cut, they will not shrink, and the gravy remains longer in the meat. A leg of mutton shews its excellence when the sinews are very small, and the back appears very brown; it is never in that state till it has attained three or four years of age, and it should have that age to be in perfection. The leg should be roasted by a pretty sharp fire to keep the gravy round it.

#### 229. *Saddle of Mutton Roasted.*

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

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

#### 230. *Saddle of Mutton, or Roast Beef of Mutton.*

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

#### 231. *Boiled Leg of Mutton.*

The same as the above, only boil longer according to the size; and mind not to boil it too fast, as it will be tough,

and white; but if you boil it gently, it will be always good.

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

Take some breast and scrag of mutton, cut in square bits, of two or three inches each in size. Let it have as little fat as possible, put the mutton in a stewpan, with a little fat or butter. Fry the mutton till it is of a very good colour, and very brown, then throw the fat out, dust with a little flour, salt, pepper, one onion, a bunch of parsley and green onions, seasoned with a few bay-leaves, thyme, &c. Moisten with water only, and let this boil gently till the mutton is nearly done, then take all the fat out, by putting the sauce in a small vessel. Let the fat rise to the top, then put the sauce again, and add to it two quarts of young peas; let them boil gently, till done. Take out the bunch and onion, season of a good taste, and serve up. This is an excellent means of cooking the lower part of mutton for servants, as the author has done always in the summer. When you have any bacon to spare, add some to it, it gives additional flavour.

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

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

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

Cut the breast, neck, and scrag of mutton in pieces of about three inches each; put them into a stewpan with a little fat of any kind. Let the meat fry a nice colour in a

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

235. *Breast of Mutton in a Hochepot.*

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

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

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

\* Braizes in general.—It is necessary to observe, that every thing which has the name of BRAIZE must be done thoroughly, and must likewise be seasoned with vegetables, spices, sweet herbs, &c. Braizes belong rather to a common style of cookery, but to be made in perfection require the utmost nicety of the art. They require so much care, and such constant attention, as to be frequently neglected in a gentleman's kitchen. I shall name the things in most common use, which belong to the class of braizes, viz. fricandeaux, sweetbreads, mutton with soubise sauce, tendons of veal in all their styles, galantines, cutlets à la dreux, ditto à la chalon, partridges with cabbage, pheasants ditto, rump of beef, breast of ditto, leg of mutton, &c. &c. are all braized. Every thing that is termed poêle must have its proper time to be done; and as the poêle should preserve the colour of the fowl, and sometimes even whiten it, it is not an easy matter to make it in perfection.

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

237. *Breast of Lamb with Pease, white.*

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

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

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

239. *A Roast Beef of Lamb.\**

Take the saddle and the two legs of a lamb, cut on the middle of each leg a small rosette, which is to be larded, as also the fillets. Roast the whole, and glaze the larded

\* The appellation of "roast beef of lamb" must sound very extraordinary to an English ear, but the singularity of the name is as

parts of a good colour. In France it is served up with maitre d'hôtel (Steward's sauce, No. 31), but in England with gravy under it, and mint sauce in a boat.

---

## CHAP. VI.

### RECEIPTS FOR COOKING VEAL.

---

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

#### 210. *Veal Cutlets Broiled à l'Italienne*—(*The Italian way.*)

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

nothing, when compared with the importance and necessity of the dish. At a very great dinner, it is essential to have some dish of magnitude. This has a very good appearance, and is truly excellent. I beg to recommend the trial of a maitre d'hôtel (Steward's sauce, No. 31) under, as the butter, parsley, salt, pepper, and lemon-juice, agree well with the gravy of the meat.



241. *The Same, à la Vénitienne, Dites aux Fines Herbs*  
—(*The Same, Venetian Way, with Minced Herbs*).

Take the same part as above; when the cutlets are well pared, take a quarter of a pottle of mushrooms, a few shalots, a little parsley, chop the whole very fine, separately, rasp a little fat bacon, and a small bit of butter, and stew these fine herbs on a slow fire. As soon as they are done, put the cutlets with them, and stew them over a small stove. When they are done, and well seasoned with salt and pepper, skim off as much fat as you can, put in a spoonful of sauce tournée (No. 19), and thicken the sauce with the yolk of three eggs, mixed with a little cream, and the juice of a lemon; add a little Cayenne pepper to it.

242. *The Same, à la Dauphine* \*—(*The Dauphin's Way*).

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

243. *The Same, à la Mirepoix.*

Put a little fresh butter, a few small shreds of ham, a little thyme, the half of a bay-leaf, a few stalks or a bunch of parsley, into a stewpan. Then put the cutlets, which have been pared and seasoned as above, over the ham and butter. Next sweat them on a very slow fire. When they are done drain the grease; pour in two spoonsful of Espagnole (Spanish sauce, No. 17), and one

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

spoonful of consommé stock-broth (No. 2), to detach the glaze, and the juice of a lemon. Send up the cutlets covered with this sauce, after having taken out the thyme and bay-leaf. If you choose to serve up the ham, you must cut it into fanciful figures.

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

These are to be prepared in the same manner as described for the Venetian way (see preceding page). When they have been stewed for a short time with the fine herbs, let them cool; then cut some bacon into the shape of hearts, which you put on each side of the cutlets, to prevent the paper from catching fire; then wrap them well in the paper, rub the paper with oil, and broil them on a very slow fire on both sides.

245. *Veal Cutlets à la Chingara*—(*Chingara Cutlets*).

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

246. *Veal Cutlets à la Dreux*.

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

247. *Veal Cutlets à la Châlons.*

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

248. *Veal Cutlets à la Financière*—(*Financier's Cutlets.*)

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

249. *Neck of Veal à la Cream* \*—(*Creamed Neck of Veal.*)

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

250. *Neck of Veal à la Mirepoix.*

Make a mirepoix as follows, with rasped bacon, butter, a bit of ham, thyme, bay-leaves, pepper, salt, &c. Fry

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

the whole on a slow fire. When that is done, put the necks of veal fried with it; only stew it a little, and let it cool. When cold, take two sheets of white paper, butter one of them, and trim it with layers of bacon. Then lay the mirepoix over the bacon, and close the paper hermetically. Wrap the whole up in several sheets of paper, and bake it in an oven, which, however, must not be too hot. It will be done in an hour and a half's time. When done, take off the paper and send up to table with an Espagnole (Spanish sauce, No. 17), or an Italian sauce (No. 23). As mirepoix is the name of the seasoned fat substance put round the meat to prevent its drying, and also to give it taste, you must remember to make no more than is wanted for the size of the dishes you intend to make. Half a quarter of a pound of butter, the same quantity of ham, thyme, bay-leaves, salt, pepper, &c. are sufficient for this.

251. *Neck of Veal à la Barbarie*—(*Barbary Veal*.)

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

252. *Neck of Veal à la Ste. Menhault*—(*St. Menhault's Way*.)

Braize a neck of veal as above, but without larding it. Send it up glazed with any sauce you may fancy. If it is returned untouched, make an attelet sauce (No. 55), with a little sauce tournée (No. 19), and a little white Italian sauce (No. 23), which reduce on the fire. When the sauce is quite thick, throw into it the yolks of two eggs. Spread this sauce over the neck of veal, cover it likewise with crumbs of bread, then have a little melted butter, and strew some more crumbs over it, and moisten it by using

the brush, dipped in the butter, and shake it over the neck to spread the butter equally all over. When the meat is thus well soaked, put it into the oven to give it a good colour, or use the salamander. Send it up with a sauce hachée (No. 25).

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

*253. Le Fricandeaux aux Differentes Purées—(Fricandeaux with Different Sorts of Purées.)*

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

To make a good fricandeaux, the veal must be of the best quality, which you may know by the meat being white, and not thready. Take off the skin of a noix of veal\* (the large part of the leg of veal to which the udder is attached), flatten it on a cloth or a clean towel, then at one stroke level it with your knife, for a fricandeaux that is cut off at several times never looks so well. When you have pared the top part, turn it round, make slits in the middle, that it may taste more of the seasoning. Next lard it very thick with bacon, which, in general, is not properly done in England. The consequence is, that the bacon not being laid sufficiently cross-wise, the shreds shrink, and cannot be properly glazed. Never blanch the fricandeaux after it has been larded, as some people do, but put it in a stewpan large enough to contain the fricandeaux, besides plenty of roots cut into slices, such, for instance, as two carrots, two large onions, and some roots of pars-

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

ley, besides a small quantity of mace, allspice, thyme, bay-leaves, and whole pepper. Put all these on the bottom of the stewpan, with layers of very fat bacon on the top of the vegetables, as lean bacon gives a red colour to the fricandeau. When you have thus well covered the roots, erect a small dome in the centre, lay the fricandeau over the bacon, powder a little salt over it, and moisten with a sufficient quantity of broth to cover the roots without reaching the said fricandeau. Then put a great deal of fire on the cover of the stewpan, keeping very little beneath the stewpan. It is not amiss to observe, that the fricandeau, being done in this way, retains a good shape, and all its gravy.

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

*N. B.*—The fricandeau may vary with regard to the shape, but the flavour is always the same, if it is done properly. If, for instance, a fricandeau is to be served when there is a grand party, it is requisite to give it another shape than for a family dinner. Though an expensive dish when served alone, it becomes rather cheap if there is a grand dinner, as veal in abundance is wanted to make the broths and sauces. The noix of veal, besides making glaze, will supply a very elegant and good dish for the first course. In the summer season, give it the shape of a turtle. Cut off part of each extremity of the fricandeau: take the tops of asparagus, which you lay beneath, after having poured the Macedonian sauce into the dish. Have four braized lettuces ready, put one at each corner, as sham claws. Asparagus and lettuces eat well with Macedonian sauce, and of course they may be

used without any danger of their being disapproved of. In the winter season, make quenelles of veal, which place instead of the above-mentioned articles, and serve up with Spanish sauce (No. 17), but the proper sauce is sorrel.

*Another Method.*

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

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

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

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

255. *The Noix of Veal en Bédeau*—(*Beadle's Noix of Veal.*)

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

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

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

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

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



**257. Sweetbreads à la Dauphin—(The Dauphin's Way.)**

If you use round dishes, you must have four sweetbreads; if a long dish, three large ones will be sufficient. Mind, at any rate, to select them of a large size and very white. Pare the sinews and the fat; throw the sweetbreads into warm water, and let them disgorge the blood, and make them as white as possible. When the blood is thoroughly disgorged, blanch the sweetbreads a little in boiling water to make them firm, that you may lard them with greater facility. As soon as they are larded, rub a stewpan all over with butter, cut a few carrots and onions over the butter; cover this with some fat bacon, lay the sweetbreads over the bacon, powder them over with salt, and stew them with a great deal of fire on the top, and very little beneath. When they are of a fine brown, cover them with a round of paper, and lessen the fire on the top. If they are large, it will require three-quarters of an hour to do them. If they are too much done, they become soft, and are not so palatable. When properly done, drain them, and put them in a pan with some glaze, and the bacon beneath. Leave them in the glaze till dinner-time; then drain them afresh, and glaze them of a fine brown. Serve them up with sorrel or endive.

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

**258. Sweetbreads à la Financière—(Financier's Sweetbreads).**

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

**259. Sweetbreads à la Dreux.**

Let the sweetbreads disgorge till they are quite white. Then blanch them thoroughly, which is known by their

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

260. *Blanquette of Veal with Cucumbers.*

Roast a neck, or a loin of veal. The leg part is tough and dry, as every one must know. When cold, cut it into scollops and put it into the sauce blanquette.—(See Sauces.) Take six fine cucumbers, cut them into quarters, pare them about the size of the scollops, then take the parings and some other pieces, which mince with a little onion to make a purée. Fry the onions and the trimmings of the cucumbers together in a little butter: when the cucumbers are entirely melted, moisten with sauce tournée (No. 19), and stew them on the corner of the stove for an hour; skim off the grease, and rub this sauce through a tammy. Put the other whole cucumbers into some sauce tournée, and let them boil till done. Then put them in a small basin with a little salt, and a tea-spoonful of white vinegar, let them remain so for one hour, then drain them in a very clean towel, and put them in a hair sieve to drain. Put together the purée of cucumbers and the sauce tournée, in which you have boiled the cucumbers; being sufficiently reduced, thicken it with yolks of eggs well beaten, and seasoned with salt and a very little sugar. When the sauce is well thickened with the aforesaid articles, and a little thick cream, put in the meat and cucumbers together, and keep the sauce hot, that the meat may have a better flavour. This dish must be sweet, not too much so, but the sugar must predominate.

261. *Blanquette or Fricassee of Veal à la Paysanne—  
(Countrywoman's Fricassee.)*

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

*N. B.*—This is a very good method, but if you can cut your veal whilst quite hot, it will be a great improvement, as the sauce will then be better imbibed by the meat.

262. *Scollops of Sweetbreads with Green Peas.*

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

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

263. *Scotch Scollops of Veal.*

When you have had a large party, and wish to practise a little economy after your previous expense, reserve from your dinner a small bit of the sous noix of a leg of veal\*. Cut some slices off it of the shape of a heart, which season with salt and pepper. Take the paste

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

brush and the yolk of a single egg, rub the veal with it, and dip this into crumbs of bread, afterwards in the melted butter, and again in bread crumbs. Put very little of the butter in a sauté-pan or frying-pan, and put the slices of veal into it; fry them very briskly, of a very good colour, and drain them, and dress them one over the other round the dish, and serve over them a good Italian sauce (No. 23,) or Espagnole (Spanish sauce, No. 17). If you have no sauce, make a little in the following manner.

264. *Receipt for the Sauce.*

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

265. *The Attelets of Sweetbreads à l'Italienne—  
(The Italian Way).*

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

The moment you are going to send up to table, fry them of a fine brown, and sauce them with a brown or white Italian sauce (Nos. 23 and 24,) according to your fancy.

266. *Small Cases of Scollops of Sweetbreads.*

Let the sweetbreads disgorge and be blanched as above. When they have been lying for a time in cold water, make small scollops of them, and mix them with a dussel sauce, which is to be made in the following manner:—

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

267. *Croquets of Sweetbread.*

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

**268. *Rissole of Sweetbread.***

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

**269. *Calf's Brain en Matelotte—(in Hotchpot).***

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

**270. *Calf's Brain à la Maître d'Hôtel—  
(Steward's Way).***

Let them be prepared as above. Cut some bread into the shape of cocks'-combs, which fry in butter till of a fine colour. Dish them between each half of the brains, which you have divided, and cover the brains over with a maître d'hôtel, steward's sauce (No. 31).


271. *Calf's Brain with Fried Parsley au Beure Noir—*  
(with Black Butter.)

The same as above with regard to the stewing. Fry separately some parsley very green, and likewise some butter in a frying-pan, till such time as it ceases sparkling. Then put the brains into a dish, with the parsley in the middle, and for the sauce, put with the brown butter a spoonful of vinegar, some salt and pepper, and pour it under the brains.

272. *Marinade of Calf's Brain.*

In case you should have any brains left from dinner, make a marinade cuite, (stewed pickle, see page 98), and give a boil to the brains in it. Then drain them and wrap them up in paste.—(See Paste for frying.)

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

These are to be prepared and done as those above. Cut slices of bread in the shape of cocks'-combs, fry and glaze them, and dish them between the brains with the love-apple sauce under them. Mind that the fried bread for those sorts of dishes should be made of the shape of cocks'-combs,  and put in the dish with a little white of eggs and flour mixed together, and put in a corner of the stove.

274. *Tendrons of Veal à la Jardinière.*

Tendrons are found at the extremity of the ribs. Previously to your detaching them, remove the dry bone which is next to them; then sever them from the bone, and scollop them in the shape of oysters. Set them to disgorge the blood, that they may be made very white. Next blanch them through. Let them cool. When cold, pare them of a good form, and put them in a stew-

pan wrapped up in layers of bacon. Put in a carrot, an onion, a bay-leaf, a few branches of fresh-gathered thyme, and salt and pepper; moisten them with good broth, or with a poëlé, if you have any, and let them stew for four hours as gently as you can. When they are done, drain them, and put them into a sauté, (or frying-pan,) with a little glaze. Keep stirring them over the fire, that they may get the taste of the glaze. Dish them miroton way, and serve la jardinière in the middle\*. The tendons of veal require to be very well done, and are consequently difficult to dress; then have some croutons (crusts) of bread fried of a nice colour, which put them between; this will enable you to dish them more tastefully, and you must put the sauce, of whatever kind it is, into the middle, whether macedonian (No. 54), pea, jardinière, cucumber, &c. &c.

275. *Tendons of Veal with Green Peas, Brown.*

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

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



276. *Tendons of Veal with Green Peas, White.*

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

277. *Tendons of Veal with Cabbage, Lettuce à l'Espagnole—(with Spanish Sauce.)*

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

278. *Tendons of Veal en Marinade, Dites au Soleil—(Pickled Tendons of Veal.)*

If you have any tendons that have been sent to table, and are returned untouched, you cannot send them up a second time dressed in the same manner, as they no longer retain their fine colour. Put them into a marinade cuite (stewed pickle, page 98), and then in paste.—(See paste for frying.) Fry them of a nice colour, and serve them up with a poivrade (brown sharp sauce, No. 27), or with love-apple sauce (No. 92).

279. *Tendons of Veal, en Haricots Vierges.*

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

280. *Tendons of Veal in Chipolata.*

Braize the tendons as above. The chipolata is made in the following manner. Have some chestnuts ready peeled and boiled; take a few small sausages, which twist to make them very short, prick them with a fork, and put them in a sauté-pan in the oven; when done, drain the

fat, and add some small onions stewed very white, likewise bits of bacon, the breast part, cut into the shape of corks, which also should be stewed white, and some mushrooms, which you stew with some sauce tournée (No. 19).—When the sauce is in a proper state of forwardness, skim all the fat, and thicken it; put in all the ingredients, and after having dished the tendons in the shape of a miroton, or one upon another round the dish, put the chipolata into the middle, but keep some of the sauce to cover the tendons. You may add some cocks'-combs, &c. It is almost unnecessary to observe, that all the ingredients of the chipolata should be done separately, and put into the sauce when ready to serve up. When you want to serve the chipolata white, you should use white sauce instead of brown; the reason for having two colours is, that sometimes in spite of your endeavours to keep the tendons, as well as all the other ingredients, white, you can only succeed in obtaining a darkish colour. In that case, you should make the chipolata brown. This is an excellent dish, but has not a very prepossessing appearance, as the tendons do not dress well. Even if well done, it never looks well, and if it be ill done, it is absolutely uneatable.

281. *Tendons of Veal with the Purée of Chestnuts.*

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

282. *Calves' Ears Farced and Fried.*

Take eight or twelve calves' ears, and let them disgorge. Blanch them, and be particular to clean away all the hair

they have inside ; then stew them in a blanc.—(See calf's head, No. 300.) When the ears are done enough, that is when you can stick your knife in them ; drain, and let them cool ; then introduce a farce fine (see farce, fowl à la crème) into the hollow part. Give the ear the shape of a horn. Dip it into an omelet, and crumbs of bread twice successively, and then fry them till they are of a fine brown. Serve them under a maître d'hôtel gras (thick steward's-sauce,) or love-apple sauce.

283. *Calves' Ears, Love-Apple Sauce.*

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

284. *Calves' Ears with Green Dutch Sauce.*

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

285. *Calves' Ears with the Ravigotte Sauce,*

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

286. *Calf's Liver Larded and Roasted.*

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

287. *Scollops of Calf's Liver with Fine Herbs.*

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

This dish cannot be served in this country, as nobody will sell the number required for a dish.

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

288. *The petites Noix of Shoulders of Veal with Sorrel\*.*

The petites noix in Paris are generally sold at the rate of a half pound of meat. Ten or even twelve are required for a dish for the first course, which is a very dainty dish

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

for those people who know how to eat it. In general they are very fat, for which reason you are forced to send them up to table with the fat, as it keeps the noix mellow. Set them to disgorge as you did the tendons. Trim a stew-pan with layers of bacon, put in the noix after having blanched them, and give them a pleasing shape. Then moisten with a poëlé\*, and stew them for an hour on a very slow fire. Next drain them, and glaze them at two different times. Dish them in a circle, and put the sorrel in the middle.

289. *The Noix of Shoulder of Veal with Endive.*

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

290. *Calf's Feet Plain.*

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

291. *Calf's Feet Marinade.*

Prepare the feet as above. Make a marinade cuite, (boiled pickle, see page 98,) and some paste for frying. Serve them up with fried parsley on a poivrade (No. 26), in the middle.—(See sauces.) This dish may be made very economically. When you make a calf's feet jelly do not let the feet be too much done, then make a marinade cuite (page 98), and put the calf's feet to boil in it for half an hour; let them cool in a good shape, put them in the batter to fry, and serve under the poivrade (brown sharp sauce, No. 27), or tomata sauce (No. 92).

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

292. *Calves' Feet, farcis en Soleil*—(*Stuffed Calves' Feet.*)

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

293. *Calf's Feet, à la Poulette*—(*Calf's Feet Chicken Way.*)

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

294. *Loin of Veal Roasted.*

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

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

When you have served a loin of veal, and very little has been eaten of it, take off the fillet, cover the whole with some buttered paper, and put it to warm in the oven; when well warmed, make a blanquette with what you have taken out; replace it in the fillet, and serve up very

hot. This is as good as a new dish, and looks as well.— Observe, that these removes are to be served only with the dessert, by which is meant, whatever is left in the parlour ; the following remove is of the same kind.

*296. Loin of Veal à la Crème.*

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

*297. Calf's Head Plain.*

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

*298. Calf's Head, with Love-Apple Sauce.*

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

299. *Calf's Head Bigarrée*—(*Party-coloured*).

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

300. *Calf's Head du Puits Certain*.

Bone a calf's head. Make a farce or force meat with veal, fat bacon, and sweet herbs, chopped fine and highly seasoned. Add to it two or three yolks of eggs. When made, stuff the calf's head with it, and sew it up all round, to prevent the stuffing from falling out ; then wrap it up in a cloth, put it into a braizing-pan with an abundance of slices of veal and layers of bacon, seasoned with carrots, a bunch of parsley, thyme, bay-leaf, and spice ; moisten with a glass of white wine, and a ladle-full of broth. Let it stew for four hours, and serve up with a *financière* (*financier's ragout*, No. 75). You must reduce



a glass of Madeira to put in the sauce, as it should be highly seasoned.

301. *Calf's Head à la Chambord.*

Dress it as in No. 297. When finished and drained, take pieces of pickled cucumbers and truffles cut into the shape of nails, with which symmetrically stick the head; then sauce it with a *financière* (*financier's sauce*, No. 75), garnished, larded sweetbreads, large quenelles, pigeons à la gautier, and some craw-fish, which you have trimmed, by picking the tail, and cutting the point of the claws, and taking off the smaller claws.

N. B.—All large entrées (first-course dishes) may be served as removes, as for instance, a large noix\* of veal à la bourgeoise (plain way, No. 17), a large carée of veal garnished with vegetables, and, in short, whatever is of too great a magnitude for an entrée.

\* The noix is the large fleshy part of the leg to which the udder is attached.

---

## CHAP. VII.

## DISHES OF PORK, HAM, &amp;c.

---

**302. *Leg of Pork.***

Take the leg of a porker, rub it over with salt, and put it well covered with salt also in a vessel, wherein it must be left for ten days. Then boil it in water, and send it up with green cabbage all round, and a peas-pudding, which must be made as follows:—

Take a quart of dry peas, wash them clean, wrap them up in a clean towel, and throw them into the same vessel as the leg. When the peas are done, strain them through a sieve, put in a large lump of butter, some salt, two yolks of eggs, and poach the pudding wrapped up in a clean towel, to make it of a good substance.

**303. *Green Peas with Bacon, French Fashion.***

These may be served without any other meat; but they may also serve as a sauce for tendons, either of veal or of lamb, members of fowl, and giblets of turkey. It is to be observed, however, that those articles which are served in a deep dish, should be cut up, as you cannot carve them in so much liquid. Take about a pound of bacon from the breast, cut in bits of an inch square, boil it in water to extract the salt, then fry it in a little butter till it becomes of a fine brown. Next handle some fine peas and a little fresh butter in cold water. After having drained them, put them into a stewpan with the bacon, a bunch of parsley and green onions. Let the whole sweat over a slow fire. When nearly done, moisten with two or three spoonful of Espagnole (Spanish sauce, No. 17), and a little bit of sugar. Boil them a few minutes. Send up either with or without other meat. Do not neglect seasoning with a little salt and pepper, but be cautious of the brine of the bacon.

**304. *Westphalia Ham à l'Essence*—(*With Essence.*)**

Take a small Westphalia ham, and trim it well. Be particular in sawing off the knuckle, in order not to break the bone into splinters. Keep it one day in water, to take out the brine, and boil it in plain water for four hours. When done, drain it, take off the rind, and give it a nice round form. Then put it in the oven for a few minutes to dry the fat, which otherwise could not be glazed properly. When quite dried, glaze it of a fine colour, and serve under it an essence.—(See Sauces.)

**305. *To Make Ham superior to Westphalia.***

As soon as the pig is cold enough to be cut up, take the two hams, and cut out the round bone, so as to have the ham not too thick: rub them well with common salt, and leave them in a large pan for three days; when the salt has drawn out all the blood, throw the brine away, and proceed as follows: for two hams of about eighteen pounds each, take one pound of moist sugar, one pound of common salt, and two ounces of saltpetre, mix them together, and rub the hams well with it, then put them into a vessel large enough to contain them in the liquor, always keeping the salt over them; after they have been in this state three days, throw over them a bottle of good vinegar. One month is requisite to cure them; during which period they must be often turned in the brine; when you take them out, drain them well, powder them with some coarse flour, and hang them in a dry place. The same brine will serve again, except that you must not put so much salt on the next hams that you pickle. If the hams are smaller, put only three-quarters of a pound of salt, but the salt will not do any harm if you do not let them remain too long in the brine; if you can get them smoked, they are then not so subject to be infected by vermin; no insect whatever can bear the bitterness of the soot; the smoke of wood is preferable to the smoke of coal. Be particular that the hams are hung as far as possible from the fire, otherwise the fat will melt, and they will become dry and hard

306. *Ham with Madeira.*

Take in preference a Westmoreland ham, which prepare in the same manner as directed above: but it need not be left so long in water, as it is not so briny as the Westphalia hams are. Blanch it in water only during two hours. Then drain it, and put it into a braizing-pan, trimmed with thin slices of veal at the bottom, seasoned with carrots, onions, parsley, bay-leaves, spices, &c. Pour over these two glasses of rich consommé (stock-broth, No. 2), and a bottle of Madeira, let it boil for about a couple of hours. When done, pour some of the liquor, after having skimmed off the fat, to reduce to an Espagnole (Spanish sauce, No. 17), which is the proper sauce.

*N. B.*—When the ham has boiled for two hours in the water, you must trim it instantly, before you put it with the wine, that you may send it up the moment you take it out of the braize. Reduce the liquor to make the glaze for it.

307. *Ham with Windsor Beans.*

Boil the ham as in No. 304, glaze it in the same manner, and serve under it Windsor beans, dressed as follows:—

Take some very small Windsor beans, boil them in water with a little salt; when boiled enough, take a little velouté (No. 21), into which throw a half quarter of a pound of fresh butter, a little chopped parsley and winter savory, toss the beans in that sauce after having drained them, and dish the ham over the beans.

---

## CHAP. VIII.

## VENISON.

308. *The Haunch of Venison\**.

It was customary in France to cut off a small rosette from the leg, to lard and then pickle it. In England it is customary to put it on the spit, then to make some paste with flour and water only, and case the venison with it, securing it with a few sheets of paper. It cannot be done thoroughly in less than four hours. It is usually served up with red currant jelly made hot with a little port wine. The women cooks, in England, put flour over the roast just before they remove it from the spit : a custom which is utterly absurd. I approve of the practice of flouring roasted meat, if it be done early enough to imbibe the gravy, and get nicely browned, when it becomes very tasty. In the other case, the froth of the flour and butter adhere to the palate, and have an abominable taste.

309. *The Neck of Venison*

Is also to be roasted ; but as it is not nearly so thick as the haunch, the paste may be less thick, if you take care to stop the spit in the under side of the neck.

310. *Saddle of Fawn, or Chevreuil.*

The same as No. 230. When larded, put it into a very large vessel with salt, pepper, and onions cut into slices, parsley, vinegar, spices, &c. Leave it to pickle for two or three days, taking great care to turn it frequently on every side. Then roast it, and serve with a poivrade, or brown sharp sauce (No. 27), under it. Mind that the fillets and both legs must be larded.

\* The great point in roasting venison is to keep the fat as much as possible from melting ; the paste put over it prevents the heat of the fire from wasting it.

## CHAP. IX.

## FOWLS.

*Observation.*—In buying the fowls choose always white-legged ones; their flesh is finer, and the skin more tender; they also look better at table. The manner of fattening fowls is, to separate them from the other chickens; mix together some oatmeal, milk, boiled potatoes and bread, if you have any left from the table; add to the whole of it a little dripping; mind not to give them too much at a time, and not more than twice a day; and above all, keep them very clean. When they are sufficiently fattened, kill them, or they will fall ill and die. When you find any of your poultry sick, chop a few leeks with their food, which will cure them; but when they become very fat, if you do not kill them, they will inevitably rot and die away.

311. *Fowl au Consommé*—(*Fowl boiled in Broth*),  
generally termed, *Au Gros Sel*—(*With Coarse Salt.*)

Take a fine fat fowl, the flesh and skin of which are perfectly white; empty the fowl without making too great an aperture, singe it gently, and scald the legs, which are to be turned inside the body; then lay on it a pretty thick layer of fat bacon; fasten it tight, and let it be boiled in broth, which must boil before you put it in, otherwise the fowl would lose its white colour. If the fowl is of a larger size, it will require an hour and a quarter before it is done enough: if it is of a common size, one hour will do. Next drain it in a dish, wipe off all the fat, and send it up with a little of the liquor in which it was boiled, and which has been reduced in the process from one quart to half a pint at least, with the

addition of a little salt in the liquor, and put salt on the breast of the fowl.

312. *Fowl, au Gros Sel*—(*Fowl with Course Salt.*)

The same as above, with this difference only, that you lay both over and under the fowl some crystallized salt, which has not been pounded.

313. *Fowl à la Vileroi.*

Take a fine fowl, which may be known by a skin of bluish hue marbled with grey: it is to be emptied and singed in the same manner as directed No. 311. Let it be trussed, the legs turned down outwards: introduce inside of the body a small quantity of butter kneaded with salt and lemon-juice. The fowl is to be put into an oval stewpan, with a layer of fat bacon: next pour some poëlé over it.—(See below.) As those articles which are poëlés\* require to preserve their whiteness, they are not to be kept on the fire so long as others. It requires only three-quarters of an hour for a fowl to be done in this style. A capon would require full an hour. To be served with sauce à la financière (financier's sauce, No. 75).

*Observation.*—As the poëlé has no translation, it retains its name; it is indispensable in fine cookery, and is made as follows:—

*Poëlé.*

Take one pound of beef-suet, one pound of very fresh butter, and one pound of very fat bacon; cut the suet and the bacon into very large dice, put them into a stewpan with two pounds of veal cut in the same manner, fried till the veal becomes very white, and then moisten with about three pints of clear boiling water, a handful of salt, one bay-leaf, a few sprigs of thyme, one onion stuck with three cloves, and a great bundle of pars-

\* Poëlés is almost the same operation as braizing; the only difference is, that what is poëlé must be underdone, and a braize must be done through.


ley and green onions: let the whole boil gently till the onion is done, then drain it through a hair-sieve, and use it for any thing that may want poëlé. The use of poëlé is to make every thing boiled in it very white and tasty: in the winter it keeps for a week, and is very useful in the larder, particularly if you do not put in any of the fleshy part of the bacon; otherwise, the meat that you boil in it will turn quite red, on account of the saltpetre used in curing the bacon.

314. *Fowl à la Montmorenci*—(*Montmorency Fowls.*)

The same care and attention are requisite in this case as in the former. The fowl being trussed up, you have some boiling water ready, then laying hold of the fowl by the saddle, dip the breast only into the water in order to give additional firmness to the skin and flesh; next dip it into cold water. When the fowl is quite cold, lard the whole breast in the same manner as a fricandeau of veal, and put it into an oval stewpan, trimmed all round with fat bacon, and moisten with the poëlé, but none at the top. There must be a brisk fire over it, and a slow one under it, the same as for a fricandeau, and it will be done within three-quarters of an hour at most. Dry the bacon with a salamander, glaze of a good colour, and send up, with German sauce (No. 20), or a ragout à la royale. A ragout is à l'Allemande (German ragout) when in a sauce à l'Allemande (German sauce,) à la royale when with the béchamel (No. 36), and à la financière when with the Espagnole (Spanish sauce, No. 17).

315. *Fowl à la Condé.*

Procure a nice fowl, singe and truss it up as above; slit the breast, and introduce small slices of truffles cut into

the following shape  into the slits that you have

made: cover the whole with slices of bacon, and let it be stewed as above. Care must be taken, however, when you pour out the bacon, not to derange the symmetry.



This dish requires to be garnished in imitation of a *chambord* (No. 77), with larded sweetbread, cocks'-combs, pigeons à la gautier, large quenelles à la cuillère, and financier's sauce (No. 75).

316. *Fowl à la Turque*—(*Turkish Fowls.*)

Empty a fine fowl, and be particular in washing the inside of it with very hot water; if you leave any blood in it, the rice will be full of scum. Your rice having boiled sufficient time in rich consommé (stock-broth), season it with salt, and introduce some into the body of the fowl, which you next roast, well wrapped up in layers of bacon, and in paper; it requires an hour to have it sufficiently done. Send it up with rice round the fowl, the same as you have used to put inside, only add to it two spoonful of very good béchamel (No. 36) well seasoned; do not let it be too thin, and pour a little velouté (No. 21) over the fowl. Take particular care to keep the fowl white.

317. *Poularde au Ris*—(*Fowl with Rice.*)

Wash a quarter of a pound of Carolina rice in water, which you must pour away till it becomes quite clear, and the rice retains no odour. Have a good and white fowl well dressed, wash the inside with hot water, then put the fowl in an oval stewpan with the rice, and an onion with two cloves stuck into it, and some salt. Let it boil gently for an hour and half, then take out the onion and the cloves, and skim all the fat. Serve this fowl with the rice, but mind that the rice must not be too liquid, or it will have a bad appearance. This is a cheap dish, and is very wholesome, excellent diet.

318. *Fowl à la Dreux.*

The fowl to be singed and trussed up as above. In order to give it additional firmness, use boiling water, as in No. 317. Cut some ham into long squares; lard the

breast of the fowl with them in imitation of a small draft-board, put it into the stewpan as above, and moisten with poëlé.—(See No. 313.) The same time, and no longer, is requisite for the fowl to be completely done. To this must be added, the sauce à l'Allemande (German sauce, No. 20). Observe, the pieces of ham must not be too large, and must be carefully stuck in at equal distances so as to represent a draft-board; when done glaze the ham to make it shine.

### 319. *Fowl, with Green Oysters.*

Singe and truss a nice fowl, and put it into a stewpan the same as in No. 313. When done enough, drain it, and send it up with oyster sauce as follows:—

*Oyster-Sauce for Fowl or Turkey.*—Take two dozen or more oysters, and take care to preserve all the liquor when you open them. Put them into a small stewpan with the liquor, and add to it a spoonful of water. When the liquor boils the oysters are done; stir them with a spoon, and put them to drain in a hair-sieve as you take them from the stewpan with a spoon; let the liquor settle, and pour it off clear into another vessel; beard the oysters, and wash them again in the liquor, in order to remove all grit and sand; then put a pound of fresh butter into a stewpan, with a spoonful or two of very fine flour; when the flour is fried a little, moisten with the oyster liquor, and a pint of cream: let this boil fifteen minutes, and add to it two spoonful of béchamel (No. 36); if you have no béchamel, put a small bit of glaze, or portable soup, well seasoned. Mind, this has no essence of anchovies, as for fish: it is the only difference. Mask the fowl with this sauce.

### 320. *Fowl with Olives.*

Singe &c. &c. a fine fowl as above, then take some olives which are to be blanched till they are no longer briny. Next boil them in a thin Espagnole (Spanish sauce, No. 17). Skim the sauce, and add a little lemon-juice,

and pour it under the fowl. Serve up with some stuffed olives, without stones. Turn the olives with your knife, so as to take out the stone, and leave the olive whole.

321. *Fowl à la Crème*—(*Creamed Fowl*.)

This dish is made out of a cold fowl, either roasted or stewed: you take off the breast and fleshy part of the fowl by cutting it square all through; with a little bread toasted and dipped in butter stop the aperture of the bottom. Then have the farce à la crème (force meat of fowls), as directed in No. 150, with which fill the fowl: then make a kind of a wall round the fowl with buttered paper; cover the same with bacon, in order that the fowl may not get too much colour. If this dish be placed on the flanks, some of the same farce (forcemeat) may be served on toasts cut in the shape of hearts or lozenges, which are called témoins. These are to be baked in the oven the same as the fowls, and the fat to be well drained. Send up with a thin Espagnole sauce (No. 17), or velouté (No. 21). The toast must be fried before you put the farce (forcemeat) over it.

322. *Fowl à la Monglas*—(*Monglas Fowl*.)

This is likewise made of a cold fowl left at dinner. Take off the breast as above. You must have ready either an émincé (minced fowl), or a salpicon pretty thick (see page 141), which is to be introduced cold into the body of the fowl. Beat the yolks of two eggs, with a little fresh melted butter; then cover the breast of the fowl only with crumbs of bread, basted with clarified butter. Next give it a colour with the salamander, but you must be careful that it does not get a brown colour too soon. Now baste it with a little butter again: take the red-hot shovel to give the fowl a good brown colour on all sides. Serve a brown sauce under it, if you have applied a salpicon and a velouté (No. 21), if you have used an émincé, it may also be called a poularde en surprise (fowl in

surprise). These dishes are very good and very cheap, as they are always made from the remains of yesterday.

Émincé or salpicon may be made with the same sauce ; salpicon is a composition of different ingredients, and émincé is all of one sort of meat, either fowl or game.

**SALPICON.**—Cut into small dices, some mushrooms, tongue, truffles, and fillets of fowl ; the truffles and mushrooms must be ready done, as well as the tongue and fowl ; put all this into a very reduced Espagnole, and when cold use as directed.

**EMINCE**—is only the fleshy part of either fowl or game, minced and put into some béchamel (No. 36), well seasoned ; the difference between mince and dice is, that when you have a short allowance of meat, you are obliged to mince, as it requires no shape, and you may use whatever flesh you like : the dice require very good meat. When the fillets are eaten in the parlour, you must make the best of what is left. Salpicon is in general brown ; minced fowl always white.

### 323. *Fowl à la Dubaril.*

This is likewise made with a fowl left at dinner, but yet very white. Take off the breast, as in the last. Then take the fleshy part of a nice white roast fowl, which you cut into small square pieces of an equal size ; you also cut some tongue the same : put these slices of fowl and tongue into a béchamel (No. 36), pretty thick. Keep the fowl very hot. The moment you are going to serve it, pour the minced meat inside the body of the fowl ; thin slices of tongue, cut of the shape of cocks'-combs, should be round the mince on the top of the fowl ; serve under it a ragoût à l'Allemande (German sauce), and poached eggs on the top of the mince.

### 324. *Fowl à la Mirepoix, otherwise à la Cendre.*

Truss the fowl as in No. 311. Next make a mirepoix without its being melted, that is to say, scrape some

bacon, a little butter, a few slices of ham, with a little thyme, bay-leaves, salt, and pepper. Then spread the whole on a sheet of white paper; wrap the fowl up in this sheet of paper, and cover it with several other sheets: let the whole be made hermetically close, lest the grease should be lost: then put it into the oven if not too hot; if it should happen to be so, let the fowl be then covered with hot ashes, and over these have some live burning coals, but not too vivid, for fear of the paper catching fire, which would spoil the fowl. It requires two hours for the fowl to be sufficiently done; when so, drain it well, and send it up with an Espagnole (Spanish sauce, No. 17) under it, or poivrade, (brown sharp sauce, No. 27), or a sauce hachée (No. 25.) This dish is seldom served, as it gives great trouble in the making.

325. *Fowl à la Cardinal*—(*The Cardinal's Fowl*.)

Take a nice white fowl, singe it, and take out the bones without destroying the skin. Next have a farce à quenelles\*, (see farces quenelles of fowl, No. 147), wherein you introduce a little lobster spawn well pounded, to make it red. This farce (forcemeat) being made rather liquid, is to be injected, first between the skin and the flesh of the fowl, and then inside of the body. You then mould the fowl into an agreeable shape: next put it into an oval stewpan well trimmed with slices of bacon, and pour some poëlé (see No. 313, observation) over it; leave it on the fire for an hour and a half. As it has no bones left it requires more time before it is done. Serve it up with a sauce à l'Allemande (German sauce, No. 20), to which you add some of the red to dye the sauce, or some love-apple sauce.

\* *Farce à quenelles*; the necessity of preserving this appellation arises out of the multiplicity of different farces which are made, and are called in England, forced meats. As this is a particular one, the proper name ought to be retained.

**326.** *Fowl à Campine, with raw Onions—(Pullet with Onions.)*

Truss the fowl with the legs outwards, and roast it lengthways. It must be of a good colour. When done, slit the breast, cut raw onions in slices, which you introduce into the slits you have made, and send it up with a brown poivrade (sharp sauce, No. 26), highly seasoned and very hot.

This dish is of Provençal and Spanish origin: in general in warm climates they prefer strong eating: the onion should be sliced before, and remain in a plate ready to put into the fowl the moment it comes from the spit.

**327.** *Fowl à la Tartare—(Boiled Fowl.)*

Take a fine fowl, turn in the legs as usual, then cut it in two, take the bones off from the back, cut the breast-bones off, break those of the legs, flatten the fowl with the back of your knife, and season it with salt and pepper: then take the yolk of one egg, and with a paste brush rub the fowl all over; dip it in the crumbs of bread and in the melted butter in succession. Next broil it up to a fine colour, on a slow fire, that it may be done thoroughly. Send it up with the brown Italian sauce (No. 24). Thrust your knife into it, to ascertain if it is well done; it requires an hour, or at least three-quarters, to be done properly.

**328.** *Fowl à la Chingara—(Chingara Fowl.)*

Take a nice fowl of a fine white colour, singe and pick it well; then cut it into four equal parts, well trimmed. Next cut some thin slices of ham of a very good shape, put them into a buttered stewpan, and put the four quarters of the fowl over them; let the whole simmer for a while on red-hot ashes: when the fowl is done, drain off the fat, and powder a little salt and pepper over it; you then detach the glaze produced by the gravy of the

fowl and slices of ham ; pour a little Espagnole (Spanish sauce, No. 17), with the juice of a lemon, and send it up with the slices of ham over the four quarters, and four large fried pieces of bread between, of the same dimensions as the slices of ham. Mind, this is to be highly seasoned.

### 329. *Fowl with Tarragon Sauce.*

Take a fine fowl, truss it and poêlé it as in No. 313. When you are going to send it up to table, cover it over with tarragon sauce, made as follows : put into a small stew-pan a few branches of green tarragon, and a wine-glass of white vinegar ; let it boil for ten minutes, then add four spoonfuls of sauce tournée (No. 19), and thicken with two yolks of eggs. Strain the whole through a tammy, and put to it a small pat of fresh butter, a little lemon-juice, some salt and pepper, and some leaves of tarragon cut like lozenges, and blanched very green : cover the fowl with this sauce.

All other pluches, such as leaves of parsley, chervil, &c. &c. are served up with whole entrées, *i. e.* dishes in which the fowl has not been cut in pieces. Then use any sauce you may fancy. Pluches may be made of different-coloured sauces, but green leaves shine better in white sauce than brown, and most companies prefer white sauce.

### 330. *Fowl with Cauliflowers.*

The same as in No. 329 ; the only difference is, that you boil some cauliflowers in water with a little butter and salt. This you put round the fowl, and then cover both the fowl and cauliflower with sauce velouté (No. 21). Mind that whenever you boil cauliflowers for the garnishing of first-course dishes or removes, they should always be boiled in water, salt, and butter (one hour before dinner time), because they become very white in water so prepared, and lose their green appearance.

331. *Cutlets of Fillets of Fowl, with Crumbs of Bread à la Maréchale.*

Take four small fowls ; cut off the fillets without injuring the filets mignons (small fillets) ; cut the merrythoughts in two. Take off the small fillets, pare them in the shape of hearts ; and stick the merrythought bones into the points of the hearts, to give them the appearance of chops : and do the same for all the rest. Season them with pepper and salt ; then brush the fillets over with yolks of eggs, and dip them into crumbs of bread ; next dip them into melted butter, and then into crumbs again. Use your knife to level the bread, and broil those fillets over a brisk fire. The fillets being very thin, require only to be lightly browned. Serve under them some thin Espagnole, (Spanish sauce, No. 17), well seasoned. [The author would here observe to the young and inexperienced cook, that when he has something thin to broil, the fire must be very sharp ; and when something thick, the fire must be moderate, as it takes more time to be done through.] These fillets may be sautéed, or lightly fried in the same manner as the lamb chops or mutton cutlets. Take a very little melted butter in a sauté-pan, and put it over a very sharp stove, which will do as well as broiling them. The maréchale sauce is better when you prepare it in the following manner :

**Maréchale Sauce.**—Reduce two spoonsful of tarragon vinegar to one ; then add six spoonsful of velouté (No. 21) to it, thickening this sauce with the yolks of two eggs ; work the sauce very well, finish with a small bit of fresh butter, salt, and a little Cayenne. Serve this sauce in preference to the other.

332. *The Wings of Fowls à la St. Laurent—(St. Laurent's Fowl Wings.)*

Take three fowls, divide the breasts into two parts, take off the sinews and small bones, season with salt and pepper, &c. brush them as above with yolks of eggs,



then dip them into bread, then in melted butter and bread again; next broil them in the same manner as above, well seasoned, and send them up with a thin Espagnole, (Spanish sauce, No. 17), or the Maréchale sauce.—See last receipt.—Wings of chicken à la Maréchale are made in the same way.

333. *Fillets of Fowls sautés au suprême*—(*Fried Fillets of Fowl.*)

Take off the fillets of three fowls, which will produce nine fillets, as two of the filets mignons (small fillets) are used to make a large fillet. You then prepare them all alike, and put them into a sauté-pan with some melted butter and salt, covered with a round of paper buttered, to prevent the fillets from drying and getting dusty. When you have fried the fillets lightly on a sharp fire, drain the butter, but be careful to preserve the gravy of the fowls with a small quantity of the butter: put four spoonsful of béchamel, and two spoonsful of double cream. Let them warm gently without boiling, or the fillets will get tough; put likewise a spoonful of consommé (stock broth), and taste if the seasoning is palatable. You must mind that this dish is a fine entrée, and must not be too highly seasoned. Send up with sliced bits of bread, fried in butter, and glazed over, which are to be placed between the fillets. The sauce to be poured over the fillets only, and the pieces of bread to be kept crisp.

334. *Scollops of Fowls with Cucumbers.*

Take off the fillets of three fowls, cut your scollops of the size of a half-crown piece, dip them into some clarified butter, in a sauté-pan or frying-pan, fry them lightly over a brisk fire on both sides, and throw them into cucumber sauce. The shortest way of making the scollops, and likewise retaining all the gravy, is to fry the fillets lightly just at dinner-time, and to scollop them quickly.

**335. *Scollops of Fowls with Essence of Cucumbers.***

These scollops are prepared in the same manner as those before, but the sauce is not the same: cut the cucumbers of the same shape and size as the scollops; keep the parings or trimmings of the cucumbers to make a purée. As this sauce must have a positive taste of cucumbers, put the cucumbers into a basin with a little salt, and half a glass of vinegar; let them steep for one hour, then drain them upon a clean cloth, put them into a stewpan with a small bit of butter, let them fry a little without colour; to drain the water from the cucumber, sprinkle a spoonful of flour over them, then moisten with consommé (stock broth), enough to let the fat rise on the top. Put a small bit of sugar, and a bundle of parsley and green onions. When the cucumbers are sufficiently done, drain them in a hair sieve, and put them by, covered with a plate. Now take the parings, fry them in a stewpan with a little butter, moisten with the sauce in which you have boiled the cucumbers, skim off all the butter, boil down the sauce quite thick, taking care to add the juice of the cucumbers to be reduced with the sauce, and then put three spoonful of good béchamel (No. 36) with it; rub this through a tammy; keep this sauce very thick. Next fry the scollops lightly on both sides, but mind, as soon as they appear white they are done: lay the dish on its side, in order to drain off all the butter; put the fillets into the sauce, drain the cucumbers again, and put them to the fillets. If your sauce is quite thick, put to it a spoonful of double cream, a little salt, and serve in a deep dish with some flower work of pastry round the dish; observe that this dish must be rather sweet. You must put a little sugar into it. The readiest mode of making scollops is to put a little salt to the fillets (without trimming them in the melted butter), and sautez them (fry them lightly) on a sharp stove till they are slightly done, then have a clean sheet of paper, cut the fillets in two, sideways, and scollop them with care and very quickly, to keep the gravy in; then put them in the sauce with the cucumbers, that

they may acquire their flavour. Take care the bain marie (hot water-bath, see page 19) does not boil, or the scollops will be too much done, and, in consequence, tough.

### 336. *Scollops of Fowls with Truffles.*

These are prepared as above, but at the moment when you put the fillets into the butter, the truffles must be ready peeled and cut of the same round form and dimension as the scollops will be. Season with a little salt; sautez the truffles (fry them lightly) and scollops a few moments before dinner-time; and put them into some béchamel (No. 36), to which you have added a little reduction of truffles. This reduction is made as follows: the trimmings of truffles are to be reduced in a little consommé (stock-broth), introduce some of this glaze into the scollops, and as it is always brownish, add three or four spoonsful of thick cream to the sauté to make the sauce white; season it according to your palate. Do not forget to keep the sauce very bright. You must be very particular in the preparation of this dish, as it is one which distinguishes the fine cook. Sautez (fry lightly) any truffles, whether fowl or game is not material, being almost similar, but take care that the meat and the truffles are both sufficiently done. The plan is to put in the sauté-pan, or frying-pan, first the fillets, which you dip in the melted butter, and put in the sauté-pan; then when you have done them all, put in the truffles ready cut in slices; when the fillets have been sauté (fried lightly), you must leave the truffles a little longer in the sauté-pan over the fire, and keep stirring with a spoon to fry them equally; then put the scollops together, and give them a turn on the stove; raise the sauté-pan on one side, to drain the butter, then put the scollops in the sauce one hour before dinner to give the taste of truffles to the meat, and keep the sauce thick, as it is always easy to make it thin afterwards.

*Observation relative to Sautés (dishes fried lightly, see Introduction) in general.*—Mind, you must never let the sauté be too much done. These dishes are very difficult to make in perfection. When they are too much done, they are not eatable. It is this point of perfection in the management of cookery, which distinguishes the good from the bad cook.

337. *Scollops of Fowl à la Conti, with Truffles.*

The same quantity of fowls as No. 334; the only difference is, that you keep the filets mignons (small fillets) which you lard, one half with bacon and the other with truffles. You must take care that the Contis are not over-done. Those that are larded with bacon, must be well covered with fire, and those that are decorated with truffles must be wrapped up in bacon, and afterwards glazed. Give them the shape you please when you put them into the sauté-pan, either of garlands, rosasses, &c. The Contis must be put round the dish, when you have dished the scollops.

338. *Scollops of Fowl with Purée of Green Peas.*

These scollops are prepared, and done in the same manner as those above. When they have been sauté (fried lightly), put them into the purée of green peas.

339. *Fillets of Fowl à la Chingara.*

Take the fillets of three fowls, which you divest of the skin and sinews. Prepare them as the above, with clarified butter in a sauté-pan, or frying-pan, together with some slices of boiled ham of the same size. Fry them lightly over a slow fire; but do not let the fillets be too long on the fire. Let the ham be of a fine colour; glaze it well, and dish it miroton way. Put three spoonfuls of Espagnole (Spanish sauce, No. 17) into the sauté-pan, after having drained the butter, one spoonful of consommé (stock-broth), two pats of fresh butter, the juice of one lemon, some salt, and a little Cayenne; glaze the bits of

ham, and cover the fillets only with this sauce. Three fowls produce, in general, nine fillets, as you must make three with the inside fillet: the nine fillets will make a very small entrée (dish for the first course): but you must always add nine other things, either fried bread, tongue, or ham, otherwise the dish will be shabby: a good cook will always save a small bit of tongue or ham; if he finds nothing else, he puts in its place some crusty pieces of fried bread of the same shape as the fillets.

#### 340. *Blanquette of Fowl marbrée.*

This dish is one which the author does not approve of, but it is served at grand dinners. Take off the breasts of three fleshy fowls, wrap them well up in bacon and paper, then roast them; do not let them be too much done. Next lay them aside to cool. Take off the flesh, first from one side, then from the other, which you cut to the size of a half-crown piece, as also some slices of a red tongue; then put into the dish that is to be sent up a miron of tongue and of fowl; that is, a slice of each alternately, and so on in a spiral line. Take care to keep the dish quite hot. The moment you are going to send up, cover it with a sauce à blanquette, or à l'Allemande (German sauce, No. 20). These entrées should be made when you have much cold fowl in your larder, such as after a ball supper, for instance.

#### 341. *Wings of Fowl à la Dauphin—(The Dauphin's Wings of Fowl.)*

If you have a very large dinner to send up, and use a great number of fowls, take eight fillets off from the same side, which makes no difference with regard to the expense—this dish looks better when the wings are all from the same side: prepare your fillets well, lard them with fine bacon, and then put them into the oven in a well-buttered stewpan, in order to give them a good shape; when they have got a certain degree of firmness, lay them over slices of bacon, and put under the bacon a bed of vegetables, the

same as for a fricandeau, with a little salt, and a good fire over them, in order that the larded part may be seized: the wings will be done in ten minutes; glaze them, and send up with whatever sauce you think proper. Endives with béchamel (No. 36), the Soubise (No. 45), and the purée of celery (No. 44), and of green peas (No. 50), are, however, preferable to all others.

### 342. *Boudin à la Reine—(Queen's Puddings.)*

This dish is made out of cold fowls. Take the breast and fleshy parts of several fowls, which you cut into small dice, all of an equal size. Throw these dice into some béchamel, boiled down thick, and season them well; next put them into a dish that they may cool, and give them a good form with your knife. When quite cold, cut them into two equal parts, which you make into boudins\*, of the size of the dish: roll them into crumbs of bread; then dip them into an omelet †, and roll them again in bread. You must take care that the extremities are well covered with the crumbs, otherwise they would break in the frying-pan. When they are fried to a good colour, drain them, wipe off the grease with a clean towel, and serve with a thin béchamel between.

### 343. *Croquettes of Fowl with Velouté sauce.*

These are prepared in the same manner as the Boudins à la Reine, Queen's puddings, but you must keep them rather thick, to prevent their shrinking while frying. A little fried parsley is to be put into the middle of the dish, and you erect the croquettes round it. There are several modes of rolling them, as in the shape of a cork, of a ball, of a pear; the tail of which is made out of a carrot, or some other substance; those which look the best, are

\* A long shape.

† Omelet consists of eggs beaten together with a little salt.

in the shape of a cork. You must press pretty hard on the extremities, that they may stand erect on the dish. Placing them in a circular form, with fried parsley in the centre, has a pretty effect, though it is very plain.

Those that are in the shape of a pear, are called à la Dubaril. There are also croquettes of sweetbreads, of palates of beef, of cocks'-combs: but they are all much alike, as will be shown hereafter.

Croquettes of any kind ought to be made only with remnants of fowl or game, as they require a great quantity of flesh; but they may be made with what is left from the preceding day.

**344. Hachi, or minced Fowl à la Polonoise—(Polonese hashed Fowl.)**

If you have any remnants of fowl, mince them, and put the minced meat into some good béchamel (No. 36), without suffering it to boil. Sometimes you may put the whole into a vol au vent, another time into Patties en timballe (see Pastry); another time you may put it in a bordure (see Pastry), with poached eggs over the minced meat. By this means you obtain a variety of dishes: you may likewise send it up in croustades, but these croustades bear the appearance of a dish of the second course.

**345. Legs of Fowl en Cuneton—(Duckling-like.)**

After having prepared the fillets of several fowls, the legs should be turned to advantage: pull the bones entirely away from the white flesh; but take care not to destroy the knee, which must serve to make the beak of the duck. Cut the bone on both sides the joint, and keep the knuckle. When you have boned the thighs, stuff them moderately with a farce à quenelles (force meat for quenelles); next sew them up with a little thread, and put them into the oven on a flat dish; put over these another flat dish with a weight on it, to give them a good shape. Leave them in the oven till they are quite firm, that they may retain

their shape ; next put them into a stewpan, wrapped up with some bacon ; add a few bits of carrot, an onion stuck with a clove, a little bay-leaf, thyme, salt, and pepper. Put the knuckles to braize with this ; when the whole has simmered gently on the fire for an hour, drain the legs and the knuckles ; take off the thread, and stick the knuckle into the large part of the leg, and it will represent exactly the form of a duckling. Put under it a purée of green peas in summer ; and at other times any kind of sauce, sharp or not.

The sauce tomata, or a poivrade (brown sharpe sauce, No. 27), are very good with this dish, which is a saving one. When you use many fillets for a dinner, you should contrive to do something with the legs. If you are particular in binding the knuckle of fowl when you put them in the braize, you will be surprised how much it will resemble a duckling, when stuck properly in the large part of the legs.

#### 346. *Legs of Fowl en Balotine.*

Bone the legs of the fowl ; cut the knee entirely off, and the leg just above the joint ; then roll the legs, and thrust the claws into the hole of the leg bone : tie them up quite round, and put them between two plafonds, with a pretty heavy weight over them, to give them a nice shape. When they are become firm, put them between layers of bacon, and braize them in the common way : when they are done, drain and glaze them. Send up with any sauce you may fancy. The love-apple, or sharp sauce (No. 92), will answer the purpose very well.

#### 347. *Legs of Fowl à Orlie.*

Bone the legs of several fowls, and set them to be pickled raw in an earthen pan, with the juice of a lemon, a little parsley, thyme, bay-leaves, salt and pepper, &c. &c. When pickled or marinaded for three hours, drain them : then beat the white of an egg, mix a little flour with crumbs of bread, and dip the legs first into the white of



the egg, and then into the flour and crumbs; next fry them, but mind, your dripping must not be too hot, for if it is, the legs will get a colouring before they are done through: serve up with the brown sharp sauce (No. 27.), or love-apple sauce (No. 29).

This is a very excellent dish when you have had a large dinner the day before; you trim and bone these legs, and put them in the basin with marinade (pickle, p. 98) as before directed, but you must leave the skin very large, and trim them very round, so as to give them a good form; when fried, glaze them, and serve a poivrade brown sharp sauce, or tomata sauce, under them.

#### 348. *Legs of Fowl à la Dreux.*

Bone the legs, fill up the vacuity with a forcemeat or quenelle; give the legs a round shape, then lard the upper part with small slips of ham, mark them between layers of bacon, and braize them as above. When they are done, glaze and send them up with whatever sauce you think proper. It is to be observed, however, that a glazed dish requires a white sauce, that the glazing may appear to greater advantage. These legs are to be put into a sauté-pan, or frying-pan, on which you have spread layers of bacon. You also put the same over the legs, and cover the whole with the lid of a stewpan, and over this put a heavy weight, to give the legs a good shape. When they are become sufficiently firm over a slow fire, or in the oven, take them out and prepare them the same as any other braize\*.

\* The entrées of legs of fowl are not in very great repute, but they are a very great saving of expense, and nothing but prejudice can object to them; for when they are well made, they are excellent food, and make a very good appearance on table, as they can be served in so many different forms, and with such variety of flavour.

---

## CHAP. X.

## FAT CHICKENS.

It is almost unnecessary to particularize what can be made with fat chickens. Whatever can be made with fowl, can also be made with chicken. The only difference is in the length of time required for dressing them.

349. *Chickens à l'Ivoire*—(*Ivory White Chicken.*)

Take two chickens of the same size and equally white; pick them well and singe them; then thrust your fingers inside to pull out the breast-bone. Having mixed a little butter with the juice of half a lemon, and some salt and pepper, introduce an equal proportion of this mixture into the body of each chicken, and bind them up in a good shape. Then put them into an oval stewpan, surrounded with layers of bacon: next cut the juicy part of a lemon, and cover the breasts of the chickens with thin slices of it and bacon. Pour some poêlé (see No. 313—*Observation*) over them. The chickens will be done in half an hour's time, and retain their white colour. Drain them, take off the packthread, and send them up with the velouté (No. 21), or béchamel (No. 36.)

350. *Chickens à la Villeroy*—(*Villeroy Chickens*)

Are dressed in the same manner as those above. The sauce, however, is to be an aspic lié (No. 28). The aspic lié is the same sauce as the maréchale (No. 103); put in a stewpan three spoonful of tarragon vinegar, let it reduce full half, then pour into it six spoonful of velouté (No. 21), a little salt and pepper, the yolks of two eggs.


and mix this sauce very well. Add to it a very small piece of fresh butter, and work the sauce well, to make it as fine as possible. Cover the chicken all over.

351. *Chickens à la Montmorency*—(*Montmorency Chickens.*)

Take two chickens of the same size, and equally white; bind them up as before; next have some boiling water, wherein you dip only the breasts of the chickens, to make the flesh firm. Then lard them the same as a fricandeau, and put them into an oval stewpan, surrounded with bacon; though there is not to be any over them, moisten with the poêlé (see No. 313), or with some new broth, as old broth will turn any thing red. A large fire is required over the lid to seize the bacon; which having acquired a good colour, you remove the fire from over them, and let the chickens boil gently for half an hour: then drain and glaze them nicely, and serve up with a ragoût à la financière (financier's ragoût, No. 75). Mind, they must be well done and drained; if any blood should remain in them, the sauce will be spoiled.

352. *Chickens à la Condé*—(*The Condé's Chickens.*)

Are to be dressed as above, but it is useless to dip them into boiling water: slit them equally with a penknife, and introduce between the slits thin slices of truffles

and of tongue à l'écarlate, cut like a cock's-comb ;

then stew the chickens as mentioned above, and serve up with the ragoût à l'Allemande (German sauce, No. 20).

353. *Chickens à la Turque*—(*Turkish Chickens.*)

Take two white chickens of the same size, empty them, and dress them up as above. Then have some rice well cleaned and blanched, and boil it in some consommé (stock

broth, No. 2). When sufficiently swelled and very thick, season it well, and take one half of it, which you put inside the chickens; stuff them as full as you possibly can, with the rump turned inside, to prevent the rice from bursting out: then split the chickens, wrap them up in layers of bacon and paper, and they will be done in one hour. When done, lay them on the rice that remains, into which you may pour four spoonfuls of béchamel (No. 36), and one spoonful of thick cream. Season the whole well. Mind that you have the inside of the chicken well washed with boiling water before you put the rice in, otherwise it will be full of scum, and will spoil the rice.

354. *Chickens with Italian Paste.*

Take two fat pullets as above, dress them in the like manner, but your Italian paste must be in a state of readiness, and made very thick, as it has less substance than rice: then stuff the chickens with part of the paste, and mix the remainder with some béchamel (No. 36), as above.

355. *Fat Pullets with Nouilles.*

Take a couple of fat pullets, which dress and prepare as directed in No. 349, and stew them in the same manner. The nouilles are made as follows: take the yolks of four eggs, five spoonfuls of flour, a lump of butter of the size of two eggs, and a little salt; make a paste, which you moisten with a little water, yet let it be kept thick; work it hard with your hand, and spread it on the pastry-table with the rolling-pin; mind to powder a large quantity of flour when you cut the paste into long bits, to prevent their sticking to the pan: blanch the nouilles in water with a little salt. Drain them, throw them into cold water, and stew them in consommé (stock broth, No. 2); when they are done, drain them again, and toss them in a small quantity of Allemande (German sauce, No. 20), or of velouté (No. 21). You may also pour those sauces over

the chickens. The paste may be cut into different shapes, as squares, lozenges, &c. &c. Emincés (minced meats), or blanquettes (white fricassées), agree very well with the nouilles.

356. *Chickens à la Tartare—(Boiled Chickens.)*

Take two very young chickens, singe them; then make a hole above the joint of the leg, and thrust the claws into those holes: then split them in two, break the bones of the legs, and bone the backs and breasts, leaving as few bones as you possibly can; then mould the chickens into a round shape; season them with salt and pepper; take a brush dipped into yolks of eggs, and brush the chickens all over; next dip them into crumbs of bread; have some melted butter ready, dip them into it, and then into crumbs of bread again, and roll them equally; lay them on something flat to give them a good shape; half an hour before you send them up, broil them on a clear fire; serve up with gravy, or Italian sauce (No. 23). Observe, that the legs are a long time boiling; ascertain if they are done before you send them up.

357. *Fat Pullets à la Givry.*

Dress two young pullets, and stew them as directed at No. 349. The givry is made in the following manner: take some small white onions, which you cut into rings; select them all of the same size, which you stew in a small quantity of consommé (stock broth, No. 2); take care your onions are not too much done, for they would break. Then spread these rings at an equal distance over the breasts of the chickens. Have a verd de persil (green of parsley, No. 64) ready, and put a little in the centre of each ring; the remainder you mix with some sauce tournée (No. 19), well reduced, and well seasoned; add a little lemon-juice, and a little Cayenne, and pour this sauce under the chickens.

**358. Chickens à la Barbarie with Truffles—(Barbary Chickens with Truffles.)**

Dress two young chickens as at No. 349. Cut small pieces of truffles in the shape of nails, make a few holes in the breasts of the chickens with a penknife, and fill them up equally with the prepared truffles. Then cover the chickens with layers of bacon, and stew them with a poêlé, as at No. 313, and serve up with Italian sauce with truffles.

**359. Chickens à la Cardinal—(The Cardinal's Chickens.)**

Take a couple of fat chickens, very white, but mind that the skin is not injured, and pick them with the utmost care. Have some of the spawn of lobsters ready pounded and mixed with a little forced meat in quenelles (see No. 147); introduce the handle of a small knife between the skin and the flesh, and thus separate the skin without tearing it; next introduce the red quenelles between the skin and the flesh very evenly; then truss the chickens in the common way, and poêlé (No. 313) them as usual, but do not do them too much; let them stew gently, and pour under them a love-apple sauce or a poivrade (brown sharp sauce, No. 27), or tarragon sauce (No. 33).

**360. Fillets of fat Pullets à la Royale.**

If you have a large dinner to serve, take the fillets of four chickens, and thus you obtain eight large fillets, and a similar number of filets mignons;\* flatten them with the handle of a knife that has been dipped in cold water, to prevent the knife breaking the fillets or sticking to them. Then use the knife to pull off the upper skin, which is very tough; take out the sinews from the small fillets, put them into a sauté-pan, after having dipped them into

\* Filets mignons are the inside small fillets.

butter; then powder them over with salt only, pepper being intended merely for highly seasoned dishes, but disagreeable to a dainty palate. When you are going to serve them, fry them lightly and hastily, drain the butter, pour over them two or three spoonful of béchamel (No. 36), and one spoonful of thick cream, which you keep stirring for a short time; then send up, dressed *miroton-way*, with the ragoût à la royale (royal ragoût) in the centre, after having dished the fillets in a circle.—The royal ragoût is white, and must be composed of the following articles: cocks'-combs, kidneys, mushrooms, small quenelles, and truffles, if you have any. Observe, that the sauce must be well seasoned\*.

361. *Cutlets of Chickens à l'Epigramme*—(*Epigram of Chicken Cutlets.*)

Take the fillets of five pullets, and pare them well; then take the small bone of the pinion, scrape it well, and stick it dexterously into the point of the fillets; season with salt and pepper. Brush them over with the yolks of two eggs, then dip them into crumbs of bread, next into some melted butter, and crumbs of bread again; let them be covered entirely. Broil them exactly at dinner time. Then put the filets mignons (small inside fillets), in scollops, in a sauce à blanquette (No. 260), with mushrooms, into the middle of the dish, and put the cutlets round the dish and send up. On other occasions you may fry the small fillets entire, and dish them between the cutlets, with thin *allemande*, (German sauce, No. 20). You may put in this scollop some slices of truffles fried lightly, with the small inside fillets.

\* It is necessary to observe that Ragouts are only six in number, viz. La Financière (the Financier's); La Toulouse (the Toulouse); L'Allemande (the German); La Royale (the Royal); La Godard, and La Chambord. Each of these ragouts has its distinct characteristics, and varies as much in appearance as in taste.

**362. *Fillets of fat Chicken, au Suprême.***

Take three small fat fowls, very white; clean and pick them well, scald the legs in boiling water; singe the chickens over the flame of a stove, then cut the fillets from the breast; flatten and trim the six large fillets: take the six small ones, and make three of them by sticking two together; lay them in a sauté-pan, or frying-pan, and cover them with melted butter and fine salt. Just at dinner time put the sauté-pan on the stove, and fry the fillets lightly on both sides; when they are firm, they are done; drain the butter, but preserve the gravy at the bottom of the pan; add to it three spoonful of béchamel (No. 36), well seasoned, and move the pan over the fire without letting the sauce boil: the fillets will not be good if they have boiled at all. Dress the nine fillets with a bit of bread fried of a nice colour, between each fillet, and pour the sauce over them; but not on the fried bread, as that must be crisp.

N. B.—Use the backs and legs of the fowls to make consommé (No. 2), or soup à la reine (Queen's soup, No. 126).

**363. *Fillets of fat Pullets sautez à la Lucullus—(Fried Lucullus's way.)***

Take the fillets of four fat pullets, and take off the small inside fillets, and pull the sinews from them: flatten them with the back of a knife, and put them in melted butter. The larger fillets are to be garnished with truffles, cut into small round slices, as in the Contis (see No. 337). Next make three round slits in each fillet, and introduce the sliced truffles within each slit, though not so far as to reach through the fillets, which would break them. When your fillets have been garnished, put them in melted butter, and fry them lightly in the usual way; mind, they must be only under-done, by which is meant, that they are to retain somewhat of the reddish hue; but as they are to be kept hot with the sauce, they will soon be thoroughly done, and are always tender.



*Sauce to the Fillets.*

Strip the legs and loins of the chickens, wash the inside of the lungs clean, and put them into a small stewpan with a few bits of ham, half a shalot, and the parings of the truffles; let the whole sweat for one hour, moistened with a spoonful or two of consommé (stock broth, No. 2). When the meat is done through, pour over it some boiling hot consommé, and let it boil for about an hour again, then drain the whole on a double silk sieve; reduce the consommé to a light glaze: this will serve you for different purposes. When you have fried the fillets lightly, drain the butter; take four spoonful of béchamel (No. 36), a little of the glaze of fowl and truffles, and a spoonful of thick cream; keep stirring the fillets in the sauce, and dish them alternately, a large fillet and a filet mignon (small inside fillet). Pour the sauce over the parts that have no truffles on them, and that are not glazed; if you dress the dish with care, it will be very good. This dish will be found also under the head "GAME." It requires very great attention to be made in perfection. The fillets must be sliced at three different places, as

follows:—



When the truffles are put into it

and dressed, it has a charming effect.

Be careful to have in a dish sauce sufficient to eat with every fillet.

### 364. *Scollops of Chicken, with Truffles.*

See scollops of fowl, No. 336. You must always reduce to a glaze a little consommé (stock broth, No. 2), into which you have put the parings of the truffles.—When reduced, strain it through a sieve, that the parings may not injure the sauce. Then use a small quantity of it with the sauce of the sauté, and add a little cream to whiten the sauce.

**365. *Scollops of fat Pullets à la Conti, with Truffles.***

The same as the preceding, with the difference only that you preserve the filets miguons (small inside filets), which you garnish with truffles, and mark them in a sauté-pan, or frying-pan, in order to be enabled to give them the shape either of garlands, crescents, &c. &c. Butter the sauté-pan, and put in the filets that you have larded with bacon: divide the thickest part of the filets, preserve the right side point, turn over the two parts that you have divided, and give them the shape of a dart or arrow. Another time you may convert them into the shape of an S, and dish them round your scollops, which are dressed in the middle in the shape of an obelisk.

**366. *Scollops of Chicken, with Essence of Cucumbers.***

Mark the filets of four fat pullets in a sauté-pan, or frying-pan, with some melted butter, and a little salt over them: cover them with a round piece of paper till dinner-time.

***Sauces to the Scollops.***

Take eight very green cucumbers, cut off the ends, and apply the tip of your tongue to taste them: if they should taste bitter, do not use them. Slice those only that are good about the size of a half-crown piece, take out all the seed, and put the parings, with a few minced cucumbers, to sweat in a little melted butter till they are melted; steep the large slices in a little salt and vinegar to draw the water from them, then lay those slices on a clean towel to drain, and put them into a stewpan with four spoonsful of sauce tournée (No. 19), a small bit of sugar, a little salt, and let them stew gently. When they are done, drain them on a hair sieve; then mix the whole of this sauce with the parings, and let it boil gently, in order to extract all the butter. When there is none left, reduce the purée till it becomes thick, then mix three or four spoonsful of béchamel (No. 36), and strain the whole through a tammy, like a purée. When dinner-time is

come, put the fillet over the stove; after having fried them lightly, drain and scollop them, and put into the sauce, which must always be kept very thick. The moment you are going to send up, drain the cucumbers in a hair sieve, and put them with the scollops: mix a little cream with the scollops; taste whether they are well seasoned, and send up either with or without Contis, according to your taste. This dish should be rather sweet. When you have no sauce tournée, fry the cucumbers in butter. Spread flour over them, moisten with very good consommé, adding a bundle of parsley and green onions, a little sugar, and proceed as above. If you have no béchamel, add three spoonful of very thick cream which has been boiled, and keep the sauce thick; it is easily made thin with a little consommé or broth.

367. *Blanquette of Chicken à la Turque.*

Take a cold fowl or chicken and cut it into scollops, in the shape of half-crown pieces: have ready some rice, well washed, and which has been boiled in rich broth or consommé (No. 2); let the rice be thick, make it richer with a few spoonful of béchamel (No. 36), dish it en buisson (like a bush), put the scollops of chicken one on another, up to the top of the buisson; keep the whole hot, well covered, and when ready to send up, cover it over with a sauce à blanquette (No. 260), or béchamel.

To this dish I prefer the following.

368. *Sauté of Fillets of fat Pullets à la Turque—  
(Turkish way.)*

Take the fillets of three fat pullets, tear off the skin, and cut the sinews out of the small inside fillets, stick two together, and then you will have nine fillets; put the whole into a sauté-pan or frying-pan, with some melted butter, and a little salt (never put any pepper into white made dishes), cover them with paper to prevent the dust, At dinner-time have some rice ready that has swelled in

rich consommé; the rice must be kept thick: mix two spoonful of béchamel (No. 36), with it, and a small bit of very fresh butter. This rice is dressed en buisson (in the shape of a bush), in the centre of the sauté, which is made in the same manner as the sauté au suprême, with the filets round it. Keep some of the rice a little thicker than the rest, mould in a spoon as many spoonful as the filets: dress them between, and keep the dish very hot. When the dinner is called for, sauce the filets and the rice. This latter method is preferable.

369. *Sauté of Fillets of fat Pullets, fried au Suprême.*

See No. 333.

370. *Wings of fat Pullets à la Dauphine—(The Dauphin's way.)*

See No. 341.

371. *Boudins of Fillets of Chicken à la Reine.*

See No. 342.

372. *Boudins of Chicken à la Richelieu—(Richelieu Puddings of Chicken Meat.)*

Look into the Chapter of Farces, (Nos. 147, 8, 9, and 50) for the method of making quenelles. The boudins à la Richelieu are the same thing as a farce for quenelles, made of either veal, or fowl, rabbits, whittings, carp, &c. Sweat some white onions that are cut into small dice or fillet; when well done, drain them in a hair sieve, in order that there may not be the least particle of butter; work the farce or forcemeat with a wooden spoon before you put the onions in, to prevent their breaking, for it is requisite that the onions should remain entire in the boudins à la Richelieu. Next let this farce stand to cool. When it is quite cold, roll it in the shape of a rolling-pin of the

length of the dish, and poach it in the following manner. After having rolled the boudins (puddings), rub with butter a stewpan large enough to contain them with ease; lay them over the butter; pour some boiling water with a little salt into the stewpan, and let them boil gently, till you see they are swelled properly; then drain and let them cool. When cold, mould them of an equal size, dip them into yolks of eggs well beaten, with a little salt, and then slightly into crumbs of bread, next into eggs again, and once more slightly into crumbs of bread: then fry them on a clear fire; they only want to get a fine colour: drain them with a clean towel, dish them, and pour over them Italian sauce. Some people make use of the sauce d'attelets (No. 55); in that case it must be poured hot over the boudins or puddings. When they are cold, and the sauce begins to cool, put some equally with your knife on each square. Dip them into crumbs of bread. Take care that you make them into regular squares; then prepare an omelet, with yolks and whites of eggs, beat up with a little salt. The boudins are to be dipped only once into this preparation; give them a good colour by frying in very hot dripping; you may serve them sometimes with crumbs of bread, and sometimes white. Epicures prefer them white, without the crumbs of bread, and just at the instant they are poached.

### 373. *Boudins, or Puddings à la Sefton.*

Make some quenelles of fowl (see No. 147), in which you introduce some essence of mushroom, which mix with the farce or force-meat in the same manner as the boudins à la Richelieu (No. 372); then poach the boudins. When done drain and put them in the dish; have some béchamel (No. 36), very thick; cover over the boudins with the thick sauce, and put over each of them the small fillet, larded, which you must prepare in the following manner. In order to give the larded fillets a proper shape, take a piece of carrot, or a bit of bread of the same shape and size of the boudin; put over the carrot a thin slice of fat bacon,

to prevent the fillets from smelling of it; bind the fillets over the carrot, and put them into the oven till they are firm; then glaze them, and put them over the boudin after having poured the sauce over, which must be thick; when the boudins are covered, put a spoonful of consommé (No. 2), and some of the juice of mushrooms to make the sauce thinner, and put it under.

374. *Quenelles of Chicken with clarified Consommé.*

The quenelles are to be rolled much about the size of a thick cork, and to be put into a stewpan rubbed with butter, as directed above. You must have ready some fowl consommé (No. 3), very clear, yet rich: drain the quenelles on a clear cloth, put them into a silver stewpan, and pour the consommé gently over them, that they may not break, and that the consommé may remain clear.

*Observation.*—This dish is seldom called for in England. The other quenelles are made in the same manner, but only of various sizes. There are quenelles called à la cullier, or spoon, which are prepared in the following manner: take two spoons, one of which is always to be kept in hot water; fill the other with some farce or forcemeat which you shape with a knife: when your quenelle is quite round, with the other spoon you take it out, and put it over some butter in a stewpan, and so on with the rest. This manner of preparing quenelles is also practised in dressing entrées of fish. The farce à quenelles (forcemeat for quenelles) not only makes good entrées, but is indispensably necessary in the making of the Chambord, la financière (the financière's ragout), le ragout à l'Allemande (German ragout), the Godard, the Toulouse ragout, and in general of all garnitures. The quenelles are a branch of the art, which I would select to try the knowledge of a cook; many cooks do not personally finish these dishes, but leave to their attendant the care of them, by which means they are seldom well done.

375. *Rissoles of Fowls.*

Rissoles were formerly made with a farce fine (fine forcemeat) either of fowl or rabbit. (See Farces, No. 147.) Spread some puff paste, and lay at equal distances balls of the farce. Then use the paste-brush over the paste, round the farce, and fold the paste, which you press all round, in order to make the borders stick close together. Then cut the rissoles with a paste-cutter in the shape of a crescent. When you have about two dozen, fry them and send them up with fried parsley in the middle. The rissoles are commonly made in the following manner, have some minced fowl, that is, the white fleshy part, which you put into some velouté (No. 21) reduced; give it a good seasoning, and then let it cool. When cold, divide it into small balls, and wrap them up in paste, fry them, and serve up garnished with fried parsley.

376. *Croquettes of Chickens with Velouté.*

Take the flesh of roast chickens, which you cut into small dice of an equal size; put them into some béchamel (No. 36) boiled brown, then let them cool; next mould them of the shape of a cork; dip them into an omelet, and then into crumbs of bread; lastly, fry them till of a light brown, and serve up with some fried parsley of a good green colour. This requiring a quantity of white flesh of chickens, is termed most naturally an entrée de dessert, remnants of cold chicken. The croquettes are better when made with some of the remnants of fowl, and sweetbreads.

A good cook will never prepare croquettes, except he have something left in the larder, as it requires many little pieces of fowl; if he happen to have them in the larder, they may be made at a trifling expense.

377. *Fricassée of Chickens—(au naturel.)*

Take a couple of fat chickens, empty them, and singe them till the flesh gets firm, in order that they may cut better, and the skin may not be injured, and cover every

part of the chickens: some persons neglect this operation, but the flesh of chickens intended for a fricassée or a raw marinade must be made firm. Next carve your chickens as neatly as possible, and each will supply you with ten pieces. Take out the lungs and the spongy substance that is within the loins, wash the members with lukewarm water; let them disgorge all the blood, and blanch them in boiling water, that the flesh may be made firm, and that you may give the members a good shape; drain them from that water, and put them into cold water; when cooled, trim them and put them in a stewpan with a small bit of butter, till you have the consommé made in the following manner ready to moisten the fricassée; viz., put the trimming of the chicken in the water in which you have blanched the chicken, and add the necks, the four legs, some parsley, green onions, a clove, a few bits of mace, one small shalot, and a bay-leaf; let these stew well for one hour, and use them to moisten the fricassée. When the chickens have been fried lightly, dust a little salt and flour over them; moisten with the liquor they were blanched in. Let them boil for about three-quarters of an hour: skim off all the butter and scum; then put the members into another stewpan, reduce the sauce, and strain it through a tammy over the chickens. This stewpan is to be put into a bain marie (hot-water bath, page 19, Note) till dinner-time; then thicken the fricassée with the yolks of four eggs and a little cream: it is to be observed, that if the fricassée does not boil, the thickening will not be thoroughly done. Some people add a little lemon-juice, but others do not use any, and they are right, for lemon is admissible only in fricassées of high flavour. It must be particularly observed, that when you put lemon, you must put more seasoning, as salt, pepper, &c.

378. *Fricassée of Chickens à la Paysanne*\*—(*Country Girl's Fricassée.*)

This fricassée is to be prepared in the same way as that

\* Fricassée of chicken is a dish of most frequent occurrence.—It may be given as one of the dishes for a trial dinner; as very



above, only boil four onions in it, which, however, are to be taken out again. Take about three dozen small white onions of equal size, peel without injuring them, and blanch them in water first; next boil them in a little consommé (No. 2), with a little sugar and salt. They must simmer only. When done, leave them in the liquor. When it is dinner-time put some chopped parsley into the sauce after having thickened it. Toss the fricassée gently, in order that all the members may be equally covered with the parsley, and dish it: then put the onions on a cloth to drain, that they may not thin the sauce, and put them with the sauce over the meat. Lemon in this fricassée is requisite, and you must give more seasoning to it than to that above; you must also add a little ground pepper or Cayenne to it. The small onions should be boiled in a little of the sauce separate, and when they are sufficiently done, pour the sauce to the other, to be reduced; keep the small onions in the stewpan covered, and put them in the sauce, well drained, the moment you are about to serve.

379. *Fricassée à la Chevalière*—(*The Knight's Lady's Fricassée.*)

This is prepared in the same manner as (No. 377), with this difference only, that you lard the fillets; which is a method I do not approve of. You must cut off the small inside fillets and the wings; the small fillets only are to be larded, but keep the wings entire, and make the fricassée as usual: when it is dished with the sauce, lay the four fillets on each corner of the dish, with sweetbreads of lamb in the middle; by this means the members are all left entire except the breast. The small fillets are to be done by putting them into a buttered sauté-pan, or frying-pan; sprinkle a little salt over them, and put them into the oven; as soon as they are white they are done; glaze them of a nice colour, and serve up. The sweetbreads of lamb may be done in the same manner, but they are longer in doing. When you prepare

few cooks are able to make a good fricassée. The author considers this dish the most wholesome and the least expensive of any, as it requires only water to make it well.

a grand dinner, take the inside fillets of four chickens larded, and turn them round like a ring over the buttered sauté-pan; when done, put the round one over the leg, and the four others between; by this you have the fricassée complete in all its members, and the dish will be better garnished.

380. *Fricassée of Chickens à la St. Lambert.*—(*St. Lambert's Fricassée.*)

Make a broth of all sorts of vegetables\*. Prepare the fricassée as above, moisten with the vegetable broth, and proceed as usual. This fricassée, instead of being white, is rather of a brown colour.

381. *Fricassée of Chickens à la Dauphine*—(*The Dauphine's Fricassée.*)

If this is made on purpose for the day, the sauce must be very thick: let it cool; next pour the sauce equally over each member, dip them into crumbs of bread, equalize your pieces, and dip them into an omelet, and next into crumbs of bread a second time. Fry them till of a light brown, and pour some velouté (No. 21) under them. This dish is to be made with remnants. When a fricassée of chickens has been taken down untouched, serve it up again the next day in this manner.

382. *Marinade of Chickens à la St. Florentin.*

Take two young and very fat chickens, singe them till they are firm, and cut them in pieces as if for a fricassée; put them into an earthen pot with a few leaves of parsley, a few slices of onion, a little salt and pepper; then squeeze a lemon or two over the limbs, and steep them for a couple of hours. The steep is to be stirred every now and then. At dinner-time drain the chickens, beat the

\* The vegetables are carrots, turnips, onions, celery, parsley, &c. &c.

whites of two eggs, and dip the pieces first into it, next into flour; cover them all over, that they may be made of a good equal colour; then fry them, but take care that the dripping is not too hot, for fear the chickens should be too brown and not done through; drain them on a clean towel, and serve under them a poivrade, (brown sharp sauce, No. 27), or love-apple sauce (No. 92).

### 383. *Friteaux of fat Chickens.*

This dish is prepared similar to the above, but is to be garnished with a few fried eggs. Serve up with love-apple sauce (No. 92). You must select very fresh eggs, and fry them in sweet salad oil. Observe, that you must use very little oil, otherwise the eggs will break to pieces; put a little oil into the corner of the omelet pan, and fry them one by one of a very good colour, and not too much; then glaze them, and garnish with them.

### 384. *Fricassée of Chickens à la Bardoux.*

This is prepared as that of No. 377. After having thickened your fricassée, take a few onions cut into dice. Sweat them in a little butter, but take care they do not get brown; drain them, put them into the sauce, and cover the fricassée with them.

### 385. *The Capilotade of Chickens.*

This dish is made with the remnants of a previous dinner. Take two chickens that have been either roasted or poêlé (see No. 313); cut them as for eating, flay them and prepare them in a stewpan like a salmi: now pour a brown Italian sauce (No. 24) over them, and let them simmer gently over a slow fire, that the sauce may not stick to the pan. Then have thin slices of bread cut into the shape of flat pears, fry them in butter till they are of a light brown: dish them between the members, glaze the fried bread, and pour the Italian sauce over the chickens only.

386. *Members of Chickens au Soleil, or with Stewed Pickle.*

This is made of a previous day's remnants. The stewed pickle is to be prepared in the following manner: put a little butter into a stewpan, with four shalots, an onion, and a carrot cut into dice, a little parsley, a few roots of ditto, a bay-leaf, a little thyme, clove, and some spice. Let the whole lie on the fire till the vegetables are of a light brown; then moisten with a little vinegar and water. When the pickle is done enough, season it so as to give it a high relish, then pour it over the members of the chickens; let the whole boil for a minute or two, and let it cool till dinner-time; drain the members, dip them into proper paste (see Batter), and fry them. Serve under them a brown sharp sauce (No. 27).

387. *Marinade of Chickens à la Orlie.*

This is the same as the St. Florentin, No. 382, with the only difference, that you mix a few crumbs of bread with the flour, into which the limbs are to be dipped.

388. *Minced Chickens à la Polonoise—(Polish Minced Chickens.)*

Take the fleshy part of roasted chickens, chop it very small, and put the whole into some well-seasoned béchamel (No. 36). Send up in a vol au vent (see Pastry), or a bord de plat, with poached eggs over; if you have a deep dish, send them with fried bread round the dish only.

This dish is made when you have a blanquette or sauté left: chop all together truffles, chickens, &c., and denominate it, hachi de volaille (hashed fowls), either "au truffe" (with truffles), or "à la Polonoise" (Polish way).

389. *Blanquette of Chickens with green Peas.*

This dish should be made out of roast chickens that have already been served up, or it would be very expensive, as it would require five chickens at least to make it, and it would be but a small dish after all. Cut scollops of chickens as large as possible, give them nearly a round shape; but it matters not whether they are of different sizes: put them into the sauce for blanquettes as directed, with white peas, but not till you have thickened the sauce.

390. *Soufflé of Chickens à la Crème.*

This dish is also made of the remnants of roasted chickens; take off the white flesh, and mince it very small, and pound it in a mortar with a little béchamel (No. 36), and a good lump of fresh butter, and salt and pepper; with this, mix the yolks of four eggs. Strain the whole through a tammy, or a hair sieve; then beat the white of five eggs till made in a single body; mix these with the former preparation, and put the whole in the dish to rise, or in a croutade that has been raised like the crust of a pâté chaud (hot pastry). It will be done in a quarter of an hour or twenty minutes, according to the quantity. It is to be observed, that if the oven is too hot, the outside of the soufflé will be burnt, although the inside is not done enough. This, therefore, must be carefully attended to.

391. *Gratin of Fillets of Chickens with Velouté.*

This is likewise an entrée de desserte (a dish made of a previous day's remnants); mince the flesh of cold roasted chickens, which you put into a velouté (No. 21), well reduced; then make a border to a dish, if you are without a deep one, about an inch thick, and put the minced meat in the middle. Your mince must be thick, and levelled with a knife; dust it over with crumbs of bread; pour some drops of clarified butter over the

crumbs, then throw some more crumbs over, and again some clarified butter and crumbs of bread. Then give a colouring with the salamander, which you must hold at a distance, otherwise it would spoil the colour, which must be acquired gradually. Next cut pieces of bread in balls, and in the shape of corks, fry them in butter, with which alternately garnish your gratin all round, and serve up quite hot. Before you put the mince, pour some of the sauce into the dish, to reduce to gratin.

392. *Galantine of Fat Chickens.*

Take a nice fleshy chicken, which empty and pick nicely. When picked neatly, bone it without injuring the flesh. Take some slips of ham and some truffles, which cut into bits of the same thickness at least, if you cannot make them of the same length; cut the flesh of the chickens into fillets, and add a few slices of veal; of these form a kind of bed, in such a manner that, when they are cut, the slices may be chequered; season with all sorts of spices, salt, &c., then close the skin of the chicken, sew up the back, and give it a nice shape before you put it into the stewpan. You must have some calf's-foot jelly ready, for the chicken is much sooner done than the calf's-foot; then put the chicken in a stewpan, and cover it with layers of bacon; season it with salt and pepper, a bunch of parsley and small onions, some thyme, a bay-leaf, a clove, a little spice, a few carrots, a couple of onions, and some slices of veal; then mix a little broth and a small quantity of the jelly. The chicken must not boil above an hour.

Then take it off the fire, and let it cool in the liquor; that the slices may stick together by means of the jelly, for, were this neglected, the galantine would break to pieces on being cut. If you send it up hot, you may pour over it such sauce as you think proper; but it must be a brown sauce, or sorrel, or onions made brown in an Espagnole (Spanish sauce, No. 17): however, it is much better to serve a galantine cold with jelly; take some of the liquor, beat the white of two or three eggs,

which mix with the cold jelly after having skimmed off the fat; then again put the whole on the fire, and keep stirring till the liquor is white; then let it boil gently; next take the jelly off the fire, and lay it aside with a cover and fire over it: when quite clear, strain it through a cloth and let it cool, to be used when wanted. If you serve the jelly cold, season it with more salt and pepper, as above-mentioned.

393. *Boudins of Chickens à la Ude—(Ude's Chicken Puddings.)*

Make these boudins with quenelles, like those à la Richelieu (No. 152): dip them into crumbs of bread, and fry them to a light brown: make on the top an oblong square opening, empty the boudins, taking care to preserve, however, a coat thick enough to admit a salpicon of chickens, truffles, and mushrooms, cut into small dice, and thrown into some well-seasoned béchamel (No. 36); take six small inside fillets, as three are wanted for each boudin: give them the shape of the handle of a basket, after having larded them with bacon, or decorated them en Conti, as it is called. Then take a very large carrot, cut it of the same size as the puddings, wrap it up in thin layers of bacon, put the small fillets over the carrot, and dust a little salt over them: then put the whole into an oven; do not let it be too much done, but of a light brown only. Glaze them when ready to send up to the dinner; pour the salpicon into the puddings, with the sham basket handles at an equal distance over the puddings: mind, the fillets are not to be thrust in too far, that they may really look like basket handles.

This dish is intended for a grand dinner, when common dishes are not to make their appearance.

394. *Grenade of Fillets of Chicken.*

You must have a mould ribbed like a melon; cut very thin layers of bacon; line the mould with them: then

take fillets of chicken larded with bacon, and others decorated with truffles. Have sweetbreads of lamb already done, one of which put between each rib, and the thickest part of the small inside fillets. When you have thus arranged alternately one fillet larded, and another decorated with truffles, cover the whole of your fillets with a farce à quenelles (force-meat for quenelles). Put a thick salpicon in the centre, and cover it with the force-meat: stick it with force-meat, then put the mould in the hot-water bath (see Note, p. 19), or in the oven, in order to poach the whole at once; next turn the grenade on a dish for entrées, dry the larded slices with the salamander, and glaze them. When the fillets or slices are of a light brown, uncover the rest, glaze them slightly, and serve them with an Espagnole (Spanish sauce, No. 17).\*

395. *Turbans of Fillets of Chickens à la Sultane—*  
(*Sultana's Turbans of Chickens.*)

Take the small inside fillets of chickens, lard them with bacon; have ready a farce à quenelles (force-meat for quenelles), rather thick, which should be kept in ice, that it may acquire substance, and be more easily worked; cut a large piece of bread, which cover with thin slices of bacon; put the bread in the middle of the dish, then lay the force-meat all round, about three inches in height; stick the fillets in the force-meat, not perpendicularly, but at equal distances, leaving a separation between each fillet for the reception of cock's kidneys. These are to be put in only when you are going to send up: cover your dish with an earthen pot, or a lid that closes hermetically. Put the turban into the oven, and when done, glaze the fillets with a salamander. Make small holes for the admission of the cock's kidneys, which must be

\* The *grenade* is likewise a dish for grand dinners, and is excellent when well dressed.



very white, and made to resemble so many pearls. If you have nothing to cover the dish, use layers of bacon ; but a plain cover is preferable, as it is free from fat, and the quenelles are better and more easily poached.

Take out the large piece of bread ; drain the fat off by means of crumbs of bread ; and put into the centre of the dish a blanquette of chickens. (See Blanquette, No. 389.) When in the season of truffles, garnish alternately with a kidney, and a ball made out of a truffle, ready done ; and then put scollops with truffles in the middle. The following is a better method, and is now generally adopted. Have a sweetmeat-pot, buttered, and put it in the middle of the crust. Make the crust with some remnants of paste, filled up with flour, and cake a little, to make it firm. Then put the pot in the middle, garnish all round with the quenelles, and stick the fillet as directed above. This method will be found easy, and when the turban is done in the oven, take off the pot and put the ragout in its room. Drain all the fat, and make this dish very neat.

*Observation to the Cook.*—I have in many instances substituted melted butter for clarified butter ; but you must understand, that butter must be melted only, as, when you let it be quite clarified, it tastes greasy, and when it is only melted, the butter-milk goes down, and you can use the butter with advantage, several times, either to fry crusts (croutons), or for crumbs of bread, &c.

---

## CHAP. XI.

## TURKEYS.

396. *Farm-yard Turkey à la Montmorenci.*

TAKE a large fat farm-yard turkey; truss it up as if it were to be poêlé (see No. 313); dip the breast into boiling hot water to make it firm, which will enable you to lard it nicely; then braize it with a good fire on the cover of the pan, that the bacon may get dry and retain the glaze better when you glaze it. Take care not to do it too much; drain it and serve up with a financière (financier's sauce, No. 75), of a fine light brown colour and well seasoned. The turkey will be better if you put it on the spit to be roasted covered with bacon and paper: though not equally white, it will have a finer flavour.

397. *Turkey with Celery Sauce.*

Truss it nicely, wrap it up in layers of bacon; then boil it in plain water with a little salt, butter, and lemon-juice. Drain it and cover it over with celery sauce. (See No. 94.)

398. *Turkey à la Périgueux, with Truffles.*

Take a nice fat turkey the moment it has been killed; empty it and put plenty of salt inside of the body, to draw the blood out. Then let it cool, and prepare some truffles in the following manner: take two or three pounds, peel them, and smell whether they are all of a good flavour, and not musked. Pick out the smallest from amongst them, and chop them very fine.—Take some fat white bacon, and rasp it so as to obtain the fat only, without any of the sinews. When you have rasped a sufficient quantity to fill the body of the turkey, put the chopped truffles into the mortar, pound them with the rasped bacon, season well with salt,

pepper, spices, &c. then mix this with the large truffles, and put all in the turkey. Let the turkey remain thus for two or three days, to acquire the flavour of the truffles; sew the bird up as soon as you have finished it, and when you want it roasted, put it on the spit, covered with bacon on the breast, and a few sheets of white paper, and take great care when you open the paper that you do not loosen the truffles. Serve up with a clear Espagnole (Spanish sauce, No. 17\*).

399. *Boiled Turkey with Oyster Sauce.*

This is to be boiled in the same manner as in No. 397.—Oyster Sauce, (see No. 99.)

400. *Haricot of Turkey Giblets.*

We call giblets of turkey, the pinions, the neck, the liver, the gizzard, &c. When all those parts have been washed clean, and scalded, to disgorge all the blood, blanch them and simmer them over a sharp fire, then wipe them very clean, and place them in a stewpan. Wrap them up in layers of bacon; moisten with good broth, a little salt and pepper, and a bunch of parsley seasoned. When done, drain them, and after having placed them in a dish, cover them with the haricot (No. 69).

401. *Haricot of Turkey pinions.*

Take the pinions of half a dozen turkeys: bone them as far as the middle joint, and let them disgorge in warm water; next blanch and singe them, mark them well wrapt up in layers of bacon, and moisten with a braize, if you have any; if not, with a small bit of butter, a little broth and salt, an onion, two cloves, and a bunch of parsley and green onions. When done, drain them and cover them with the haricot (No. 69).

\* This dish is one of the best possible, if it is well seasoned and roasted. It is scarcely necessary to observe that the carver must serve *the inside with the fillet*, as that is one of the best parts of the dish.

## CHAP. XII.

## PARTRIDGES YOUNG AND OLD.

*Observation.*—It will be necessary to premise, in treating of game, that partridges in particular should be selected from very young birds, the old ones being of no use in cookery. To prove their inferiority, a young bird in Paris will fetch three shillings, while the other is not worth one. The only way of using the old birds, is to put them with cabbages or purées of lentiles. They are good for consommé (stock-broth), and glaze of game, but are too tough for anything fine. Young birds, in general, have yellowish claws; but it will sometimes happen that the claws and legs are of a grey, or even of a bluish colour, and yet they may be tender. Look at the extremity of the wing; if it is sharp pointed and whitish, the bird is still tender; but if none of these marks exist, the bird is old, and unfit for use, except as above-mentioned; or for sauces consommés, and cold patties. You should also be careful to remove the nerves when you bone them.

402. *Whole Partridges à l'Espagnole*—(*Spanish Partridges.*)

The size of the dish must determine the number of birds you are to dress; in general two or three are wanted; empty them as usual, and take care not to injure the skin: pick them well, cut off the sinew that is under the joints of the legs, truss the legs up towards the breast, and then dress up the birds in the following manner.

First put the packthread needle through the stump of the right wing, then through the thick joint of the leg, and next across the body; then again through the other stump; let the packthread be very tight, and fasten the knot.

Next run the needle from the back through the side beneath the leg, and then above the pinion below the

breast, so as to perforate the breast-bone: let the needle come out from the part parallel to that where first it was introduced, and then through the side to the back, and fasten the packthread.

Give a good shape to the birds, which is an indispensable branch of knowledge in the art of cookery.— A man cannot be really a thorough good cook, unless he is practically acquainted with every branch of his art; and this branch of it is very important, though it is certainly not easy to teach how to truss poultry or game by any written directions; you may as well attempt to teach drawing without a master.

Put the partridges between layers of bacon, and pour a *poëlé* (No. 313) over them. If you happen to have no *poëlé* ready, use some of the pot-top, with a little salt, parsley, and onions, well seasoned with spice, salt, and pepper. They will be done in the course of twenty minutes, but let it be on a slow fire; drain and put them into the dish, and pour an *Espagnole* (Spanish sauce, No. 17) over them, in which you have put a little glaze of game, to give it the taste of game.

All dishes of game require more seasoning than white fowl.

#### 403. *Young Partridges à la Montmorenci.*

Take some young partridges, which empty, and truss as in No. 402; dip the breasts into boiling water; when made firm, dip them immediately in cold water: next lard them with thin slits of bacon; mark them in a stew-pan with slices of fat bacon all round only, pour a little *poëlé* (see No. 313), or any other liquid, enough to immerse about one half of the birds. Have a brisk fire over them to seize the bacon; when they have been stewed for twenty minutes, glaze them, and probe them near the back; if no blood issues, it is a sign that they are done enough. Drain them, glaze them a second time, and send them up with a *ragout à la financière* (*financier's ragout*, No. 75)\*.

\* It will be needless to remind the reader, that everything larded on the top, is called *piqué*. LARDED is when you put bacon

404. *Young Partridges à la Barbarie*—(*Barbary Partridges.*)

Truss the birds as in No. 402, stuff them with chopped truffles and rasped bacon, seasoned with salt, pepper, and allspice. Pound this mixture in the mortar, and when the truffles are reduced to paste, mix with them some whole ones that have been cleaned and peeled, and put the whole in the body of the bird: then cut small pieces of truffles in the shape of nails; make holes with a penknife in the breasts of the birds, widen the holes with a skewer and fill them with the truffles; let them be nailed in very regularly. Then proceed with them as in No. 403. They are to be stewed also in the same manner. Serve under them an Italian sauce (No. 23), with truffles.

Take care to drain them well, otherwise the fat will spoil both the taste and look of the sauce.

405. *Young Partridges à la Dreux.*

This is nearly the same as the foregoing dish, except that instead of using truffles you must lard with small pieces of ham: use the penknife to make the holes, as larding-pins would spoil the look of the birds, which are to be served whole. Prepare and stew as above, and serve up with the essence of game; (for which, see No. 411).

406. *Young Partridges à la Crapaudine*—(*Boiled Partridges.*)

Cut off the claws, after having emptied and picked the birds; make a hole below the joint of the leg; truss the leg inside of the body; singe the birds over the flame till the flesh gets firm; pinch the breast with your left hand; scollop the breast without quite reaching the skin; turn

through the flesh. When you only lard the surface, you should say piqué; otherwise, you will only have one term to express two distinct things. The larding never glazes well. If you do not dry the bacon in the oven, put the glaze over lightly, and place it in the oven several times till it become of a fine colour.

the flesh over on the table ; beat the bird flat ; dust it with a little salt and pepper ; then dip it twice into clarified butter and crumbs of bread ; broil it, and send it up with an Italian sauce (No. 23), or essence of game.

#### 407. *Young Partridges à la Givry.*

In this case you add a decoration to the birds, in the following manner, after having trussed and stewed them as in No. 403. At dinner-time take rings of white onions, let them be stewed white in a little game consommé (stock-broth, No. 4), then take a cutter of the same size as the inside of the rings of the onions, cut round pieces of truffles that have been braized with the birds ; mind, the truffles must be of a very black colour (the parings are to be chopped and mixed with the Italian sauce, No. 23) : the round pieces of truffles are to be put over the breasts of the birds, three on each side, Mosaic fashion, and the rings of onions round the truffles, and one over the pouch. If the truffles do not stick well, use a little glaze to make them stick, as they are liable to fall off. Do not cover with the sauce, which must be poured into the bottom of the dish ; the sauce must be an Italian with truffles : mix with it a little glaze of game, to give it the taste of game.

#### 408. *Compote of young Partridges à blanc—(Partridges fried White.)*

Take four young partridges, cut off the claws, and truss them with the legs inward, and singe them. Then take a few pieces of the breast of bacon, cut them into the size of small corks, and boil them in water for half an hour. Next fry them white, and take them off from the fire as soon as they are done. Fry the partridges white also, in butter and the fat of the bacon. When they are quite firm, take them out of the stewpan. Then throw a spoonful of flour into the butter ; fry this flour white. Next pour in a little broth till the sauce is thin enough to be skimmed (for if a sauce is too thick it can never be skimmed) ; then put in some parings of *mushrooms*, a bunch of parsley and green onions, and

season with a little thyme, bay-leaves, a clove, a little salt, and a very small lump of sugar. Stew the birds in this sauce, the same as a fricassée of chickens; if onions are agreeable, put a few small ones to give a flavour.—When the compote is done, skim off all the fat, and drain the partridges in a clean stewpan; drain all the bacon and mushrooms, which you throw into the stewpan with the partridges; reduce the sauce after it has been skimmed; strain it through a tammy over the birds, and put the stewpan in the bain marie (hot-water bath, Note to No. 44); now take some small white onions of an equal size, which have been boiling in a little consommé (stock-broth, No. 4), with a very small bit of sugar; have also some mushrooms, fried white in butter; when the onions and mushrooms are ready, set the compote boiling; thicken the sauce with the yolks of four eggs beat with a little cream and lemon juice; next put in the small onions, mushrooms, and bacon, with some quenelles, if you think proper to garnish your dish. If the dish is of a large size, put a crust of bread, cut into the shape of cock's-combs, between each bird in the dish, and send up with a good seasoning.

409. *Compote of young Partridges, Brown.*

Do exactly the same thing as in No. 408; instead of moistening with game consommé (stock-broth, No. 4), use gravy of veal. Fry the onions in a little butter till they are of a fine brown, then let them boil in a little gravy of veal; they should be of an equal size; give them a good colour.—Add truffles and mushrooms, if you have any, and reduce the sauce till thick enough to cover the partridges.

410. *Partridges and Cabbages, dressed.*

Take a couple of old partridges, empty and truss them, with the legs inward: simmer them on the fire till they get firm. Blanch two cabbages that you have cut in halves, or in four if they are large. When they are well done, they reduce exceedingly. You must blanch the bacon with the cabbages, otherwise it will be too salt.—



When the cabbages are blanched, put them into cold water to cool; cut off the tops of the middle, squeeze them so as to leave no water; have also blanched about a pound and a half of breast of bacon with the cabbage; put this bacon into a small braizing-pan, and the birds close to the bacon. Next put in the cabbage, a few carrots turned round, two or three onions, a bunch of parsley seasoned, and a small quantity of allspice, bay-leaves, thyme, salt, and pepper: cover the whole with a few layers of bacon, and with a sheet of buttered paper; then moisten with a braize, if you have any; if not, take some of the pot-top, but in this case you must season a little more. Set the contents of the braizing-pan boiling, and this being done, put it over a slow fire for three hours and a half. Now take out the layers of bacon, the onions, and the carrots. Place a large sieve over a dish of the same size, turn the birds into the sieve, take a clean towel, mould the cabbages into a large-roller, squeeze them so as to leave no fat; and then take a plain mould and garnish it with very thin layers of bacon, make a kind of flower in the middle of the mould with the carrots, and put a border of small glazed onions all round the top; next take some of the cabbage with a spoon, with which fill the mould. At the same time let the birds be covered all over with the cabbage equally on all sides. Make a rosette of carrots on each face of the mould, which fill to the brim. Then put it into the oven to keep warm. At dinner-time turn the mould into a dish, let it lie for a moment to drain out all the broth, and send up with a nice Espagnole (Spanish sauce, No. 17) over it.

Partridges with cabbages are, in my opinion, far superior when not put into a mould; squeeze the cabbage as before in a clean towel, to give it the shape of a large rolling-pin, then take the two ends of it to make a bed for the bird on the dish; cut the cabbages of an equal size, dress them round the partridges with a carrot between each cabbage; put also some sausages, and cover the whole when well dressed with a good Spanish sauce (No. 17), in which you have reduced a little of the liquor of the cabbages; if the cook has any ingenuity, this dish will be most excellent, and exhibit a beautiful appearance.

411. *Sauté of Fillets of young Partridges, with the Game flavour.*

Take four young partridges, rather stale, that they may have more flavour, and be more tender; flay them, take up the fillets, detach the small inside fillets from the upper fillets, cut out the sinews of the small fillets, and flatten the fillets with the handle of your knife dipped into cold water, the blade being also dipped into the same; pass it gently over the fillets, leaning heavy on the table, in order to take off the second skin of the fillets only: trim the fillets nicely, put them with melted butter in a sauté-pan, or frying-pan; lay the small fillets over the others, dust a little salt, and cover the whole with a round piece of paper till dinner-time, then fry the fillets lightly over a very brisk and equal fire. With the remnants of the birds, put in a few thin slices of veal and ham in a small stewpan; lay the remnants over the veal, and moisten the whole with a few spoonfuls of game consommé (stock-broth, No. 4). Let the whole sweat on a slow fire, and when the meat is sweated thoroughly, moisten with boiling consommé, to which add a few mushrooms, if you have any, together with a bunch of parsley and green onions. Let the whole stew for an hour and a half; strain this fumet through a silk sieve, and reduce it to glaze, to use it when required. When the fillets have been sautés, drain the butter; then take four or five spoonfuls of béchamel (No. 36), some of the above glaze of game, and keep stirring without allowing them to boil. Taste whether seasoned enough: pour a little thick cream to whiten the sauce, and make it mellow; have as many slices of bread cut into the shape of the fillets, fried in butter of a good colour, as you have large fillets; glaze the fried bread lightly, then dish the sauté in the following manner: a slice of bread, and next a large fillet with the thick end upwards, then a small inside fillet with the point upwards, then again a slice of bread, &c. &c. as above. Cover the fillets only, not the croutons (slices of bread), and send up to table.

412. *Cutlets of young Partridges in Epigram, with Truffles.*

Take five young partridges, flay them as before; take off, first the fillets, and next the filets mignons (small inside fillets), tear off the second skin from the fillets, point the smallest bone of the pinion or wing, and stick it into the end of the fillet. Then season with salt and pepper; rub the fillets over with a brush that has been dipped into the yolk of an egg; then dip them into crumbs of bread, next into melted butter; and again into crumbs of bread; just before dinner-time broil them on a very sharp fire. Fry the small fillets lightly, of which you make a blanquette, in which you must mix some glaze of game. Put the blanquette into the middle of the dish, and the broiled fillets all round. Cover the fillets with some light glaze of game. If you expect much company, in order to give the dish a better appearance, put as many croutons (slices of bread fried) between as you have fillets, and add some mushrooms to the blanquette, mixed with the truffles.—The truffles must be fried lightly, with the inside fillet.—Take out the fillets first, and let the truffles fry a little longer in the butter before you mix the whole.

413. *Sauté of Filets of young Partridges à la Sefton.*

Take five or six young partridges, as tender as possible, and of an equal size, flay them, take up the fillets, and cut off the second skin. Next slit the fillets at three equal distances; have ready some truffles that are camphored and cut into the shape of cocks'-combs, take about eight of these slices of truffles, lay them equally over one another, and introduce some into each of the slits that you have made, and next into the other two parts; take care not to make the slits too deep; do the same with regard to every one of the ten fillets. The small inside fillets are only to be put in melted butter; do not forget to pull off the sinews, to prevent the fillets from taking a bad shape while frying. Put the fillets in a sauté-pan, or frying-pan, with butter and round slices of truffles of an equal size, and fry the fillets lightly when dinner-time is at hand.—

For the sauce, see Lucullus's sauce, (No. 59): next drain the butter, put the round truffles on the sauce, and keep the other halves to lay over the fillets. Make a kind of coronet with the large fillets, and dish the blanquette in the middle, standing nearly upright, by which is meant, that you are to press upon each intermediate one. This has a fine appearance when dished properly.

414. *Croquettes of young Partridges.*

The same process as in No. 376. (Croquettes of Chickens.) Only add a little glaze of game to the béchamel.

415. *Soufflé of young Partridges.*

Take the flesh of roasted partridges, which chop and pound in a mortar, with a few spoonsful of velouté (No. 21), and a lump of butter: season the whole well. Mix with this purée the yolks of four or five eggs, and strain the whole through a sieve. Then put it into a basin. Beat well the whites of six eggs, which you mix lightly with the purée. Let the whole be put into a dish to rise, and baked in the oven for twenty minutes; take care it does not burn at the top, which may be prevented by covering it with paper.

416. *Purée of Game à l'Espagnole—(Spanish Purée of Game.)*

This is an entrée of desserte, a dish made of a previous day's remains. Take the fleshy parts of young partridges that have been in a salmi or hash, chop and pound them well. Warm the sauce, in which some fried bread is to be left simmering. Then throw the pounded meat into the sauce. Strain the whole through a tammy. You need not put any seasoning, if the salmi is seasoned enough. If you should be asked for purée of game, you must make a sauce à salmi, the same as in No. 417, and put the

pounded flesh of young partridges into the sauce. This purée is to be sent up in a deep dish, and covered with poached eggs.

This entrée is likewise very acceptable in a casserole of rice, a vol au vent, in croustades, petits pâtés, (see Pastry under these heads).

417. *Salmi of young Partridges à l'Espagnole—*  
(*Spanish Hash of Partridge.*)

Take five young partridges, rather stale, roast them under-done, but let them be covered with paper, for fear they should get brown while roasting; and mind they must be kept as under-done as possible. Then carve the birds as if for eating—by which is meant the wings, legs, and breast; flay them entirely, so as not to leave a particle of skin; trim them nicely, and put them in a clean stewpan; cover it, and let the whole cool till the sauce is ready. Take four or five shalots, some slips of ham, a carrot cut into dice, three or four mushrooms, a little parsley-root, a bay-leaf, a little thyme, two cloves, eight grains of corn pepper, and as many grains of allspice; fry all these ingredients in a stewpan with a little butter, and when fried lightly, moisten with three glasses of Madeira wine, six spoonful of Espagnole (Spanish sauce, No. 17), and two spoonful of consommé (stock broth, No. 4); then put all the parings of the birds, namely, the loins and skin, but not the claws, as they would give a bad taste. Let them stew for an hour and a half on the corner of the stove; skim off the fat, put in a small bit of sugar to counteract the bitter taste of the lungs, and strain the sauce through a tammy over the limbs; put the salmi into the hot-water bath, (see Note to No. 44), and send up with fried slices of bread cut into the shape of a kite, or of bellows. If by chance you are short of Espagnole (Spanish sauce), make a little roux (No. 14), and moisten with some veal gravy, and a few glasses of wine, Madeira in preference.

The following is a different way of making the salmi,

and which the cooks term L'Ancienne (the ancient) ; it is a good method, but does not look so well. Roast and cut the partridges in the same manner as before, making the sauce the same, but instead of putting the trimmings into the sauce, put it in the mortar pounded fine, and rubbed through a tammy ; moisten with the sauce, then put this purée over the members in the stewpan, warm them in the hot water bath, and dress the salmi (hash), with croutons (fried slices of bread), in the same manner as the others.

#### 418. *Young Partridges à la Monglas.*

This is also an entrée of desserte (dish made of a previous day's remains.) Take three roasted or stewed birds ; they must be whole, not damaged at all ; cut out the whole of the breast in a square piece, so as to form a square aperture ; clean away from the interior all the spongy substance, in order to put a salpicon inside of the breasts of the birds. The salpicon\* is to be made in the following manner : cut into very small dice the flesh that you have taken up ; cut likewise small dice of tongue and of mushrooms ; if you have any truffles by you, a few may be added. Reduce a little Espagnole (Spanish sauce, No. 17), with which you mix some glaze of game. Put the dice of meat into the sauce, season well, and put the salpicon into the aperture. Lay with a paste-brush some yolk of egg all over, and put some crumbs of bread over the eggs, then some butter over that, and crumbs of bread again ; use the salamander to give a colouring to the birds. Next keep the whole hot in an oven, and send up with an Espagnole of game (No. 18). By putting a little glaze of game in the brown sauce, it gives the taste of game.

\* As the meat taken from the body of the bird is not sufficient to fill it again, if you have not some of the same sort of meat, it is necessary to use the various articles mentioned, as tongue, mushrooms, &c. to fill up the body.

419. *Young Partridges in Surprise.*

Do as above, but instead of a salpicon make a mince of fillets of partridges only, with which stuff the birds. Dip them into eggs and crumbs of bread as above, fry them of a nice colour, and send up with a suprême of game. This sauce must be white; as you put some glaze of game into a white béchamel, and use white sauce for the mince.

All dishes that are made with what is left in the larder are economical; and, if they are well managed and well seasoned, are very good, and of good appearance.

420. *Quenelles of Young Partridges with fumet.*

Make the quenelles as directed in No. 149, only they are to be made of the meat of young partridges. You may send them up in different ways, with clear consommé (No. 2), or à l'essence, or with fumet.

421. *Boudins (Puddings) of young Partridges.*

Make puddings of quenelles of young partridges (No. 149), butter the bottom of a stewpan, lay the puddings over the butter, and pour some boiling water over them, with a little salt. When poached, drain them, and lay them to cool: when cold, dip them into an omelet and crumbs of bread: next fry them. Drain them well, till not a particle of dripping is left, and send up with a brown Italian sauce (No. 24), under it. If you wish to send them up broiled, you must use yolks of eggs, next crumbs of bread, then butter and crumbs again, before you broil them. But they are better with crumbs of bread.

422. *Quenelles of Partridges à la Sefton.*

Take the flesh of three very young partridges, and make it into quenelles, as directed in No. 149. When the

quenelles are made, and are quite cold in ice, mould three puddings of the size of the dish, and poach them in the usual way. For the sauce, take four spoonsful of béchamel (No. 36), and mix with it two spoonsful of glaze of game, three spoonsful of double cream, a little salt, and very little Cayenne; work the sauce very fine, and cover the quenelles with it. This dish is most delicate, when well dressed.

423. *Dishes of red-legged Partridges, or Bartavelles.*

This sort of partridge is very scarce in England; when you meet with them, cook them in the same manner as the other partridges.

---



## CHAP. XII.

PHEASANTS, QUAILS, WOODCOCKS, PLOVERS,  
PIGEONS, DUCKS, WILD DUCKS, LARKS, &c.

## PHEASANTS.

It is not often that pheasants are met with possessing that exquisite taste which is acquired only by long keeping, as the damp of the climate prevents their being kept so long as they are in other countries. The hens in general are most delicate. The cocks shew their age by their spurs. They are only fit to be eaten when the blood begins to run from the bill, which is commonly six days or a week after they have been killed. You may then either roast or make entrées (first course, made dishes) of them. The flesh of a pheasant is white, tender, and has a good flavour if you keep it long enough; if not, it has no more than a common fowl, or a hen.

424. *Salmi of Pheasants à l'Espagnole*—(*Pheasants hashed.*)

Those articles in general which, after having been roasted, are to be put into a sauce, require to be under-done, and especially pheasants. After having trussed them nicely, spit them. They will be done sufficiently in half an hour. If small, take the bird from the fire at the expiration of that time. When cold, flay and cut it, as for eating, and put the parings into the sauce à salmi. (Sauce for hashes, No. 78.) If you have two pheasants, you must not use the legs, except to give flavour; as the breast of pheasant is generally very fleshy, cut each side in three pieces, and pare them of a nice shape, cut likewise some slices of bread of the same shape and size, and fry them of a nice brown; put the flesh into a stewpan

covered, to prevent it drying, and keep the trimmings put into the sauce as follows: cut four shalots, a small bit of lean ham, some parsley roots, a small bit of carrot cut into dice, some thyme, bay-leaf, six cloves, mace, ten grains of allspice, and a small bit of butter; fry all these in a stewpan till the ham is of a good colour; if you have no brown sauce, put a spoonful of flour into the pan; moisten with two glasses of Madeira and a ladle full of veal gravy (No. 6), season with salt and pepper; put the trimmings to boil with the gravy and skim off all the fat; if it should taste a little bitter, correct with a very small bit of sugar. Keep this sauce thick enough to cover the meat; put it over the flesh through a tammy, and let it warm but not boil. This dish, when well made, is most excellent: if you like to make it with truffles, put the trimmings of them to boil with the sauce; have some truffles cut the size of a nutmeg, and put them separately to boil in clean sauce; when done, put the sauce of the truffles with the other, and put the truffles in the middle of the dish, when you send the dinner up.

#### 425. *Croquettes of Pheasants.*

The operation is the same as for all other croquettes of fowl, or game; it is only to be observed, that croquettes of game must be higher flavoured than those of poultry. You must not forget to mix a little glaze of game, which makes the only difference. Serve up, garnished with fried parsley.

#### 426. *Hachi of Pheasant à la Polonoise—(Polish way.)*

Use the same method as for hachis of poultry, or of game. Garnish with poached eggs, but remember to put into it some of the glaze of game.

#### 427. *Soufflé of Pheasant.*

See No. 415, page 189, Soufflé of Partridges. In general all entrées that are made of partridges, may likewise be made of pheasants; such as *aux choux* with cab-

bage) à la Monglas, à la Barbarie, otherwise en petit deuil, à la Givry, à la Crème, &c. &c.

428. *Cutlet of Pheasant with Fumet.*

Take the fillets of three young pheasants, and keep all the small bones to stick on the point of each cutlet. Prepare six cutlets with each pheasant, two with the large fillets, and one with the fillet mignons (small inside fillets). Flatten and trim them of a good shape, and crumb them as above directed; broil them and serve under brown Italian sauce (No. 24), or brown fumet of game.

429. *Escallopes of Fillets of Pheasant with Truffles.*

Take the fillets of two very young, but well kept pheasants; do not use them when fresh killed; as they have no fumet you may as well cook an old fowl; then put those fillets in a sautépan, or fryingpan, with some melted butter, and put with them some truffles cut in slices of the shape of a penny, of very moderate thickness; spread some salt over lightly, and cover with a round of paper till dinner-time; when ready to serve up, put the sautépan on the fire, and do the fillets equally on both sides. Then have a sheet of clean paper on the table, scollop the fillets of equal shapes, and let the truffles fry alone a little longer; then put the scolloped fillets once more together, and give them a little turn over the fire; put the sauté-pan on one side, to drain the butter; with a hollow spoon take the meat and truffles, and put them in a béchamel (No. 36), after mixing some of the essence of game and truffles. If you prepare this one hour before dinner, the taste will be admirable:—if sooner, the flesh will turn red.

QUAILS.

Young quails are called cailleteaux, but owing to their enormous price in England, they are very seldom, if ever, to be procured at the poulterers. A dish of fillets of young

quails is never attempted ; the expense would be extravagant, without any other merit.

Quails in my opinion have no flavour, and from the circumstance of confinement and bad feeding are never very fat ; it is only their rarity that makes them fashionable.

#### 430. *Compote of Quails.*

Take six or eight quails, according to the size of your dish. Cut the claws off, empty the birds, without making too large an opening. Truss them en poule, that is to say, with the legs inward. Have a dozen pieces of bacon cut into the shape of corks, blanch them in order to draw the salt out : then let them fry in butter till they are of a light brown ; next take them out of the stewpan to make room for the quails, which stew till they begin to be of a light brown also, and then take them out. Make a roux, which moisten with a ladleful of gravy of veal ; add a bunch of parsley and and green onions, some small white onions (if approved of), mushrooms, &c. As soon as the quails are done, take them out of the stewpan, and let the bacon stew till thoroughly done. Skim the sauce well, and strain it through a tammy over the quails : then dish the bacon, mushrooms, and small onions, and send up quite hot and well seasoned. This dish will not do for an English dinner.

#### 431. *Compote of Quails, white.*

This is made in the same manner as the compote of partridges (No. 408), with the only difference that you use broth instead of veal gravy : thicken the sauce with yolks of eggs, and serve the onions white, the same as the mushrooms, &c.

#### 432. *Quails with Peas.*

Empty, singe, and truss six nice quails ; put them into a stewpan wrapped up in layers of bacon : moisten with a

poêlé (No. 313), if you have any; if not, with two spoonful of broth, a bunch of parsley, seasoned with bay-leaves, thyme, a clove, &c. Stew them for twenty minutes over a very slow fire. Drain them well, and let them boil for a moment with the peas and bacon. (See Sauces, Green Peas, brown, or white, No. 88). Next dish them, and boil down the peas, which, the quails having been boiled in it, would be too thin to cover the quails over with.

#### 433. *Quails au Gratin.*

Bone six quails, pick them nicely; take a little farce fine, or quenelle (see No. 148), made in preference with the flesh of young rabbits; fill the bodies of the quails with the farce: then raise a kind of dome on a dish, and with a spoon make room for the birds: next make an opening in the middle; let it be either round or square, according to the shape of the dish. Put a sweetmeat pot within the opening; cover the birds with layers of bacon, and put the dish into the oven for about a quarter of an hour, or twenty minutes at most, till the birds are done. Drain the fat carefully, take out the pot; then take six slices of bread cut into the shape of cocks'-combs, which fry in the butter till they are of a light brown, and put them one by one between the birds. Serve a ragoût à la financière (financier's ragoût, No. 75), in the middle, and cover the birds and the gratin over with a good Espagnole (Spanish sauce, No. 17), well reduced.

#### 434. *Quails à la Bourguignotte.*

Prepare the quails as directed No. 432: when done, drain them well, and let them boil for a couple of minutes in bourguignotte (Sauce, No. 34); leave them in the sauce during an hour, when the stewpan is to be put au bain marie, in the hot-water bath (see Note to No. 44), that the birds may taste of the sauce and truffles.

435. *Quails à la Crapaudine.*

These are dressed and cooked in the same manner as pigeons, or partridges à la crapaudine. (See No. 406.) Serve them up with an Italian sauce (No. 24), or with glazed consommé (consommé à glace) over them.

## WOODCOCKS.

Woodcocks, like snipes, are good only when they are fat. They are cooked but in very few ways. The most delicate parts are the legs and the intestines. The fillets of woodcocks, for those persons who do not like their meat under-done, are tough and without savour. They are held in high estimation when roasted, or en salmi (as a hash). A purée of woodcocks is also served occasionally. They may, however, be dressed in as many ways as young partridges. When roasted, you must always put a toast under them, to receive the intestines, which generally drop out while roasting, unless paper is used to secure them. Take care to stop the spit when the back is towards the fire, because the legs are to be well done, and the fillets under-done.

436. *Salmi of Woodcocks—(Hashed Woodcocks.)*

The same operation is required as for the salmi of partridges (No. 417). Instead of boiling the trimmings in the sauce, take out the members, as you do in the salmi of partridges, and pound the remainder and trimmings in a mortar, till you can strain it through a tammy. When you have skimmed the fat from the sauce, and given a good seasoning, moisten the pounded meat with it; then strain it through a tammy, and put it over the legs in a bain marie (hot-water bath, Note to No. 44). The salmi must be made hot, but without boiling. Serve up with it slices of fried bread cut into hearts and glazed.

437. *Salmi of Woodcocks à l'Espagnole*—(Spanish way.)

If you have any roasted woodcocks left, cut them as for eating; put the members in a stewpan; make a sauce as for salmi of partridges, No. 417: put the parings into the sauce to boil for an hour: when the sauce has been well skimmed and there is no fat left, strain it through a tammy over the members. Let it be made hot without boiling, and serve up with slices of fried bread between the members. This salmi will be good only if the birds are not too much done; when game is over-done, it is of no value as good cookery; this salmi, when returned from the table, makes excellent hachis à la Turc (Turkish hash), or purée of game. When dinner comes down, remove the sauce and put the members in a plate; the next day place all the flesh in a mortar, and when well pounded, mix with it the same sauce; add to it a little Espagnole (Spanish sauce, No. 17), or consommé (stock-broth, No. 4); rub this through a tammy, and warm it at dinner-time, in the (hot-water bath, Note to No. 44), and serve in a vol au vent (see Pastry), a casserole au ris (casarole of rice) or patés.

438. *Croustade of Purée of Woodcocks.*

If you have any salmi of woodcocks left (No. 437) drain all the sauce, mince the flesh well, and pound it in a mortar; then moisten it with the sauce, and warm it, to know whether the pounded mass is too thin or too thick: then strain it through a tammy, and put it au bain marie (in the hot-water bath, Note to No. 44); then work it with a small lump of very fresh butter. Cut eight slices of bread into hearts all of an equal size; try them on the dish, to see whether they form a regular flower; then cut another slice quite round to put in the middle over the points of the hearts; this completed, make a deep incision all round the upper part, without, however, its being cut through; then fry them in clarified butter till of a light brown: as soon as they are fried, cut the middle out, to leave as little crumb as possible. Keep them hot, well wrapped

up in a clean sheet of paper. When ready to serve up, work the purée (pounded meat) and pour it into the pieces of bread.

You may send up this purée in a bord de plat with poached eggs, or in a vol au vent, &c. (see Pastry).

439. *Salmi of Woodcocks à la Lucullus*—(*Lucullus's Woodcocks.*)

For this dish, you must be particular in having the woodcocks very much under-done; then take out the intestines, and with the addition of two or three fat livers of fowls, make the following force-meat.

Take a dozen of mushrooms chopped very fine, a shalot and some parsley, the same; fry these herbs in a small bit of butter; when they are nearly done, put the fat, livers, and the intestines of the woodcocks, to fry with them; and when done, put the whole into a mortar, and pound them very fine; season with salt and pepper, &c.; then, as three woodcocks give you six fillets, cut six bits of bread of the same shape, fry them of a nice colour; then spread the farce (force-meat) equally divided over the six pieces of bread; put them into the oven, and when they are a good colour, serve them between each of the fillets; as for the sauce, you make it with the trimmings as usual for salmi: this, well managed, is a delicious dish. The sauce must be made early, so as to keep the fillets in it to prevent them from drying; then warm them without boiling, for boiling would make the dish good for nothing.

## PLOVERS.

440. *Plovers, with Bourguignotte Sauce.*

Plovers are hardly fit for anything but roasting. Sometimes, however, they are prepared à la bourguignotte (with bourguignotte sauce, No. 34), which is indeed the only way of making a ragoût of plovers. In this latter case, empty and truss them as neatly as possible; put them in a stewpan with layers of bacon; moisten them



with a little poêlé (No. 313) or with broth ; when done enough, let them simmer a little in a bourguignotte sauce, and serve up hot with a garnish.

#### 441. *Capilotade of Plovers.*

If you have any roasted plovers left, and are short of an entrée (first course dish), cut them in halves and pare them : flay them, put them into a stewpan with two spoonsful of Italian sauce (No. 24), a glass of white wine, a little salt and pepper. Let them simmer for one hour, and dish them with fried slices of bread between. Skim the sauce, squeeze the juice of a lemon, and cover the members over with the sauce. This dish must be highly seasoned.

#### PIGEONS.

There are pigeons of various sorts ; namely, tame pigeons, wild pigeons, and wood pigeons. The former are most in use, although wild pigeons are good either boiled or roasted ; but if made into ragoûts or fricassées, their flesh is too black. Small pigeons à la gautier, or squabbs, are of great service for garnishing, but they make very indifferent first course dishes, as they are seldom well prepared by the poulterer in this country.

#### 442. *Compote of Pigeons—(Pigeons stewed brown.)*

Take four or six pigeons, according to the size of your dish ; after having picked them clean, cut off the sinew below the joint of the leg ; empty them without taking out the liver, but feel with your finger if there is any grain left in the paunch. Truss the legs inwards, and make an incision in the back, that they may disgorge the blood. Then put them into a stewpan with some lukewarm water, to draw out the blood : next place them in layers of bacon, and stew them as you would do chickens. When done, drain them, and send up with a ragoût à la financière (financier's ragoût, No. 75.)

443. *Compote of Pigeons à la Paysanne*—(*Stewed Pigeons, country way.*)

Truss your pigeons as above, and wash them clean in warm water. Cut half a pound of breast of bacon into small slices of about an inch square, blanch them, and then put them into a stewpan with a small bit of butter; when they are a nice light brown, take them out, and put the pigeons in their place, and when they are become firm, take them out also. Throw a good spoonful of flour into the fat that is in the stewpan, and let it become a light-brown colour; then pour a little broth or warm water into it to dilute the flour; season with salt, pepper, spices, a bunch of parsley and green onions, a few mushrooms, and some small white onions. Then put the pigeons into this sauce, and let the whole stew gently. Skim off the grease and put the pigeons into another stewpan, with all the ingredients to garnish them nicely. Reduce the sauce, and strain it through a tammy over the pigeons; serve up hot: add to it a small bit of glaze to give more flavour to this dish.

444. *Pigeons à la Crapaudine*—(*Broiled Pigeons.*)

Pick the pigeons, cut off the claws, truss them with the legs inwards, and then with your left hand press on the breast, and scollop one half of the flesh of the breast; turn it down on the table, flatten it well with your knife, dust it over with salt and pepper, break the yolks of two eggs into a plate, brush the pigeons all over with them, then dip them into crumbs of bread, next into melted butter, then into crumbs of bread again, which level as smooth as possible. Broil the pigeons on a slow fire, that they may get thoroughly done without being burnt. Ascertain when they are done enough, by thrusting the point of a knife into the fleshy part of the leg, and if no blood issues they are done enough. Serve under them an Italian sauce (No. 24), or some rich gravy. This being a common dish, I shall explain a method of making a sauce piquante (keen sauce) in a moment.

*Sauce piquante*—(*keen Sauce*). Chop a dozen of sha-

lots, which put into a stewpan with two spoonful of vinegar; boil till there is no vinegar left: then put in a little broth, or gravy of roast meat, with raspings of bread, salt, pepper, &c. Let this boil for a short time, pour it over the pigeons, and send up hot; if you put to it a small bit of glaze or portable soup, it will give it a good taste.

445. *Pigeons au Soleil*—(in sunshine.)

Truly these are not well named, for they shine but very little indeed. It is an entrée of desserte (dish made of yesterday's remnants). If you have any pigeons left, either roasted or otherwise, cut them in two and put them into a marinade (pickle or steeping)—(See No. 222, page 98).—When they have simmered for half an hour in the marinade, let them cool, drain them, and put them into a paste for frying.—(See Pastes.) Fry them of a good colour, and serve up with fried parsley in the middle, if you like, or a poivrade (brown sharp sauce, No. 27), or a sauce piquante (see last No).

446. *Cutlets of Pigeons à la d'Armagnac*—(Armagnac Pigeon Cutlets.)

Take eight pigeons, as you may make one dish with the loins and legs, and another with the fillets. Take the flesh off the breasts, and make a force-meat of it, with the same quantity of calf's udder, or calf's suet ready boiled, but somewhat less of the panada.—(See *Farces*, No. 146.) Put the whole into a mortar, but observe that with the panada, plenty of herbs, shalots, parsley, mushrooms, &c. are required. When the farce (force-meat) has been well pounded, use a couple of eggs to give it more substance; then bake a little bit in a tartlet mould, in order to taste whether it is sufficiently seasoned. Spread the whole on a plafond well buttered and very even, about the thickness of a mutton chop; then let it cool. When cold, cut the minced meat either with a cutter or with your knife, into the shape of cutlets, without however detaching it from the plafond: this being

done, put the *plafond* over something hot, merely to melt the butter. Then take the bones out of the pinions, which scrape well, and stick them into the extremity of the mock cutlets; dip them into an omelet, and into crumbs of bread, and fry them; but do not let the dripping be too hot, that the cutlets may have sufficient time to be done through without being burnt. Dish the cutlets *miroton-way*, with either fried parsley, or Italian sauce in the middle; send a brown Italian sauce (No. 24), separately in a boat.

447. *Cutlets of Pigeons à la Maréchale*—(Broiled Pigeon Cutlets.)

Take the fillets of eight pigeons, flatten them with the back of your knife, scrape the bone of the pinion, and stick it into the point of the cutlet; dip the cutlets into melted butter; after having seasoned them with salt and pepper, dip them once only into crumbs of bread, but very even and smooth; broil them till they are a nice colour, and send them up with a rich gravy, or an Italian sauce (No. 24), or the *maréchale* sauce (No. 103.)

448. *Pigeons à la Toulouse*—(Toulouse Pigeons.)

Pick, empty, truss, and singe six young pigeons: put them in a stewpan trimmed with layers of bacon; moisten with a little *poëlé* (No. 313); let them stew for sixteen or twenty minutes. Then drain and dish them; cover them over with a *ragoût à la Toulouse*.—(No. 97.)

449. *Pigeons à la Financière*—(Pigeons Stewed.)

For this entrée you must procure young pigeons à la *gautier* or squabbs; singe them slightly. Melt about half a pound of butter, squeeze the juice of a lemon into the butter, and then let the pigeons be fried lightly over the fire twice or three times only. Then put the pigeons into a stewpan trimmed with layers of bacon; pour the melted butter and lemon-juice over them and then cover

them well: it is also requisite to pour in a spoonful of poêlé (No. 313), to prevent their frying. Sweat them for a quarter of an hour over an equal fire, and drain them; dish them nicely, and cover them with a financière sauce (No. 75). Take care to have them well disgorged of all blood before you put them into the butter.

450. *Pigeons à l'Aspic clair—(Pigeons with Aspic Sauce.)*

Take six pigeons à la gautier, which cook as those above (No. 449). When done, dish them with large craw-fish between each pigeon, and use the aspic for sauce (No. 8).

451. *Pigeons cooked in all manner of ways.*

To avoid introducing a multiplicity of names and of entrées which are no longer in fashion, it is only necessary to observe that pigeons in general are rather used for garnitures than for entrées. In the first case, they are prepared as directed in No. 449. They may be dressed with peas, white or brown, marinade, or love-apple sauce, &c. &c. The only science consists in preserving their white colour. The shape is always the same; and with respect to the sauce, every one has his choice and taste.

For the godard and the chambord ragoûts (Nos. 76 and 77), as also for the generality of great garnitures, pigeons à la gautier are requisite.

452. *Pigeon Pie.*

A pigeon pie is a very plain dish, which is left to the management of common female cooks. To make a pigeon pie, put a few thin slices of beef in a dish, and the pigeons over them, well seasoned with salt, pepper, and spices, the yolks of a few eggs within the intervals, and a spoonful of broth: cover the whole with plain paste, or with puff-paste, &c. &c.

## DUCKS, WILD DUCKS, LARKS, ETC.

Ducks are fit to be sent up for entrées (first course dishes) only when they begin to be plump; they are good towards November, when they are plump and fat; but those that are sold in London in May, June, or July, are nothing but skin and bone. When ducks begin to grow old, keeping them a few days makes them tender. Ducks, like woodcocks, require the fillets to be under-done; but in that case the legs would be nearly raw, as they require a much longer time to do. Care must therefore be taken to stop the spit when the back is turned towards the fire. The legs and breast, by this means, will be equally done.

453. *Duck with Turnips.*

After having emptied, trussed, and singed the duck, put it between layers of bacon, and moisten either with a poêlé (No. 313), or broth, with a little salt. Stew the duck for three-quarters of an hour if it is a young one; if old or tough, it will require an hour: when done, drain it, and let it simmer in turnip sauce to take the taste of turnips: roast the duck of a nice colour. When partly done, cut it in five parts, the two wings, the two legs, and the breast; cut six turnips in the shape of olives, fry them in butter with a little powdered sugar, to give them a good colour; when they have got a good colour, mix a spoonful of flour with them; moisten with broth and veal gravy in equal proportions; season with salt and a little pepper, a bundle of parsley, and green onions; skim the liquor when the turnips are done, put them into a stewpan separately, with a very little sauce. In the remainder of the sauce boil the duck till well done; then skim off the fat, reduce the sauce, and serve all together.

454. *Duck with small Green Peas.*

Prepare and cook the duck as above. When done, lay it with the green peas. When the duck is too large, it is not to be served whole, but cut into four or five pieces;

namely, the breast, the two wings, which otherwise are called fillets, the two legs, and the back. Pare all the members properly, and make the sauce in the following way: take two quarts of very fine fresh green peas, put them into a pan with clean water, and half a quarter of a pound of fresh butter; mix up the butter with the peas, drain the peas by taking them out of the water with your hand, otherwise all the dirt would go into the cullender; let them dry; next put into a stewpan half a pound of the best part of a breast of bacon, cut in squares of an inch, and a very small bit of fresh butter; fry the bacon of a nice colour, then drain the fat, and put in the peas to sweat gently. When they are all very green, put half a spoonful of flour to them, and moisten with boiling water. Add the members of the duck, with some salt, and a little pepper, a very small bit of sugar, and a bundle of parsley and green onions. When the duck is done, serve the members covered with the peas, and take great care to skim off the fat.

455. *Duck with the purée of Green Peas.*

Prepare the duck as above, and send it up with a purée of green peas over it (No. 50), or with a hochepot. (See Hochepot, No. 84.)

456. *Ducklings à la Bigarade—(With Bitter Orange Juice.)*

This entrée requires plump fleshy ducks: pick, empty, and truss them well, with the legs stuck upwards. First roast them so as to leave them under-done, then make incisions in the breast, what the French call *aiguillettes*; pour the gravy that issues from the duck into the sauce, which must be ready made, in order that you may send up quickly—a thing to be particularly attended to. With respect to the appropriate sauce, see Sauces. If you are allowed to serve up fillets only, then you must have three ducklings at least. Roast them under-done; when properly done cut them into *aiguillettes*, that is, four out of each duck; put them into the sauce with the gravy that

runs from them, and send up without loss of time, and quite hot. As soon as you have put the aiguillettes into the sauce, squeeze a little juice of bitter orange over the whole; keep stirring well, and serve up the fillets in the sauce. This is a dish for an epicure of the daintiest palate. Send it up in the sauce. Mignonette, or coarse pepper, is required in this sauce, and the dish altogether must be highly seasoned. Before roasting the duck, blanch a handful of sage with a couple of onions cut into quarters; chop them; season them with a little salt and pepper, and stuff the duck; by so doing, it will acquire additional flavour.

457. *Salmi of Wild Duck—(Wild Duck Hashed.)*

If you roast a duck on purpose, let it be under-done. Pare it whilst hot, and let the parings simmer in the sauce. Then strain the sauce through a tammy over the members, and let them be made hot without boiling. The sauce is made in the same manner as that of the salmi of partridges, or as follows: cut four shalots into several pieces, a small bit of ham, a few bits of carrot, some parsley roots, thyme, bay-leaf, three cloves, a few blades of mace, five allspice, and a small bit of butter; fry all this in a stewpan till the ham has acquired a little colour, then put a little flour to it, fry it a little more to do the flour; moisten with a glass of wine, either red or white, a ladleful of good veal gravy, and salt and pepper; put all the trimmings of the duck to boil with this sauce; skim off all the fat, reduce the sauce, and put it over the members through a tammy, to warm them only; when you send up, squeeze the juice of a lemon over. This entrée must be highly seasoned; add a little Cayenne, and do not let the members boil.

458. *Members of Duck, with the purée of Lentilles.*

Poêlé the members as directed in No. 313. Drain them, and cover them over with the purée of lentilles. (See No. 116.)



459. *Duck with Olives.*

This dish is admired only by the Italians. Poêlé the ducks as directed in No. 313. Pour over them the sauce aux olives (olive sauce), made as follows, which, in my opinion, is no great treat. Take a bottle of French or Italian olives, cut the kernels out, but mind to preserve the shape of the olive; blanch them in boiling water to take off the salt: if they are not too briny, put them into a very good Espagnole (Spanish sauce, No. 17), with the juice of a lemon, and a little Cayenne. Serve this sauce with duck only.

460. *Capilotade of Duck.*

If you have any roasted ducks left, and want another dish for the first course, cut the ducks as for eating, flay them, and let them simmer in a thin Italian sauce (No. 24). Fry a few slices of bread cut into the shape of a kite, and send up with the juice of a lemon.

If you should not have any Italian sauce ready, mince a few shalots, boil them in vinegar, make a little browning (roux, No. 15), which moisten with broth or even water, and mix with a little glaze seasoned with salt and pepper: put the shalots into the sauce; let it boil a few minutes; then put the duck into the sauce to heat, but without boiling, and give it a high seasoning. Such common dishes are always to be highly seasoned.

461. *Duck, with Sour-Crout.*

Sour-crout is sold ready pickled. Drain some, and put it into a braizing-pan with a piece of breast of bacon, a bunch of parsley and green onions, spices, bay-leaves, thyme, and mace; put also a little whole pepper. Next place the duck in the middle of the sour-crout, cover the whole with layers of bacon, and moisten with some liquor of braize, or top-pot (the fat which rises over the broth), strained through a silk sieve. If you happen to have a knuckle of ham, you may put it in after having blanched it. You may add a German sausage, together with some

English sausages, observing that the small sausages must not be added till half an hour before serving up, otherwise they would be too much done. Three hours are required for the above to be done over a slow fire. When the sour-cROUT is done, put it into a large hair sieve to drain; then dish it in a deep dish with the duck in the middle, the sausages and bacon, &c., being put round it. The duck will be better if cut into four, as it is difficult to carve anything that has so many other things with it.



462. *Members of Duck, with French Sour-CROUT.*

Braize the duck in the same manner as that with the purée of green peas (No. 455), and cover it over with the sour-cROUT, which is made as follows:—Take off the stock of a white cabbage, mince the whole nearly as is done for sour-cROUT; cut some bacon (the breast part) into small squares of about an inch in size; fry them a little, and then take them out to put the cabbages into the grease, in which they are to sweat. When nearly done, put the bacon in again, and moisten with some sauce tournée (No. 19), which must be thin, for, if thick, you could not get the fat off. Skim off all the fat, reduce the cabbage, and use it to mask the duck. You may also put in some sausages that have been braized with the duck.

## LARKS.

463. *Larks au gratin.*

Take eighteen larks, as fat as possible; pick and bone them; next, season them with salt and pepper, and stuff them with a farce fine, or a farce à quenelles, (force-meat for quenelles), the former, however, is preferable. Dish them nicely, and put some of the force-meat into the dish. Put slices of fried bread cut to the fancy between the birds,

so  or so . When the larks are put all round

the dish, if there are any left put them into the middle ; and the latter are to be raised higher than the rest. Cover the whole with layers of bacon, and leave it in the oven for twenty minutes. Then take off the bacon, drain the fat, and serve up with an Espagnole (Spanish sauce, No. 17), of a nice colour, and well seasoned.

464. *Caisses of Larks—(Larks in Cases.)*

Bone the larks as above ; and stuff them with farce fine. Have ready small paper cases dipped into warm oil. Give the larks a round shape, put into the cases some of the farce (force-meat), and put the larks over. Next put them on a plafond with some buttered paper over them, for fear they should dry while baking. When baked enough, dish them. If there is room enough, pour into the cases a little Espagnole (Spanish sauce, No. 17), and lemon-juice ; mind to drain all the fat out before you put in the sauce.

465. *Hot raised Lark Pies.*

Bone the larks as above : dress the pie-crust, put the force-meat (or farce) in the bottom and the birds over : then fill the crust with force-meat, close the pie, but leave a little hole at the top, to prevent the crust from breaking. Let it be baked a light brown colour. When done, take it out of the oven, take off likewise the top crust, or cover, drain the fat, then pour a ragoût à la financière (financier's ragout, No. 75) into the pie. Do not put the top crust on again : send up hot with high seasoning, which brown entrées require more than white ones.

466. *Larks en Croustade—(Larks in Paste.)*

This dish would find few admirers, as birds in crust, and even hot-raised pies, are very seldom called for, being generally economical dishes made of legs or such other parts of either fowl or game. People in general never

taste any part but the filets. Larks in croustade must be done beforehand. Put the birds into croustades fried of a light brown, the inside part of which you take out with a cutter; into the vacuity put first a little farce (force-meat), and the lark over it. Keep the birds hot till you serve up.

---

## CHAP. XIII.

## RABBITS.

467. *Fillets of young Rabbits à la Orlie.*

IT is to be observed, that warren rabbits only ought to be sent up to a good table, tame rabbits in general having no flavour but that of cabbage; and you must be particular in using for table only young rabbits; whether they are so may be ascertained by breaking the jaw between the thumb and finger; if they are old, they resist the pressure: also by feeling in the joint of the paw for a little nut; if it is gone, the rabbit is old, and not fit for fine cookery; in such case, use them to make rabbit puddings or pies.

Take four rabbits; detach the fillets, and filets mignons (small inside fillets): cut the large fillets of an equal size: marinade them in lemon-juice, a little parsley, a shalot cut into slices, a little thyme, a bay-leaf, salt, pepper, &c. &c., leave them in that marinade for two hours. Drain, and dip them in the white of an egg that has been well beaten, and then into some flour mixed with a few crumbs of bread. Fry them of a fine brown, and serve under them a poivrade (brown sharp sauce, No. 27), or an Espagnole (Spanish sauce, No. 17) of game; observe particularly, that the fillets must be under-done.

The cook's own skill will inform him that, when the rabbits are too small to be filleted, he must make a marinade with the members of the rabbits, cut as follows: the shoulders, the legs cut to pieces, with the back, and the head, as many persons like to eat the brains; the small bones of the carcass must be thrown out, except *you have broth* in preparation, then put these trimmings

into it, which will clarify your broth. When the rabbits are small, you must use several. This is an appropriate dish for a shooting party, being the produce of the sport.

468. *Turban of Fillets of Rabbits à la Sultane—*  
(*The Sultana's.*)

Take the fillets of four rabbits; there will be eight; likewise the filets mignons (small inside fillets) and kidneys; lard the eight fillets with very small slips of bacon, all of an equal size. Have a farce à quenelles (force-meat for quenelles) ready made of the flesh of the legs of the rabbits. If you do not place a mould in the centre of the dish, have a kind of paste-cutter, very deep, or a sweetmeat pot to put into the middle of the dish, that you may raise the turban all round it; in this case the fat, which is always very abundant, may be more easily drained. Take a large piece of stale bread, cover it with a thin layer of bacon, lay it in the middle of the dish, and dress the force-meat equally round on it; then with the handle of a wooden spoon place eight ribs, leaving an interval between each, not straight, but rather sloping; put the fillets of rabbits inside each of those ribs; and after having skinned the kidneys, put them into four of the intervals, two by two; in the other four put fillets of truffles. You may give to this dish a superb appearance.

Turn the pointed extremity of the fillets inside of the turban, otherwise they will not stick. Cover the whole with layers of bacon. If you have an earthen pan that may cover the whole close, lay it over, without using the layers of bacon. The steam alone will prevent the fillets from getting dry. When the turban has been kept in the oven long enough to be well baked, glaze the fillets of a light brown, and put them into the oven again: take the lump of bread out from the middle of the dish, and wipe off all the fat. When going to send up, put a ragout, made with quenelles, cocks'-combs, and mushrooms, in the middle of the dish, and sauce the outside with a very good fumet of rabbit. To make the fumet of rabbits you must use all the rabbit-bones, with a little veal, ham,

mushrooms, parsley, and green onions, &c.; and when that consommé has been made in the usual way, reduce it, and then put some of the reduction with some béchamel (No. 36), to sauce the turban or any other entrée of rabbits with. Whether the sauce is to be white or brown, you must always give it the taste of rabbits. To make the turban in a more clean and efficient manner, have some trimmings of paste, which spread the size of the inside of the dish. Bake it in the oven, and when done, dress the turban upon this paste; when the turban is quite ready to serve up put it on the dish, which prevents it dirtying the dish, and the entrée will not be so greasy.

469. *Mince of Rabbits with fumet.*

This is a dish to be made of the remains of a former dinner. Take the fillets of roasted rabbits, pare the sinews, then make a mince, but hold your knife on a slope, that the thin slices may curl like shavings; put the mince into some reduced velouté (No. 21) or béchamel (No. 36), mixed with some glaze of game; do not forget to pour into the mince a little thick cream, to give it a white colour and make it mellow. You may put the mince either in a bordure, a vol au vent (see Pastry), a casserole with rice, a turban, a grenade, a gratin, petits patés, petites casserolettes au ris (little casseroles with rice), &c. &c.

470. *Scollops of Rabbits with Truffles, the same as à la Conti.*

Take five rabbits; detach the fillets, tear off the sinews, then scollop the fillets, keeping your knife on a slope; flatten them with the handle of your knife; put the scollops into a sauté-pan with some melted butter; have ready some truffles peeled and cut into slices of the same size as the scollops, mix them with the rabbits in the butter, salt, and pepper. Fry the whole lightly a little while before dinner-time, drain the butter, and put the scollops into the sauce, in order that the truffles may give their flavour to the sauce, and likewise to the meat. Gar-

nish the edges of the dish with a Conti\*. The best and most expeditious manner is to put the fillets with the truffles in the sauté-pan, without previously scolloping them; put some salt as before, and put the sauté-pan over a sharp fire about twenty minutes before dinner-time; turn the fillets equally on every side, then take a sheet of clean paper, scollop the fillets very quickly, and putting them again in the sauté-pan, let them remain on the fire a few minutes with the truffles; drain the butter in a basin, and put the scollops in the sauce in the bain marie (hot-water bath) to acquire the flavour of the truffles, &c.

471. *Blanquette of Rabbits with green Peas.*

Take four rabbits; detach the fillets, fry them whole in melted butter with a little salt and pepper; next cut them on a sheet of paper, to the size of a shilling, and put them into the sauce blanquette aux pois—(See Sauces, No. 88). This dish is sent up in a vol au vent (see Pastry), a casserole with rice, &c. &c.

472. *Scollops of Rabbits with fumet—(flavour.)*

Take five rabbits; detach the fillets, fry them lightly in melted butter. When done, cut them as for a blanquette, and put them into a sauce made as follows: make some consommé, or stock-broth, with the remnants of the rabbits; put a few slices of Westmoreland ham in a small stewpan, with small pieces of veal, &c., put the bones of the rabbits over them; then moisten with two spoonfuls of the first broth (No. 1). Let the meat sweat thoroughly, till, on thrusting your knife into it, neither scum nor blood issues. Then fill the stewpan with boil-

\* I call Conti some of the fillets larded with small bacon, or decorated with truffles; they must be done in the following way:—Take a sauté-pan, and put on the bottom of it some slices of fat bacon, lay your conti on the top of them in any shape you think proper, and powder some salt over; put them into a hot oven, and as soon as they are firm, glaze them, and serve them round whatever they may be wanted with.



ing broth, seasoned with a bunch of parsley, green onions, thyme, bay-leaves, and a few mushrooms. When the consommé is done enough, put a small lump of butter into a stewpan on the fire, and as soon as the butter is melted, throw in a spoonful of flour: let the flour fry a little in the butter, without, however, getting brown.—Next moisten with the consommé. Let this sauce boil gently on the corner of the stove for an hour. Skim the grease off carefully, then reduce the sauce, and thicken it with the yolks of three eggs well beaten with some cream. Strain this sauce through a tammy over the scollops, and send up quite hot. This dish may be served either with or without contis in a casserole with rice (see Rice), a vol au vent (see Pastry), or a border of mashed potatoes. This sauce being made in the same way as any other sauce for blanquette (white dishes), if you should have any other dishes that require white sauces, by keeping a little of this, you will save at once expense and trouble.

#### 473. *Scollops of Rabbits à la Conti.*

See No. 472. Only keep four fillets, which you divide into eight pieces, cross-ways. Flatten them a little with the handle of your knife; lard them with thin slips of bacon. Then butter a sauté-pan. Give the above pieces whatever shape you think proper, powder a little salt over them, and bake them. Do not let them be too long in the oven; glaze them nicely, and dish them round the scollops. In the country, when you have plenty of rabbits, you should use the fillets for the parlour, and make a pie or pudding for the domestics with the legs and shoulders.

#### 474. *Young Rabbits en friteau—(Fried.)*

Take several very young rabbits; skin them and cut them in four, according to the size; let them be marinated as in No. 467. Drain them and dip them into flour; then fry them till of a light brown. Serve up with a poivrade (brown sharp sauce, No. 27), or a love-apple sauce.

475. *Rabbits, Venetian way.*

Take three or more young rabbits; skin and empty them nicely, then cut them into pieces in the following manner: take up the shoulders, then the head from the neck, divide the back into four parts; take off the legs on each side of the saddle, and cut them into two pieces. Have ready half a pottle of mushrooms chopped very fine, with parsley and shalots the same. Put a small lump of butter into a stewpan with a little rasped bacon: put the sweet herbs on the fire with a little salt, pepper, and allspice; let them stew for a short time on a slow fire. When sufficiently fried, put in the rabbits, make them get firm with these sweet herbs, till they are sufficiently done. Take the limbs out from the seasoning, lean the stewpan sideways to skim the fat that comes uppermost, put a spoonful of sauce tournée (No. 19), or if you have none, add to it a small tea-spoonful of flour, moistened with a spoonful or two of consommé (No. 5), let it boil a few minutes, and make a thickening of the yolks of four eggs; put the juice of a lemon and a little Cayenne pepper; stir the sauce well; if it happens to be too thick, make it thinner with a spoonful of broth; keep it quite hot, throw the members into the sauce again, and send up quite hot. This sauce must be rather highly seasoned.

476. *Rabbits en caisses—(in cases.)*

Make cases of paper, either square or round; do the rabbits as above with sweet herbs; when nearly done, put them into the paper cases and the sweet herbs over them, with the rasped crust of a twopenny French loaf, to absorb the fat. Then put the paper cases into an oven. Before you send up, squeeze over it the juice of a lemon, and pour in a few spoonful of Espagnole (Spanish sauce, No. 17).

477. *Giblottes of Rabbits.*

Take two young rabbits to make a giblotte; but observe, they must be both alike as to quality; if you put a young one with an old one, the young one will be done to rags, when the other will scarcely be done at all. Skin them, and cut them into pieces as in the last. Have ready some pieces of breast of bacon cut into the shape of small corks, which are to be blanched in order that they may not be briny. Fry them in the stewpan with a little butter, to give them a light brown colour. Take the bacon out of the stewpan, and put the members of the rabbits into it; when made firm, take them out also; throw a good handful of flour with the butter into the stewpan, let it get a little brown; next moisten with some veal gravy. Let the sauce boil a little, to see whether it is not too thick; if so, you will never be able to skim the fat off, and accordingly it will never be of a good colour. When sufficiently stewed, put in the members, bacon, a bunch of parsley and green onions, thyme, bay-leaf, clove, &c. &c.; and when the sauce has boiled for an hour, put the members into another clean stewpan, and drain the sauce through a tammy, then take some turned mushrooms, and some small onions, and fry them white in butter; let them boil for a quarter of an hour in the sauce. When you are going to send up, first dish the members, next the small white onions, and then put the bacon and the mushrooms over. Take off the fat and scum, otherwise there can be no good cookery; and cover the whole with the sauce when reduced.

478. *White Giblottes of Rabbits.*

Do as above, but after having dredged with flour, and moistened with consommé (No. 5), let the whole stew for about an hour. Next take off all the scum and fat: shift the members into another clean stewpan; reduce the sauce, strain it through a tammy over the members, lay the giblotte on the fire, and when it boils, thicken it with the yolks of four eggs, and the juice of a lemon. This

sauce, although white, must be highly seasoned. Note, if you want to make the giblotte whiter, disgorge the rabbits, and blanch them.

479. *Fillets of Young Rabbits en lorgnettes—(Eye-Glass Shape.)*

Take the fillets of four young rabbits that have been skinned; lard them with thin bits of bacon; when larded, make an opening on the thickest part, by thrusting your knife nearly to the very extremity. Then run the knife in, but no farther than the middle; and so on with the rest. Put a little butter into a sauté-pan; thrust your finger into the opening, and put into it some carrot or turnip to keep it open; give those parts the shape of a lorgnette, or eye-glass; put them for a moment into an oven, that they may take a good form. When firm, put them in a stewpan, over a bed of minced roots and vegetables, covered with bacon, seasoned with salt, pepper, thyme, bay-leaves, &c. &c., and moisten with two spoonful of consommé (No. 5). Let the whole stew for a quarter of an hour or twenty minutes; drain the fillets, boil down the liquor, to which add a little glaze of a light colour, and send up with endives au velouté (see Index), or a soubise (No. 45). Dish them miroton way, and pour the sauce in the middle. Mind, this sauce must not be too liquid.

480. *Hot raised Pie of Rabbits.*

Take one or two rabbits, according to the size of your pie. Skin and empty them; then detach the legs and shoulders, which you cut into halves: from the head to the tail cut out four pieces of an equal size; then chop a shallot, a little parsley, and a few mushrooms, and stew them a little: next put the members into the butter with the sweet herbs till the flesh is quite firm, then season with salt, pepper, and spices. In the course of a few minutes drain the butter. Then raise a pie crust (see Pastry); put the limbs into it, and put the whole into the oven. When the crust is baked enough, make a round

opening, lift up this kind of cover, and just as you are going to send up, pour into the pie a ragoût à la financière (Financier's ragout, No. 75) over the rabbits. Be careful to drain the fat that may have remained.

*N. B.*—The above is the true manner of making a raised pie of rabbits. Many people make a pie-crust, which is commonly called croustade; and after having emptied it, put in a giblotte. The former method, however, is preferable, as it retains the flavour of rabbit better.

#### 481. *Quenelles of Rabbits.*

This farce is made like the generality of quenelles: the only difference is, that you take the flesh of rabbits instead of any other meat. The legs, in general, are used for making the quenelles; the fillets will supply you with another dish, so will the legs occasionally. The bones and the parings are used to make the consommé and sauces. As the legs are tougher than the tender fillets, they should be pounded for a longer time, and rubbed through a tammy, on account of the number of nerves and sinews.

#### 482. *Gratin of Rabbits.*

This is a dish made from a former day's remnants. Take a couple of roasted rabbits; take off the whole of the fleshy parts; then pare those that have sinews about them; mince the meat very fine, and put this mince into some béchamel (No. 36) reduced; take a little of the liquor, which gratin (by gratin is meant, to boil it in a silver dish till it sticks at the bottom without burning.) When the preparation is cold, stick a border of soft bread all round the inside of the dish, and put your mince into the middle: level it well with a knife; then powder crumbs of bread over it, which baste with melted butter; and then put crumbs a second time, and baste with butter again. Then make it brown all over with a salamander, because if you were to put the dish into an oven hot enough to give it a colouring, the gratin would burn. Keep it hot, and send it up either with slices of bread

fried in butter all round the dish, cut in the shape of corks, or with flowrets made of puff-paste.

#### 483. *Soufflé of Rabbits.*

This is also an entrée of dessert (dish of yesterday's remains). Take off the flesh of roasted rabbits, chop it very fine, and pound it: pour into it a few spoonfuls of velouté (No. 21); season it well. Break half a dozen of eggs, keep the whites separate from the yolks, throw the beaten yolks into the chopped rabbits, which put on the fire a little, that the eggs may stew, but take your stew-pan off from the fire as soon as you perceive they are done; then add a small bit of fresh butter, and work the whole well. Next beat the six whites well, and pour them also into the above preparation, which you put into a soufflé dish, and then into the oven ten or twelve minutes before you send up. In case you should not have a soufflé dish, you must use a croustade or pie-crust\*.

#### 484. *Croquettes of Rabbits.*

Cut the meat of young roasted rabbits into dice, which throw into some béchamel (No. 36) boiled down, adding a little glaze of game. Let this cool, then roll it into whatever shape you please, either into balls, or in the shape of a cork, or of a pear. Fry them and send up as other croquettes, garnished with fried parsley in the middle of the dish. It is necessary to observe respecting croquettes, or any other thing made use of in cookery, that the less you handle them the better. Put the preparation of the croquettes in a flat long dish; level it with the knife till you have it the thickness required: mark with the knife the number of croquettes you intend to make. Then take them off the dish, roll them in your hand as little as possible, and put them in the crumbs of bread and roll them again in the omelet (eggs

\* By pie-crust, I mean here, the crust of a pie which has been served up and returned unbroken. It can then serve again for a soufflé.

beat with a little salt), and make them of equal sizes in a cover of a stewpan till such time as you wish to fry them.

485. *Boudins of Rabbits à la Reine*—(*Rabbit Puddings, the Queen's.*)

Prepare in the same manner as the croquettes: roll the meat into large boudins, sausage shape, dip them into eggs and crumbs of bread, and fry them. Serve under them some velouté (No. 21), with a little glaze of game. For croquettes or boudins à la reine, made of fowls, rabbits, or game, if you should have by you some sweet-breads, they will be a great improvement to them, as they make them more mellow and delicate.

486. *Boudins of Rabbits à la Richelieu*—(*Rabbit Puddings, Richelieu's.*)

Take some quenelles of rabbits, and fry some white onions of a light colour. Put them into a hair sieve to drain the butter, and then mix them with the quenelles; let them cool, and roll it into two boudins of the same length as your dish. Poach them in boiled water with a little salt; when done, drain them on a clean cloth, and let them cool\*. Next dip them into an omelet (yolks of eggs beaten with salt), and then in crumbs, and fry them till they are of a light brown. Send up with an Italian sauce (No. 24) under.

487. *Legs of Rabbits à la Maintenon.*

Bone the legs of the rabbits. Have ready some sweated herbs, the same as for Maintenon cutlets (No. 244), with a little rasped bacon, salt, pepper, spices, &c. Stew the legs in those herbs till they are done through. Let them cool. When cold, cut slips of paper of the size of the legs, or a little larger. Then lay a small layer of bacon on the paper, and the leg over the bacon; then a little

\* You may serve them, when hot, covered with good béchamel (No. 36); they have not so good an appearance, but they are better eating.

seasoning, and another layer of bacon; wrap the whole in the paper, which is to be plaited equally all round with the back of the blade of the knife. Then broil them over a slow fire, and send up hot, with no other sauce but the seasoning of the herbs inside.

#### 488. *Rissoles of Rabbits.*

Take the remnants of roasted rabbits, with which make a farce fine. (See Farce Fine, No. 148.) Spread on the table some puff-paste, but do not let it be too rich; cover it, at equal distances, with little lumps of the farce or forcemeat; moisten the paste all round the farce, then fold it in two; lean upon it all round with your fingers, that the paste may stick; then with a rowel cut it and fry it till it is a fine brown colour. You may occasionally dip them into eggs, and then powder them over with crumbs of bread; they by that means fry of a better colour, but it makes the crust thicker. You must always send them up with fried parsley in the middle of the dish.

#### 489. *Boudins of Rabbits à la Lucullus—(Lucullus's Rabbit Puddings.)*

Make boudins of rabbits with quenelles of the same length as the dish; poach them in milk and butter, and a little salt, or boiled water and salt. When done enough, drain them on a clean towel. Cut one side flat, that they may dish well; have a little béchamef (No. 36) boiled down, and pretty thick, which whiten with a little thick cream. Cover the puddings with this sauce, but do not use more than is requisite for covering them; in the middle you are to serve a ragoût à l'Allemande (German ragout), which is the same thing as a Toulouse (No. 97). You must have six fillets larded equally. Take a very large carrot, cover it with thin layers of bacon, and lay the fillets over the carrot with a little salt: let them stand a moment in the oven till they are firm: then glaze and dry them with the salamander: glaze them a second time: then lay a fillet at



each end of the boudin, and one in the middle. Keep this dish well covered, for otherwise it would not be of a fine colour; the béchamel would dry up, and consequently it would not preserve its white colour.

490. *Fillets of Rabbits à la Maréchale.*

Take the fillets of four young rabbits; divide each of them into two pieces, in order that they may not be too long; flatten them with the back of your knife, that they may be sooner done; let them be of an equal size; season them with salt and pepper; then brush them over with the yolks of eggs, and dip them into crumbs of bread, next into melted butter, and then again into crumbs of bread, but so as to lie very even. Press the fillets between both your hands, in order to melt the butter, and that the crumbs may stick equally all round. Broil them on a brisk fire, always observing that the thinner and the more tender the articles, the more brisk must the fire be; for if it were not so, the fillets would get over-done, without being of a nice brown. Glaze and dish them miroton way, cover them with a brown Italian sauce (No. 24), mixed with a small quantity of glaze of game.

491. *Fillets of Rabbits à la Pompadour—(with Pompadour Sauce.)*

Take the fillets of four young rabbits; cut each fillet into two, lengthways, and keep them as long as possible. Make a sauce for attelets (No. 55), put the fillets into the seasoning, after having dusted them over with salt and pepper. Let this preparation cool, without however getting quite cold, yet sufficiently so as to enable you to lay some round the fillets. Next dip the fillets once into crumbs of bread: then break three eggs into an earthen pan with a little salt, beat them, throw in the fillets, dip them lightly a second time into crumbs of bread, and fry them of a nice colour. Dish them in the shape of a pile, for which purpose they

must be kept crisp. Send up with the Pompadour sauce (No. 65) in the middle.

492. *Attereaux of Rabbits à l'Italienne*—(the Italian way).

Take the fillets of four young rabbits; cut them into pieces of an inch square: then have some mushrooms, parsley, and shalots, chopped fine; put them to fry gently in a small bit of butter over a slow fire till they are done, then put the bits of rabbits to fry gently in those herbs; and when nearly done, drain them, and season them with a little salt and pepper; take the sweet herbs with which they have been stewed, and make a sauce for attelets in the following manner:—put a spoonful of flour to the herbs, and mix it well with a wooden spoon; moisten with a few spoonful of good consommé (stock-broth); let the whole boil till the flour is quite done; skim off the butter; reduce the sauce thick, and then thicken it with the yolks of two eggs; throw into this the square pieces you have prepared; then let them get quite cold; next take some silver skewers, have a few pieces of calf's udder ready done, of half the breadth of the pieces of rabbits, but not so thick; run a skewer first through one of the pieces of rabbit, dipped into the sauce, and next through a piece of the udder, and so on; observing, however, to leave a piece of rabbit at each end. Do not stuff the attelets too full, for some of it must project at each end. Put a quantity of the sauce, and give a square shape to the same preparation; then dip it into crumbs of bread; next, when of a good shape, into an omelet well seasoned: and then into crumbs of bread a second time; then fry it till of a fine colour, and send up with a brown Italian sauce (No. 24), mixed with a little glaze of rabbit, or the white sharp sauce.

There are many dishes of rabbits, which I could mention in this present edition; such as the *macaronis*, pains of rabbits, profitrolles, &c. &c. which are now quite out of fashion, for fashion prevails in our times, and others. A veteran cook may still make them.

which yet will not attract. In the common way, many entrées may be made with the legs of rabbits; but as many dishes of game are not to be sent up at a time, provided you have fillets, it is better to use the legs for farces, or petits patés, or croquettes, &c. &c.

#### 493. *Rabbits and Onions.*

As this dish is of the English school, it will not require many observations; but the author would recommend that old rabbits be never used, as they always spoil both the taste and the look.

Take one or two rabbits, skin them and skewer them as for boiling; put them into warm water in order to extract all the blood: when they are very white, boil them in boiling water and a little salt, to prevent them from skimming. An hour is sufficient to boil them if they are young: the sauce is made as follows:—peel a dozen of white onions, cut the tops and the tails off, then cut them into six pieces each, put them to boil in boiling water and a little salt; when nearly done, drain them on a sieve, put them into a clean towel, squeeze out the water, then chop them very fine on the table; put them into a stewpan, with half a quarter of a pound of butter, let them fry to drain the water away: then put half a spoonful of flour, mix well together, and moisten with cream or milk, but cream is preferable: next let this sauce boil down on a sharp fire, put some salt and pepper to it, and make it rather thick. Drain the rabbits, and cover them with this sauce.

#### 494. *Rabbit Soup.*

This soup is made almost in the same way as the soup à la reine (Queen's soup, No. 126). Take the fillets of four rabbits to make an entrée, and with the legs and shoulders make the soup as follows:—put them into warm water to take out the blood; when quite clean, put them into a stewpan with a bundle of parsley and a ladleful of good broth; put all this to simmer over a *slow fire*; when done through, moisten with some good

broth Season it of a good taste, and let it boil for an hour only: if you let it boil too long, the soup will be brown: next take the meat out of the broth, drain it, and let it cool, then pick all the meat from the bones, and put it into the mortar, with four yolks of eggs beaten hard, and the crumb of a penny loaf soaked in a little broth; pound all this very fine; rub it through a tammy, moisten with the broth, and when done, add to it a pint of double cream that has boiled; mix altogether, and serve up. Take particular notice, that this soup must be very white; sometimes you give it with vermicelli, sometimes with pearl barley, sometimes with rice; on all occasions, each of these articles must be done separately in stock, and put into the soup afterwards. If you have an abundance of rabbits, you may also use the fillets, as the soup will then be whiter and better.

495. *Fillets of Rabbits à la Florentine*.

Take the fillets of five rabbits, and make some quenelles (see No. 145) with the legs and make fillets seasoned rather high; then split the fillets in two (first cutting one side of the fillet so as to make a slit, and then the other side); when the fillet is very wide, spread some salt and pepper lightly over it, then put some of the quenelles in the aperture: then wrap up the fillets together to hide the quenelles; have some sauce for attelet (No. 55), the same as the fillets; it is prepared, cover it with crumbs in the same manner, and fry it of a very good colour in a fritter; mix the sauce, allowing space enough to the fillets and the quenelles is not roughly done. This is a very good and delicate dish, but requires great care to bring it to perfection: serve under it a very clear brown Italian sauce No. 26, well seasoned.

*N. B.* Make the fillets as flat as you can, because they are more easy to dress on the dish.

496. *Rabbit Pie.*

Put into the bottom of a baking-dish a few slices of ham, veal, or beef; cut the rabbit into as many bits as you like; season each bit with salt, pepper, pounded spices, &c.; put them in a dish as close as possible; add a glass of broth, if you have any, if not a wine-glass of water and a drop of white wine; cover this dish quite close with a good crust, and bake it in a hot oven for an hour and a half, then use it: whether hot or cold you will find this dish very good. If you would give the crust a good appearance, you must mould one whole egg in a gallipot, and beating it with a brush, dress the paste with it all over.

---

## CHAP. XIV.

## HARES AND LEVERETS.

It is proper to observe, that hares are fit to be sent up to a nobleman's table only when they still shew their age. In order to judge of this, feel the first joint of the fore claw: if you find a small nut, the animal is still young: should this nut have disappeared, turn the claw sideways, and if the joint crack, that is a sign of its being still tender; if not, it is only fit to be made en daube (see hare en daube, No. 497); or en civet (see Civet of Hare, No. 499); but if very tough, a daube is preferable; yet it is a very insignificant dish, particularly as it requires high seasoning; it is too nourishing to be sent up to the table of any nobleman, or of a real epicure.

497. *Hare en Daube*—(*Stewed Hare*).

After having skinned, emptied, and washed off the blood of a hare, cut it through the middle. Have ready layers of bacon well seasoned with chopped parsley, spices, salt, and pepper. Lard the hare as thick as you can; put slices of bacon into the bottom of a stewpan, cover them with the bits of hare, tie up a large bundle of parsley, seasoned with thyme, bay-leaves, sweet basil, a clove, and common spices, a few carrots, four large white onions, two calf's feet, and a few pieces of breast of bacon; season the whole with salt, pepper, &c. and a few roots of parsley. Moisten with a couple of spoonful of broth, and a pint of white wine; cover the whole with a round of buttered paper, to prevent the hare from getting dry; close it hermetically, and let it stew for three hours as gently as possible: then take it off the fire; drain the hare; skim the liquor, strain it through a sieve, and let it cool, that it m

be eaten cold, though it may be served hot, with a garnish all round. In this latter case make a roux or thickening, with a little flour and butter: when of a very light colour, master it with the liquor in which the hare has been stewed, and let it boil enough for the flour to be done, and then send it up plain as it is.

N. E.—If you wish the jelly to look bright, break a couple of eggs into it before it is hot; beat it over the fire till it begins boiling, then lay it aside with a cover and a little fire over it, when limpid, drain it through a cloth, and let it cool, to be used occasionally.

#### 496. *Pattied Hare.*

Proceed as above. When the hare is stewed, remove the vegetables and the bones, take all the flesh, as well as the bacon, place it in a mortar and pound it very fine; when you find it becomes smooth, rub it through a sieve, then put this paste in some small pot, and place it in the oven covered with paper; when it becomes very hot, take it out, and as it cools, melt some butter, and pour it over the paste to prevent its drying, and cover it with paper to preserve it. This is a very good thing for breakfast or luncheon.

#### 497. *Chief of Hare, served as Soup.*

Skin and empty the hare, but take care to keep the blood. Cut off the two legs, and divide them into two or three pieces; cut the body into equal parts, and be particular in preserving the blood. Take half a pound of the breast of bacon, cut it into small square pieces about an inch thick, blanch them in water, and put them into the stewpan, with a small lump of butter; let them fry till they are of a fine brown; then take out the bacon, and put the pieces of hare into the stewpan; stew them in the butter till firm; then take them out and make some roux, or thickening, with a little flour, which must not be kept too long on the fire. Moisten with about a quart of broth and a pint of red wine; put in the pieces of hare, the bacon, a bunch of parsley, &c. seasoned with pepper, spices, and a few white onions, to give a relish, to-

gether with some trimmings of mushrooms. Let the whole boil for an hour, and try whether the pieces of hare are done. Skim the fat off the sauce; then put the members into a clean stewpan, one after another, as also the bacon; then skim the sauce well, reduce it to a good substance, that it may stick round the hare; and put the sauce over the members through a tammy. You must have ready some white onions fried in butter till they are of a light brown; then stew them in a little consommé (stock-broth). Have likewise some mushrooms stewed in butter, and put them with the onions to take off the butter. At this period the blood and liver, that have been kept apart, are to be poured into the sauce as thickening. You must not let the sauce boil, or else the blood would in some measure curdle, and the sauce would not be of the same dark brown colour. Civet must appear as black as possible: then put in the onions and mushrooms, and send up highly seasoned. The consommé in which you have boiled the onions and the mushrooms, must be boiled down and put with the sauce.

Sometimes you take all the flesh of the worst bits, as the shoulders, the legs, the head, &c. leaving merely the back, cut in four or five pieces, then take out the bones; pound the flesh very fine, and rub it through a tammy moistened with the sauce. In this case, you should pound the onions, mushrooms, &c., and warm the soup in the bain marie (hot-water bath, Note to No. 44); leaving in it, however, the best pieces of the fillets. This is a delicious soup.

#### 500. *Fillets of Hare, with the Blood.*

When a hare has been skinned, thrust your knife all along the spine, always taking care to lean towards the bone.—Detach with your fingers the fillet from the neck down to the legs; leave the thick fleshy part of the leg; then introduce your knife, the sharp side towards the tender part of the fillet, and your thumb towards the skin; press with your thumb on the sharp side of the blade of the knife, in order that it may not cut the part which contains the sinews; then pull towards you the fillet, and the



sinew will remain attached to the leg. This operation being performed, lay the fillets on the table, and flatten them with the back of your knife; put them into a sauté-pan with melted butter, and dust a little salt and pepper over them. At dinner-time fry the fillets lightly, drain the butter, and scollop the fillets; put them into a civet sauce, which you have made with the remnants, as it will require at least a couple of hares to make scollops.—Mind you preserve the blood of both, in order that the sauce may be black, or of a dark brown. The members may serve for soup. When you wish to make soup, take the parts from which you have cut the fillets, and make a civet; the sauce is to be made by the same process—(See Civet, No. 499.)

The best and shortest method is to sauté (fry lightly) the fillets whole, and scollop them after they are finished; it is better, as it retains the gravy, and is made quicker.

501. *Fillets of Hare en Chevreuil*—(like Roebuck).

Take the fillets of three hares, according to the size of your dish, detach the fillets, and lard them with bacon cut very equally; then put them into a deep vessel, with salt and pepper, a little parsley, two onions cut into slices, a bay-leaf, a little thyme, a glass of vinegar, and half a glass of water. Let all this steep for a couple of days, and then drain the fillets, and lay them in a sauté-pan, or frying-pan, with a little butter: bake them under-done, and glaze them with a light glaze, as they are always dark enough. Send them up with a poivrade (brown sharp sauce, No. 27).

You should observe what has already been noticed, that larded is not the proper word—piqué is the term; larded is when you lard the meat quite through; but piqué is what is seen every day at the poulterer's.—(See page 182, note.)

502. *Pain of Hares*—(Hare Bread.)—*Boudins of Hares*—(Hare Puddings.)—*Roasted Hares*.

The author will merely remark, that boudins, quenelles, minces, &c. can be made of hares, although in England

it is more customary to serve them roasted. They are, however, very good when dressed as first course dishes. Hares for roasting ought always to be tender. After being skinned, make a stuffing in the following manner:—take a good handful of crumbs of bread, with the same quantity of beef-suet well chopped, a little chopped parsley, a little thyme, salt, pepper, two eggs, a little butter, a little milk, and a shalot; mix up these well into an oval shape, with which stuff the belly of the hare, and sew it up. Stick the fore legs under the belly, and double the hind legs under the belly also, then skewer them well: the head stands erect as if the hare was running; skin the ears. If it is an old hare, it will be good for nothing; if young, three-quarters of an hour will do it. Serve it up with gravy, and some currant jelly in a sauce boat; mind that you stop the spit with the belly towards the fire, or else the stuffing will not be done. Some persons like a poivrade under it.—(See Brown Sharp Sauce, No. 27.)

### 503. *Hare Soup.*

Take two hares, young ones are the best; skin them, and wash the inside well; separate the limbs, legs, shoulders, &c., and put them into a stewpan with two or three glasses of port wine, two onions stuck with four cloves, a bundle of parsley, a bay leaf, a couple of sprigs of thyme, ditto of sweet basil, marjorum, and a few blades of mace: put the whole over a slow fire on the stove. When this has simmered for an hour, moisten with some very good boiling broth, till the meat is entirely covered with it; then let the whole simmer gently till the meat is quite done.—Strain the meat, put the broth through a hair sieve: put the crumb of a two-penny loaf to soak in the broth. Take all the flesh of the hare from the bones, and pound it in a mortar till fine enough to be rubbed through a sieve, moisten with the broth, and season according to your palate. You must not make the soup too thick; and be particularly careful, when you have occasion to warm it up again, not to let it boil, as boiling spoils it.

Observe, whenever you wish to make hare soup in per-

fection, you should preserve all the blood in a basin; when you are ready to serve up keep the soup very hot, and pour the blood to it till it is thickened. Take care that the soup does not curdle. This addition will make the soup black. Do the same with the scollops, &c.

504. *Another way of making Hare Soup.*

On another occasion, you may select some of the best pieces, as the rump, shoulders, &c.; as soon as they are done enough, take out what you intend to put whole into the soup, and put it into a stewpan with some of the liquor, to prevent it from drying and getting black. When your soup is quite ready, and you are going to serve up, put the reserved pieces into the tureen, and pour the soup over.

---

## CHAP. XV.

FRESH-WATER FISH.—CARP, EELS, PIKE, PERCH,  
 TENCH, TROUT, SALMON-TROUT, LAMPREY,  
 CRAWFISH, &c. &c.

---

 CARP.
505. *Broiled Carp with Caper Sauce.*

**FRESH-WATER** fish ought never to be used unless it is alive, and you kill it yourself. When you have given a few strokes on the carp's head with a large knife, thrust your knife under the scales, beginning at the tail, and proceed to cut right and left. All the scales on one side should come off at once, in a piece. Then do the other side, and about the belly. When the scales have been taken off properly, and none are left, the carp should be white; then take off the gills, without damaging the tongue, which is one of the most delicate parts of the carp. Make a small incision in the neck, as if you were going to cut off the head; make another in the belly, but in a contrary direction, and as small as possible; then with your fore-finger draw out the roe, intestines, and guts. Wash the carp well, till there is no blood left, and wipe it well; slit both sides of the back, and let it steep in a little oil, salt, and pepper, for about an hour, or a little more. Lay it on the gridiron over a very slow fire, that it may have time to be well done through. When broiled on both sides, serve it with caper sauce, into which put a spoonful of essence of anchovies. If the carp has a soft roe, put it again into the body with a little chopped parsley, mixed with a small lump of fresh butter, salt and pepper: then sew the belly up, for fear the contents should drop out, and broil altogether. When the carp is done, cut off the thread, and cover the fish over with the sauce.

Carp sauce, for fish, is made as follows:—put in a saucepan or stewpan about a quarter of a pound of very fresh butter, a large teaspoonful of flour, a little salt, a little nutmeg, very little pepper, a teaspoonful of white vinegar, a little water sufficient to thicken the sauce, a small bit of glaze, and then put this on the fire, and stir it till the sauce becomes very smooth; taste it, and add to it a spoonful of fine capers without any of the vinegar.

506. *Carp Farcie baked*—(*Carp stuffed.*)

After having cleansed and prepared a carp as above, take up one-half of it, and with the flesh make a farce (see Farce de Carp, force-meat for carp, No. 155), with which you cover the other half, after having taken out the bones. Give it a pleasing shape. Then, with a very small spoon, figure scales over it, and put it into the oven on a baking-pan. Take care it does not get too dry. When it is a fine brown colour, cover it, and ascertain if it is done, by running your knife between the force-meat and the fish. Send it up to table with anchovy sauce, or sauce hachée (No. 25).

507. *Carp au bleu, and au Court-bouillon*—(*Stewed Carp with Court-bouillon.*)

Take a very fine carp, cut off the gills, but keep the tongue. Then make as small an opening as possible to empty it, and wash it well till no blood is left. Then boil some vinegar, and when boiling hot, pour it over the fish, that the scales may crisp. Next wrap the carp up in a cloth, and stew it in a court-bouillon. (See below.) When done, drain it, and serve it with anchovy sauce and capers or without sauce as a remove of the soup.

508. *Court-bouillon*.\*

Take three carrots, four onions, six shalots, and two roots of parsley, which pick and wash. Mince them. Put a

\* This is a very proper dish for a Roman Catholic family during Lent. It is always good; only add a glass of wine to it every time you use it. Use it for marinade, &c. &c.

small lump of butter into a stewpan, with the above roots, and fry them till they begin to get brown. Moisten next with two bottles of red wine, a bottle of water, a handful of salt, some whole peppercorns, and a bunch of parsley and green onions, seasoned with thyme, bay-leaves, sweet basil, cloves, &c. Let the whole stew for an hour, and then strain it through a sieve, to use as occasion may require. If you should have no wine, put in some vinegar. The court-bouillon is better after having served several times than on the first day. It is excellent for stewing crawfish.

#### 509. *Carp à la Chambord.*

Take a very large carp, scale and empty it, as directed in No. 505. Have the soft roes of some small carp, which put into the body of the large one, after you have seasoned them with chopped parsley, salt, pepper, and spices. Sew up the belly of the carp, and lard two squares on the back with very small pieces of bacon, and cover the parts that are not larded with bacon. Next lay the carp in a fish-pan, with two ladles of court-bouillon (No. 508), and put it into the oven, but mind it must be basted frequently with the marinade. When it is done, drain it, but take care you do not break it. Glaze the parts that are larded, and dish it with chambord (No. 77), and its garnish.

The chambord is a dish very seldom served in this country, as the English prefer sea-fish to any fresh-water fish, except the perch. The chambord is the same sauce as the financière (No. 75); you have only to reduce a little of the marinade in which you have done the fish, whether carp, or jack, &c., and put into it some essence of anchovies, Cayenne, and lemon-juice. All sorts of garnish are required: lamb's sweetbread, cocks'-combs, mushrooms, truffles, quenelles, small pigeons called squabbs, &c.

510. *Carp with Matelotte Sauce.*

Take a fine carp, scale and empty it. Then let it stew in wine enough to cover it. After having drained it well, take that wine to make the sauces, and send it up, covered with sauce à matelotte (No. 39).

511. *Matelotte of Carp à la Royale—(Royal Matelot of Carps.)*

Take several carp, which cleanse as directed in No. 505. Cut them into thick slices; first cut off the head, but never forget to take out the stone which is at the top of the spine, exactly about the neck, and which has a most nauseous bitter taste. Cut the remainder into three equal parts, wash them well, and lay them on a clean towel to drain, after which put them into a stewpan just large enough to contain the quantity of fish you wish to cook. As you are to boil the fish with wine only, if you were to take too large a vessel, it would require too much wine, which would be wasted. Sprinkle a little salt over the fish. Pour over it as much red wine as is requisite just to cover the carp, and let it stew over a large fire. As soon as the wine boils, if it is good, or unadulterated, it will catch fire. Then take your pan off the fire, and leave it on the corner of the stove, and make a sauce in the following manner:—

Put a quarter of a pound of butter into a stewpan, and make a roux, or thickening, by mixing a little flour. When the roux begins to get brown, put in two large onions cut in quarters, and let them fry till they are entirely melted. Then moisten with some of the wine in which the fish has been stewing; add a large bunch of parsley and green onions, seasoned with allspice, thyme, bay-leaf, &c. Pick a pint of mushrooms, wash them well, turn the finest, and throw them into a little water and lemon-juice to keep them white. The parings are to be used for improving the taste of the sauce, from which skim off all the fat; then strain it through a tammy over the carp, which you must have well drained beforehand. You must have ready some small onions, fried brown in

butter, and stewed separately in a little broth; and some mushrooms likewise stewed separately. Then dish the carp with the head in the middle. You must also have some soft roes stewed separately in vinegar, that they may be quite firm, and garnish the matelotte with these. Next have a dozen of toasts made of rasped crust of bread, a few quenelles, and a few crawfish, and dish the matelotte rather high in the middle. Let the sauce boil, and put in a good lump of butter kneaded with a little flour, two spoonfuls of essence of anchovies, and the juice of a lemon. The sauce should be rather highly seasoned and thick, that it may adhere to the fish and cover it well. The small onions and mushrooms are not to be taken out, but put over the fish.

In general, a matelotte must have eels mixed with it; as the carp alone are not so good as the eels, but they digest better; and eels require longer cooking than any other fish. Quenelles are generally used as the garnishing of a matelotte.

512. *Matelotte of Carp à la Marinère*—(Seawife's *Matelot*.)

After having cleansed the fish as directed No. 505, put it into a vessel that will stand a large brisk fire. Moisten with some red wine according to the quantity of fish; put some small onions fried white in butter into the vessel, with salt, pepper, spices, a bunch of parsley, and green onions well seasoned\*. Let the whole boil till you see the fish is done. Handle some butter and flour, which drop in small portions into this sauce, in order to thicken it; and have some toasts, which put round the dish in the sauce. Season it well, and serve up quite hot, and rather highly seasoned.

\* A bunch seasoned, is when thyme, bay-leaf, spices, cloves, &c. &c. are added.



513. *Petits Pâtés of Farce of Carp*—(*Small Carp Pasties.*)

See farces for the flesh, and pastry for the paste. These are only served in Roman Catholic families, on fast days.

## EELS.

514. *Matelotte of Eels*\*.

Take one or two live eels; throw them into the fire. As they are twisting about on all sides, lay hold of them with a towel in your hand, and skin them from head to tail.— This method is the best, as it is the only means of drawing out all the oil, which is unpalatable and indigestible. Cut the eels in pieces without ripping the belly: then run your knife into the hollow part, and turn it round to take out the inside. Wash them well, that no blood may remain.— Prepare the pieces of eel in the same manner as you do the carp. The eel is longer in doing, but the process is the same. It will frequently happen that a matelot is made of all sorts of fish, such as carp, tench, pike, and eels. The carp is sooner done than any of the other mentioned fish; but they are, notwithstanding, always cooked together when they can be procured.

515. *Tronçons of Eels broiled à la Tartare*—(*Eels broiled in pieces.*)

Skin the eels as above, cut the tronçons or pieces about four inches long, make a court-bouillon (No. 508), or marinade. Stew the eels in this marinade, and when

\* Several reviewers have accused me of cruelty because I recommend in this work that eels should be burnt alive. As my knowledge in cookery is entirely devoted to the gratification of taste, and the preservation of health, I consider it my duty to attend to what is essential to both. The blue skin and oil which remain when the eels are skinned, render them highly indigestible. If any of these reviewers would make trial of both methods, they would find that the burnt eels are much healthier; but it is, after all, left to their choice whether to burn or skin.

they are done let them cool, then brush them over with yolks of eggs mixed with a little salt, and dip them into crumbs of bread, then into clarified butter, and strew crumbs of bread over them again. Broil them of a fine colour, or bake them, and serve them up with a remoulade sauce, (see below, or No. 60).

Eels contract very much when done; you should, therefore, cut the pieces long enough to be about three inches after being done; take care to have the bone out on both sides before you add the crumbs of bread.

*Remoulade Sauce.*—Put into a mortar a spoonful of shallots chopped very fine, the yolks of two boiled eggs, a spoonful of mustard, salt, pepper, and a little Cayenne, pound the whole well, then put gently one or two spoonful of fine Lucca oil and a little vinegar; rub this sauce through a tammy, and put the yolk of a raw egg, to prevent its turning oily: if you wish the sauce to be green, put a verd d'Épinard (green extract of spinach, No. 63) into it, and some scented vinegar, as Tarragon, or elder, &c. &c.; if you have any béchamel (No. 36), you may add a spoonful.

516. *Tronçons of Eels à la Poulette*—(*Eels like a Fricassée of Chickens.*)

There are some people who cook eels à la poulette, in the same manner as a fricassée of chickens; it is better, however, to stew them in a marinade, and then to make the sauce à la poulette separately, by taking some sauce tournée (No. 19), which you reduce till it can take a thickening. Mix it with parsley chopped very fine, and small onions, if approved of; in which case they are to be done separately, and stewed in a little broth and salt. Drain them, and put them into the sauce after having thickened it. Let it be seasoned pretty highly with salt, pepper, and the juice of a lemon. Let the eels continue in the sauce for ten minutes before you send the dinner up to table. If you should have no sauce tournée, make a little white roux (No. 14); moisten with either water or broth, to which add a bunch of parsley and green onions, pepper, salt, a small white onion, a few mush-

rooms, and a little glaze. Let the sauce boil for half an hour, that the flour may be well done, then take out the parsley and onions, skim the sauce, mix a little chopped parsley and the juice of a lemon with the thickening, and serve up hot over the eels.

#### 517. *Baked Eels.*

Prepare the eels as above, but open the belly in order to draw out the inside and the blood. Roll the eel round, put a stuffing into it, and fasten it with a skewer. Then bake it in a marinade, or a little court-bouillon (see No. 508). When it is a brown colour, glaze it, and serve under it an *Italienne* (No. 23), with which mix half a quarter of a pound of butter. Add to it a spoonful of essence of anchovies.

#### 518. *Tronçons of Eels larded and glazed.*

This dish never looks well, as the tronçons (or pieces) will not stand upright. Strip the eels, however, as above, cut the pieces of an equal size, and lard them.—Next put them in a stewpan rubbed round with butter.—Have ready a marinade, and moisten with a few spoonful only. When the eel is done, contrive that the tronçons shall not be crooked, and glaze them of a fine brown. Send them up with caper sauce, to which you have added a spoonful of essence of anchovies.

#### PIKE.

#### 519. *Pike à la Polonoise—(Polish Fashion.)*

Wash the pike clean, then cut it into slices as if for a *matelot*; then fry in a quarter of a pound of butter the following herbs: a few carrots cut into dice, a few roots of parsley, a bunch of parsley and green onions, seasoned with mace, cloves, thyme, and bay-leaves, and a little ham. When fried, moisten the whole with a sufficient quantity of boiling water, and let

it boil for one hour. When this marinade is well stewed, drain it through a silk sieve over the slices of pike, and let them stew, but not too long, for they would break.—When the fish is done enough, take the liquor in which it has boiled, to moisten a béchamel meagre, which you make in the following manner :—

*Bechamel meagre.*—Take a few bits of ham, some mushrooms, a bunch of parsley, and green onions, a small white onion, which fry white in butter, then put to it a large handful of flour, let it fry a little, and moisten with the liquor in which the pike has been boiling. Stir this with a wooden spoon : let it boil till the flour is well done, pour in a pint of thick cream, that has already been boiled, and reduce the whole till the sauce is thick enough to cover the fish. Next take some turnips, cut into dice, stew them in a little broth and sugar; drain them and throw them into the sauce, after being drained through a tammy. Drain the pike also, and cover it with the sauce, and the turnips.

This sauce requires a little sugar, on account of the turnips. It must be well seasoned.

#### 520. *Pike with Genèveise Sauce.*

After having emptied and washed the pike, without scaling it, prepare a marinade, or pickle, with carrots, onions, parsley-roots, thyme, bay-leaves, sweet basil, cloves, and a few stalks of parsley. Stew all these, in a little butter, over a slow fire. When the roots are become tender, moisten them with Madeira wine, and let the marinade continue to stew. When it is done enough, strain it through a sieve over the pike, which you have taken care to lay in the narrowest vessel you can procure, so as to use no more wine than is requisite for the sauce. Do not put much salt, as the moistening is used for the sauce. When the pike is done, drain it immediately, that you may scrape off all the scales on both sides. Then put it back into the vessel where it was boiled, and pour in a little of the liquor to keep it warm, and to prevent its getting dry. Make a roux (No. 15), but not too highly coloured, which, on fast days, you must moisten with wine alone; but at other times you add two good spoons.

ful of veal gravy, with some parings of mushrooms, and a bunch of parsley and green onions. Let these stew till the sauce no longer smells of flour. Then strain it through a tammy, and add a good lump of butter kneaded with flour, a spoonful of essence of anchovies, and the juice of a lemon.

White wine is preferable to red; it also distinguishes the dish from a matelotte.

521. *Pike with Dutch Sauce.*

Scale the pike and take off the gills, without opening the belly. You must empty it at the head. Make a farce (forcemeat) with two handfuls of crumbs of bread, and the same quantity of beef-suet, (en maigre, on fast days, you use butter instead of suet,) the yolks of two eggs, or two whole eggs, a little milk, a large quantity of chopped parsley, a little thyme, salt, and pepper, and shalots chopped very fine, if approved of. Mix this very fine, and put the whole into the belly of the pike. Then trim a plafond or baking-dish, with layers of bacon, that the pike may not burn and stick to it. Fasten the fish's tail in its mouth with a little skewer. Break a few eggs into an earthen pan, with a little pepper and salt. Brush the pike all over with the beaten eggs, and powder it over with crumbs of bread; then baste it all over with clarified butter, and powder it with crumbs of bread again: baste it afresh with butter, and then bake it in the oven till it is of a fine colour. Send it up to table over a cloth, and serve up the Dutch sauce (No. 72) separately. If you send up two pikes, let one be green, and the other yellow. The green one is made by mixing a larger quantity of chopped parsley with the crumbs of bread, before you powder the fish over with them.

522. *Boiled Pike with Dutch Sauce.*

Empty and scale the pike, wash it well after it has stood for an hour in cold water, to disgorge all the blood; then boil it like any other fish, and serve up with Dutch sauce (No. 72).

523. *Baked Pike, French way.*

Prepare the pike as before, but instead of stuffing it with the forcemeat, stuff it with forcemeat quenelles (see *Farces*). Bind the head, which is liable to break. Make a marinade, a small quantity will do, and there will be quite enough if it reaches the middle of the fish. Baste it frequently with some of the moistening, that it may take a fine colour, which is not easily obtained, as crumbs of bread are not used. When it is done enough, drain it. Take some of the marinade to make a butter sauce as follows: put a good lump of butter and a spoonful of flour into a stewpan; moisten with the seasoning, but do not allow the sauce to boil. Add to this a spoonful of essence of anchovies, and the juice of a lemon. Serve the sauce under the fish without covering it over. If the pike is not a fine colour, you should add some fine capers to the sauce; and in that case, cover the fish over with it.

524. *Pike with Sauce à la Matelotte.*

Empty it as directed No. 520. Stew it in a marinade made with vinegar, and cover it with the matelot sauce, after having removed the scales, as in No. 520. The matelot sauce is to be made with red wine, (see *Matelot of Carp*, No. 511). If you wish to make a matelot of pike, do it in the same way as the other matelots; boil the fish in wine, and use the wine to make the sauce as usual.

525. *Fillets of Pike with Steward's Sauce.*

Take up the fillets of a moderate-sized pike, take off the skin, and cut them into equal pieces, that they may be dished nicely. Mark them in a stewpan with some melted butter, pepper, and salt. When just going to send them up to table, fry them lightly over a large fire, that they may be white and firm, then turn them on the other

side. When they are done, drain and dish them miroton way, and serve them up with the Steward's sauce for fish; the same as for fillets of soles.

526. *Fillets of Pike à la Maréchale—(The Marshals.)*

Take the pike and skin it as above. Cut the fillets in the shape of cutlets, and powder a little salt and pepper over them. Beat the yolks of two eggs in a pan, with which brush the fillets over, and then strew crumbs of bread over them. Next dip them in melted butter, and into crumbs of bread, to give them a second coat. Make the crumbs quite level. Lastly, broil the fillets over a slow, but equal fire. Dish them miroton way, and send them up with a white poivrade (Sharp Sauce, No. 26). Put into a small stewpan two spoonful of Tarragon vinegar, let it reduce to one half, and add to it three spoonful of sauce tournée (No. 19); thicken it with the yolk of an egg, add to it two ounces of fresh butter, some salt, pepper, and the juice of half a lemon; work the sauce to make it smooth.

527. *Fillets of Pike à la Turque—(Turkish Fashion.)*

Prepare the fillets as in No. 525. Wash some rice quite clean, and blanch it. Make it swell soft in some good consommé (stock broth, No. 2). Let it be done thoroughly, keep it thick, and season it well. Add a few spoonful of velouté (No. 21), and a little thick cream, still preserving it thick and firm, that it may be dished in a pyramid or dome, in the centre of the dish, and the fillets all round. Cover the fillets over with the sauce, but not the rice. You may serve up, either with the maître d'hôtel (No. 31), or the ravigotte (No. 29).

528. *Baked Pike.*

Scale and empty the pike, without injuring the skin of the belly, into which introduce a forcemeat, which will

drop out if not well secured. This farce is made of two handfuls of crumbs of bread, one handful of beef-suet, chopped parsley ditto, salt, pepper, and spices, two whole eggs, and a little fresh butter. Mix the whole together, and pound it in a mortar: then stuff the pike with it, and turn it with its tail fastened in its mouth by means of a skewer; next dip it, first into an omelet (yolks of eggs beaten), and then into crumbs of bread, and again into crumbs of bread; then baste it over with butter, before you put it into the oven. If you are to send up two, one of them is to be made green, by mixing a quantity of chopped parsley with the crumbs of bread. Mind, the oven must be well heated. When the pikes are of a fine brown, cover them with paper, and let them be well done through. Serve up with a Dutch sauce (No. 72).

529. *Pike à la Chambord.*

Scale the pike, and let it disgorge the blood in water for an hour or two. Then lard it in different places on one side of the back, and bake it in a marinade au vin (marinade made with wine), as you would do in the Genévoise (No. 520). That part which has been larded must stand uppermost, to prevent the part which is not larded from getting dry; cover this with layers of bacon, and be particular in basting frequently with the seasoning. When the fish is done, glaze the parts that have been larded, and cover the others over with a ragoût à la Chambord (No. 77). Observe that the quenelles must be made of fish. The garnish is generally composed of large quenelles, small pigeons (squab pigeons), larded sweetbread of lamb, &c. Take a little of the marinade, skim off the fat, reduce it nearly to glaze, and mix it with the Chambord.

530. *Pike with Court Bouillon.*

Take a large pike, which empty, without scaling it. Then wash it clean, and drain it. Next boil some vinegar, and when boiling, pour it over the scales of the pike,



which will turn blue, and the scales will curl up if the vinegar is not enough. Wrap the pike up in a towel, and let it boil in the court bouillon, which is prepared as follows\* :—

531. *Court Bouillon for Fish au bleu.*

Take two of each of the following roots: carrots, onions, roots of parsley, leaves of ditto, thyme, bay-leaves, mace, cloves, spices, which fry in butter without letting them get too much colour. Then pour into it two bottles of white and a bottle of red wine with salt, &c. This marinade being stewed properly, will serve several times for stewing the fish; but remember each time you use it, it requires a little water; besides, it would become too strong in the course of time. Take some of this liquor to make the matelot sauce, Genévoise (No. 520), &c.

This manner of boiling the fish is too expensive in England, where wine is so dear; and very good court bouillon cannot be made with vinegar. Besides, fish with court bouillon is always eaten with oil and vinegar, which is not customary in England.

PERCH.

Perch is a fish that is held in high estimation. Its flesh is white and delicate; it is easily digested, and is particularly recommended to those invalids who have weak, debilitated stomachs.

532. *Perch à la Waster-fish.*

Empty the perch. Wash it well in several waters. Prepare in a stewpan a white marinade (steeping) composed

\* If you happen to be in the country, where pike is plentiful, you may make fillets, for they are as good as any other fish for that. They must be dressed in the same way as fillets of soles, or whittings à la maître d'hôtel, or ravigotte, or à l'Orlie.

of shreds of parsley and of parsley-roots, a few carrots, and two or three green onions cut into fillets. Stew the whole in a little butter. When the roots begin to get soft, moisten with boiling water, and a glass of white wine, salt, pepper, &c. Let the whole stew well, and pour the marinade over the fish, which stew for about ten minutes. Then drain and scale it nicely, preserving, however, the red fins. When the perch is quite clean, stick those red fins into the partition of the fillet, to shew what the fish is. As it is very liable to break, put it with care into a stewpan, covered with some of the liquid, to keep it warm; reduce the remainder of the liquid almost to glaze; have some parsley roots cut as for Julienne soup (No. 107), some leaves of parsley blanched very green, and two spoonsful of good béchamel (No. 36); add to it the reduced liquor, some salt, pepper, the juice of half a lemon, and two ounces of fresh butter; after having drained the perch, dish it, and cover it with the sauce.

533. *Perch plain boiled, or Water Suchet.*

Empty and wash the perch as above. Trim a stewpan with parsley-roots, a bunch of parsley, a little salt, and a few grains of corn pepper, which you must count, that you may take every one out when the water has boiled for half an hour. Put the perch into the water, and boil them speedily, that they may be more firm. Then take out the bunch of parsley, and throw into the liquor some leaves of parsley that have been made very green. Serve up the fish in a deep-bottomed dish, with the liquor and the roots, which must be cut into fillets of about an inch long, and an eighth wide, send up with slices of bread and butter on a plate; the liquor must be rather salt.

534. *Perch à la Maître d'Hôtel—(with Steward's Sauce.)*

Let the fish be prepared and cooked as above. Remember that you must preserve the red fins, which you stick into

the middle part, instead of leaving them in their natural place. After you have drained the fish, cover it over with a maître d'hôtel (Steward's sauce, No. 31).

535. *Perch plain boiled, with Dutch Sauce.*

After having emptied the fish, scale them well, and boil them, with water and salt, for a quarter of an hour. Serve them up on a cloth, with parsley quite green all round, and send up the Dutch sauce (No 72), separately.

TENCH.

Tench is a fish which real epicures think very little of; it is more admissible in a matelot than in any other way. However, it may be dressed either broiled, with court-bouillon, or farcie (stuffed), the same in every respect as a carp. (See Carp, page 237.)

536. *Fried Tench.*

After having scaled and emptied the tench, split the back of the fish, but take care not to touch the belly, for if you do, it will divide. Let it pickle for three hours in vinegar, salt, pepper, stalks of parsley, and onions. Then drain it and dip it into flour. Fry it of a fine colour, and quite firm. The dripping must be very hot. This you try with a drop of water, which being thrown into the dripping, occasions a noise, if it is in a proper state. Send it up to table on a cloth, with fried parsley all round; if you have a soft roe, fry it likewise, and serve it in the middle.

## TROUT, AND SALMON-TROUT.

Trout is never good unless caught in running water; indeed it is seldom to be found elsewhere. It is to be cooked or dressed in the same manner as salmon, and is generally better and more delicate.

537. *Trout stewed in Court Bouillon.*

Empty the trout without making a large opening in the belly. Wash it well; wrap it up in a cloth, fasten both ends with a bit of packthread, and bind the middle, or body, but not too tight. Then stew it in a court-bouillon. (See Court-bouillon, page 508.) When the trout is done, drain it, unfold the cloth, and send the fish up to table on another clean cloth, with green parsley all round. Send up the Dutch sauce (No. 72), in a boat.

538. *Trout with Genèveise Sauce.*

After having emptied the trout, fasten the head with packthread, and stew it (without having removed the scales) with marinade. This is to be dressed exactly in the same manner as the pike (see Pike à la Genèveise, No. 520), only put rather more cloves with this sauce, and make it with red wine instead of white. All red fish should be dressed with red wine in preference to white. When the trout is done, take off the scales and skin, and put it again to warm with some of the liquor, and serve with the sauce over it.

539. *Fillets of Trout à l'Aurore.*

Take up the fillets of three trouts with the skin off. Pare them in the shape of hearts. Put them into a sauté-pan with melted butter, salt, and pepper. Fry them sharply on a clear fire; turn them over, and when they are done, dish them miroton way, and cover them over with the sauce à l'aurore (No. 96). The sauce à l'aurore, with

the fish, is the same sauce as that which you will find before under the name of *maréchale* (No. 103), only when à l'aurore, you add to it a butter made red with the spawn of lobster, which must be rubbed through a tannoy or sieve.

#### 540. *Baked Trout.*

Having emptied and scaled the trout, put a stuffing well seasoned into the belly, then turn it round, with its tail fixed in its mouth. Put the fish in a small quantity of marinade, so that it may be just covered. Baste it frequently, and let it be made a fine colour. When it is done, reduce one-half of the liquor in which the trout has been stewing, put in a good lump of fresh butter kneaded with flour, with a little essence of anchovies, a few fine capers, salt and pepper, if the sauce is not sufficiently seasoned; but be careful, when you use anchovies, not to use too much salt. Then squeeze the juice of a lemon, drain the fish, send it up to table, with the sauce under it, but without covering the fish.

#### 541. *Trout plain Boiled.*

After having emptied, scaled, and washed the fish, have some boiling water ready, into which put the trout with a good handful of salt only, but no vinegar, as it spoils the colour of the fish. When it is done, drain it well, and serve it up on a clean cloth, garnished with parsley. Send up lobster sauce separately in a boat, or Dutch sauce (No. 72.) The length of time it should boil is left to the judgment of the cook; the size determines the time. But keep in mind, that when the fish remains long in the water it loses its flavour and quality; for this reason, take care to boil it precisely at the time it is wanted.

## LAMPREY.

Although very few people are partial to this fish, some, however, like it as a matelot; it is then to be cooked in the same manner as the eel. You must notice, however, that the lamprey requires a very long time before it is done. Make a sauce à matelotte (No. 39), in which let the fish simmer for an hour and a half, or two hours if the fish is of a large size.

## CRAWFISH.

Crawfish is good only when it does not spawn, for when it does it is most nauseously bitter. Wash it well in several clean waters, till the water remains perfectly limpid and bright. Trim a stewpan with a few slices of carrots, onions, roots and stalks of parsley, thyme, bay-leaves, two cloves, salt, pepper, a glass of vinegar, and some water. Let the whole stew for an hour, drain it through a sieve, and put the live crawfish into the seasoning to boil. Keep stirring them almost without interruption, that they may be done all alike, for twenty minutes. Keep them in the seasoning till you send them up to table, as they take a better flavour.

542. *Crawfish à la Poulette.*

When the best crawfish have been sent to table plain, take the smaller ones and pick off the lesser claws; cut the large ones in half, beard them, pick the tail; put all these in a cloth, and shake them well, that there may be no water left. Then take two spoonful of velouté (No. 21), a quarter of a pound of butter, some pepper and salt, chopped parsley, a little cavice, and the juice of a lemon. Put the crawfish in this sauce, which must be thick, and send up to table quite hot.

543. *Bisque of Crawfish.*

This is a potage (soup) which is sent to table on gala days only, when you are obliged to make a frequent change of soups. Take the best crawfish you can procure, according to the quantity you may want. Five or six dozen at least are generally requisite. If you boil the crawfish expressly for the occasion, do not put vinegar. Lay aside two dozen and a half of the finest tails, that remain whole. Pound the rest, with all the meat, and fleshy parts of the inside, in a mortar with the flesh of the breasts of two roasted fowls or chickens. Have ready the crumb of two French penny loaves soaked or boiled in rich broth. Put it into the mortar, with the yolks of three eggs boiled hard. Pound the whole together. Next put the shells of the crawfish to boil in a little broth; then use some of the liquor to dilute the pounded meat, and rub it through a tammy. Now boil a pint and a half of cream, which keep continually stirring round, in order to prevent a scum from rising. Pour the cream into the soup, and season it well. Have the red spawn of a lobster well pounded, dilute it with some of the broth, and mix it with your soup. Keep it hot, without boiling. Soak a few rounds of bread, which lay at the bottom of the tureen. Pour your bisque into the tureen, over the bread; place the tails that you have laid aside previously, all round the tureen over the soup, and serve up hot. Mind the soup is not to be too thick; and season it of a good flavour.

544. *Crawfish for Entrées.*

The crawfish, in this case, must be dressed as directed in page 255, 1st article. They never serve but for a garnish, and then the small claws must always be taken off. Take care to beard the fish, to take off all the small claws, and that it is of a fine colour. Thus prepared, they may be used for either chambords, godards, (with chambord or godard ragouts, Nos. 76 and 77), matelottes, fricassées *pâtés chauds* (hot patties), aspics, &c. &c.

There are many other sorts of fresh-water fish that seldom are sent to table, which are found in stagnant waters, and which accordingly are not mentioned here. Those who fancy them, however, may either broil or fry them, as they would a carp.

## SHAD.

This fish is held in high estimation in France, and especially in Paris. It must be scaled, emptied, and washed nicely. Next it is to be steeped in a little oil, with pepper and salt. It is necessary to split it, that the salt may penetrate. Broil it on both sides over a slow fire. It will be done in the course of one hour. When done, let it be served with caper sauce, or with sorrel.

---



CHAP. XVI.

SALT-WATER FISH.—TURBOT, BRILL, JOHN DORY,  
SALMON, STURGEON, COD, WHITING,  
SMELTS, &c. &c.

---

545. *Turbot.*

A **turbot** of a middling size is preferable to any other. When very large, the meat is tough and thready. The fish must be emptied, and all the blood washed out.

Most people are much mistaken with regard to the freshness of turbot: the author has ascertained by many years' observation, that a turbot kept two or three days is much better eating than a very fresh one: it certainly depends much on the quality of the fish, but if boiled with care and attention, its having been kept is a decided improvement. If you are obliged to wait after it is done, it is better not to leave the fish in the water; but keep the water boiling, and put the fish over the steam, covered with a damp cloth. When the dinner is called for, dip the fish again into the water; by this means it never loses its flavour.

It is of great consequence to boil white fish always in clear pump water; it makes the fish eat better, and keeps it whiter and firmer.

546. *Fillets of Turbot with Maréchale Sauce.*

Take the fillets of a moderate-sized turbot, skin them, and cut each fillet into equal pieces, either oval, or in the shape of hearts. Season them with salt and pepper. Then beat the yolks of two or three eggs in a plate, and brush the fillets over with them, next dip them into crumbs of bread, then into clarified butter, and then *again* into bread. Boil them till they are of a fine

colour, on a slow but equal fire. Dish them *en couronne* (as a crown), and pour over a sauce *maréchale* (No. 103); only remark, when for fish you must put more butter.

**547. *Fillets of Turbot à la Crème—(with Cream Sauce.)***

This is a dish made from the remains of the day before. When the turbot is returned from table, immediately take up the fillets, and skin them; do this while they are hot, as it will occasion a great waste to trim them when cold. The next day you must scollop your fillets as equally as possible. Have a sauce *à la crème* (see below), quite hot; put the fillets into it, keep them hot, and send them up in a dish garnished with a border, or in a *vol au vent*. (See Pastry.)

The cream sauce may be made in two different ways; first, if you have *béchamel* (No. 36) in the larder, put three spoonfuls of it into a stewpan, with a quarter of a pound of very fresh butter, two spoonfuls of very good cream, some salt, and a little Cayenne: mix the whole well, and put either the sauce over the fish, or the fish into the sauce, if it is for a *vol au vent*. If you have no *béchamel*, put into a stewpan a table spoonful of flour, a quarter of a pound of butter, two or three spoonfuls of cream, salt, a little Cayenne, and a small bit of glaze. Do not let this sauce boil, only melt it till it is thick, and season high.

**548. *Gratin of Fillets of Turbot with Velouté Sauce.***

This is another dish made from remnants. Proceed as in the last, No. 547, then cut a few slices of bread, one inch broad and a quarter of an inch thick. Dip them into an omelet of one single egg. Stick them on the border of a dish, which lay on the corner of a little stove. As you stick on the bread, turn the dish: when you have completed the circle, put a spoonful or two of *velouté* (No. 21) on the dish, and let it gratin in the centre of the dish. Next make more of the same *velouté*, to which add a quarter of a pound of butter, and mix this on the stove without

boiling. Keep this sauce thick; pour into it a little thick cream; season it well; put your scollops into the sauce, and the whole into the dish in which you have gratined the velouté. Now level with your knife, and strew crumbs of bread over them equally; heat a bored ladle, put a small lump of butter into it, and baste the scollops with it, let them have another coat of crumbs of bread, baste them again, and let them get well coloured with the salamander. When the gratin has got a good colour, take off the slices of bread that you had previously stuck round the dish, to make room for others that have been fried in butter of a fine colour. If you have a deep dish, the first border will not be wanted, only the second, which makes the dish look better; if you trim and fry your bread nicely, it makes a beautiful entrée (first-course dish).

549. *Vol au Vent d'Escalopes de Turbot, au bon Beurre*—(*Scollops of Turbot, with Butter Sauce.*)

This is an excellent preparation of a former day's remnants. Be particular in cleaning the fillets of the turbot when returned from table, as directed No. 547. Cut them in scollops and put them into a stewpan, well covered to prevent their getting dry. With regard to the sauce, take six spoonfuls of sauce tournée (No. 19), which reduce with two spoonfuls of consommé (stock-broth, No. 2). When the sauce is reduced, thicken it with the yolks of two eggs, and refine your sauce with at least a quarter of a pound of the best butter, or more. If you should have any thick cream, put in a little, as it will make the sauce mellow; lastly, season well, put the scollops with the sauce, keep them hot, and send up the whole to table in a vol au vent. (See Pastry.)

550. *Petites Timballes of Filets of Turbot à la Vénitienne*—(*Small Timballes of Turbot Venetian Way.*)

This is a dish made of a former day's remains, held in high estimation. It requires but very little flesh of the fish to make it. Cut whatever is left of the

turbot into dice, as small as possible. For the sauce take three spoonful of hot béchamel No. 36, to which add a good lump of butter, salt, white fine pepper, a little parsley chopped very fine, and well squeezed in a towel, that it may not give a green colour to the sauce. Then add a little cavice, that of Mackay's (which is the best) is the composition which agrees best with all fish sauces, particularly when kept for some years. Keep stirring your sauce, which is generally called working it. The French term is vanner, taking up the sauce in a ladle, and pouring it perpendicularly into the stewpan, repeating the operation frequently, and very quick, to make the sauce transparent. When it is mellow, and of a good taste, throw in the turbot which you have cut into dice, keep it hot, and when ready to send up to table, garnish the little timballes\* with the turbot. Let them lay for a moment in the oven, and serve them up hot. If you have no béchamelle, you must make use of the cream sauce or bon beurre (butter sauce, see Nos. 549 and 547).

551. *Small Turbot broiled, with Caper Sauce.*

After having emptied and washed the fish clean, make an incision in the back, down to the bone; then wipe it quite dry; next lay it in a dish to steep in salt, pepper, and sweet oil; put in very little oil, as it requires only sufficient to prevent it from drying. Half an hour, or even three-quarters of an hour before dinner-time, broil the fish over a slow fire. It is requisite to lay some straws on the gridiron, to prevent its making black streaks on the turbot, which broil on both sides, and serve up with caper sauce, No. 100.

552. *Turbot and Lobster Sauce.*

Choose a very white and fine skinned turbot; three-quarters of an hour before dinner, or an hour if the tur-

\* Timballe is the pastry made in the custard mould.

bot is very large, put it into boiling water and salt, with lemon slices over it; start it very quick, when it begins to boil, draw the pan on the side of the fire. If the turbot boils too fast, it will be woolly; when you have ascertained with your knife that it is quite done, serve with green parsley on the broken places; and put round the dish some horse-radish scraped fine; serve the lobster sauce separately in a boat. (See No. 58, page 26.) Make an aperture in the back of the turbot, and it will be the sooner done.

#### 553. *Broiled Turbot.*

Marinate the turbot in sweet oil, salt, pepper, &c. and broil it on a slow fire: it cannot be sufficiently done in this way in less than an hour. You must accordingly put it on a slow fire in due time. When you serve, cover it with caper sauce, which is to be made as follows: make some melted butter with a little glaze in it; when melted throw in some essence of anchovies, a few capers, and a drop of vinegar. Then give a good seasoning, and pour the sauce over the fish.

#### BRILL.

This is very delicate, and very delicious eating when broiled, with caper sauce. It is to be cooked exactly in the same manner as the small turbot, No. 551. It is also eaten like turbot, and is almost as good. When very fresh, you may use it for fillets and for every entrée (first-course dish) the same as turbot.—(See Turbot, plain and cooked.) The brill is very delicate, and as good as turbot, and may be used more frequently for fillets, as the price is not so exorbitant, and the fillets are more delicate.

#### JOHN DORY.

John Dory is a hideous-looking fish, but the meat is very delicate. Cook it in the same manner as turbot;

and when broiled, send it up with caper or anchovy sauce. (See No. 100.)

554. *John Dory boiled, with Lobster Sauce.*

John Dory is boiled exactly the same as turbot; and the sauce is the same. Put parsley round it, particularly in the opening of the head.

555. *Ditto, broiled, with Anchovy and Caper Sauce.*

Marinate the fish in oil, and broil it in the same manner as you do turbot. The sauce also, with capers; and it should be observed, that but little oil is required, as it is only necessary to prevent the fish drying and adhering to the gridiron.

## SALMON.

Thames Salmon is the most esteemed, and sells accordingly. I have occasionally bought it at sixteen shillings per pound, which brings the price of one dish only to more than four pounds. Salmon is served indiscriminately, plain, or as an entrée, entremets, &c. Crimped salmon fetches the highest price, and is the only kind introduced at the table of the true gourmand.

556. *Slices of Crimped Salmon with Lobster Sauce.*

Boil the salmon quickly in salt and water. Serve up with lobster sauce. Fifteen minutes is sufficient to boil it. If you leave it too long in the water, it loses all its taste and colour.

557. *Slices of Crimped Salmon broiled, with Caper Sauce.*

Marinate your slices of salmon in a little olive oil, with salt and pepper. Three-quarters of an hour before you send up, broil them on a very slow fire, on both sides. When it is done, take off the skin, and drain it on a clean towel to draw out all the oil. Dish it, and cover it over

with the caper sauce. Let it be understood that your gridiron must be put on a slope, with a plafond under the fore-feet to receive the oil, the smoke of which, if it fell into the fire, would spoil the fish, and fill the kitchen with smoke and stench. Cover the slices with caper sauce.

558. *Cutlets of Salmon sautés à la Maître d'Hôtel—*  
(*Steward's manner.*)

Cut some slices of salmon in the shape of chops. Put them into a sautépan with some clarified butter, pepper and salt, and toss them, when dinner-time is come, over an equal fire. Drain the butter well, and dish the slices of salmon like a crown. Send up with a maître d'hôtel (No. 31). For salmon, you must not use any cream, as this fish is already heavy for the stomach; put into a stewpan three spoonsful of sauce tournée (No. 19) well reduced; add to it a thickening of one egg, and refine the sauce with a quarter of a pound of Épping butter, some salt, a little Cayenne, the juice of half a lemon, and some parsley chopped very fine; work this sauce very fine, and use it when wanted. You may give this dish with six different sauces, as maréchale, Dutch caper, main-tenon ravigotte, &c. &c. (See *Sauces.*)

559. *Salmon Salad.*

This is an entremet which is resorted to on economical principles, when there is any salmon left. Let the salmon cool, and cut it nicely into hearts, or square lozenges.—Decorate these hearts with fillets of anchovies, pickled cucumbers, fine capers, and chopped eggs, to which add a few hearts of lettuce. Then make the sauce as follows: if you should have some jelly, make a kind of mayonaise (No. 61). Put three spoonsful of oil, one spoonful of vinegar, with an equal quantity of jelly, seasoned with pepper, salt, and chopped herbs. Beat all these over ice, till they are a white colour, and decorate your salad with this mayonaise, and a few lumps of jelly, cut in different shapes. Make no decorations that are liable to

tumble down. A plain good salad will be eaten in preference to any other. Grand decorations are merely intended to ornament the centre of the table ; what is to be eaten must be plain and good. Above all things, avoid introducing artificial colours. Nature has supplied you with nasturtium, red and white beet-root, beans of two colours, white and green, chervil, tarragon, burnet, &c. ; besides, you have white or yellow omelettes. Never put any fish into a salad of fowl, for if the fowl tastes of fish, what will you have your salads maigres taste of? In summer-time, you have asparagus, artichoke-bottoms, cauliflowers, &c.

Salmon is cooked in various other ways, for which it is totally unfit. This fish being oily, will not admit of so many varieties. I have seen salmon pies sent to table, petits patés, and scollops of salmon in paper cases, croquettes ditto, and bonne morue, all which dishes are good for nothing ; and the best proof of the truth of this assertion is, that no one will ever taste them. If, notwithstanding, you would wish to try, the process is the same as for dressing turbot, or haddock. However, if you will follow my advice, you will never attempt any other first course dishes but those herein described. When a good slice happens to be left whole, you may serve it with montpelier butter, this is very relishing, and may be made as follows :

Take about eight good anchovies, a quarter of a pound of fresh butter, some herbs, as chervil, burnet, tarragon, a few shalots, and a very little garlick ; blanch these in boiling water and salt, put them in cold water, and when quite cold put them into the mortar with the rest of the articles before named ; add to it the yolks of six eggs boiled hard, with salt and Cayenne ; rub this through a sieve, after being well pounded, and use it for any sort of fish that you intend to serve with montpelier butter. If you like to have it very green, make a green extract of parsley (No. 63).



560. *Salmon, with G nevoise Sauce.*

Scale, empty, and wash your salmon clean. Then take a few shalots, some roots of parsley, a bunch of ditto, seasoned with spices, thyme, bayleaves, and a few carrots. Let the whole be lightly fried in a little butter. Then moisten with white wine (Madeira in preference). Let it boil for three-quarters of an hour. When the marinade is done, drain it through a tammy over the fish, which stew in that seasoning. Reduce some of the marinade with good Spanish sauce (No. 17), skim off all the fat, throw in a good piece of fresh butter, well kneaded with our, a little essence of anchovies, the juice of a lemon, some Cayenne pepper, and a little salt. When you have drained the fish, dish it and cover it with the sauce, and send some likewise separately in a sauce-boat.

N. B.—Salmon is also served with court bouillon. (See No. 531, page 250.)

561. *Salmon, with matelotte Sauce.*

Make a marinade, in which stew the salmon. When it is done, pick off the scales carefully. Pour the marinade over the salmon to keep it hot. Then make a matelot sauce in the following manner: put a good bit of butter and two spoonsful of flour into a stewpan, and make a roux. When it begins to colour, throw four or six onions into your roux, and let them melt: keep stirring with a wooden spoon. Then moisten with a bottle of red wine; add a few spoonsful of the marinade in which you have stewed the salmon, some trimmings of mushrooms, a bunch of parsley and green onions, well seasoned, and a small piece of glaze; season the whole, and put a little sugar to correct the acidity of the wine; skim the grease, and keep the sauce thick. In case it should not be thick enough to mask with, add a small bit of butter kneaded with flour, a quarter of a pound of fresh butter, some essence of anchovies, the juice of a lemon, and some salt and pepper. Drain the fish, and cover it with the sauce, after having strained it through a tammy.

Sturgeon is an excellent fish if firm; but when you find it soft and flabby, never attempt to make any thing good of it; it will become red and have a bad flavour. Take care never to let it boil when it is in the oven.

562. *Roast Sturgeon.*

Spit the sturgeon: make a marinade with white wine, with which baste the sturgeon. Next take some of the marinade, which reduce with four large spoonsful of good Spanish sauce, No. 17. When the sauce is of a good consistency, put in it about half a pound of fresh butter kneaded with a little flour, salt, and Cayenne pepper, the juice of a lemon, and a spoonful of essence of anchovies. If you have no Espagnole, make a little thickening with flour and butter, and moisten with the marinade, having added to it a little glaze.

563. *Baked Sturgeon.*

The same process as above. Make a marinade, either with wine or vinegar, and pour it into a vessel large enough to contain the fish, which cover with buttered paper, to prevent its getting too high a colour. Baste frequently with the marinade. When the sturgeon is done, have the sauce made as in the preceding, and use it to mask the fish.

564. *Sturgeon à la Ude—(Ude's manner.)*

Boil the sturgeon in salt and water. When it is done, drain and mask, or cover it with the following sauce: reduce in a small stewpan four spoonsful of elder vinegar. When it is half reduced, put in six spoonsful of velouté (No. 21), or rather a quantity proportionate to the size of the fish, and half a spoonful of cavice, thicken the sauce with three yolks of eggs, and add a quarter of a pound of butter, and some salt and pepper. Work this sauce well; drain the fish, and cover it with the sauce.— In order to keep it thick and white, mix with it a little thick cream.

565. *Blanquette or White Fricassée of Sturgeon à la Paysanne—(Peasant's way.)*

When you have some roasted sturgeon returned, keep it to make a blanquette. Pare some round pieces nicely, of the size of half a crown, and put them into a sauce à blanquette (No. 19 reduced), to which you add a little chopped parsley, and the juice of a lemon. This blanquette is sent to table like all others in a vol au vent, or a casserole, with rice.

566. *Blanquette of Sturgeon with Green Peas.*

If you have any sturgeon left, that is still very fresh, make a blanquette with peas, which not requiring to be highly seasoned, will admit only of fish which is extremely sweet. After having simmered the peas as they are always prepared for the second course, take three spoonsful of sauce tournée No. 19, and reduce it with four spoonsful of the peas, adding a very small bit of sugar. When your sauce is very thick, put to it a thickening of two yolks of eggs, then put the sturgeon to it, and serve either in a vol au vent, or in a border of potatoes. Observe, that in this dish the seasoning must be very mild.

567. *Croquettes of Sturgeon.*

Sturgeon is a fish absolutely resembling veal; and when fresh is as white as the finest veal; when red, nothing can be done with it. If there is any returned, of a very good white, but not sufficient to make a croquette, make small timballes (see Pastry): cut the sturgeon into dice, and put them into a sauce similar to that mentioned No. 550, Timballes of Turbot. After having cut enough fish into dice to make the croquettes, take a béchamel (No. 36 reduced), and some mushrooms cut into dice, to which add a small lump of butter, salt, &c., and put the fish into that sauce. Let them cool, and then dip them into crumbs of bread, as described for other croquettes. Serve some fried parsley in the centre of the dish.

568. *Cod with Oyster Sauce.*

After having emptied the cod, open the sound or white skin of the belly, and wash it carefully all along the bone, that there may be no blood remaining. Mind that the fish is absolutely white, then lay it on a fish plate, and put it into the kettle with salt and boiling pump water: as soon as you see the fish boil fast, slacken it, and let it boil more gently, or else the outside will be done and the middle will be raw: as it is not easy to fix the time that it ought to remain in the water, you must judge according to the size of the fish; when done, drain it, and serve it on a napkin garnished with green parsley. (See Oyster Sauce, No. 99.)

569. *Cod with Cream Sauce.*

Prepare and boil the cod as above. But after having drained it, take the skin off, and mask or cover the fish with the following cream sauce: put into a stewpan half a pound of very fresh butter, and a spoonful of flour; moisten this with a pint of cream; add some salt, a very little Cayenne, and one spoonful of essence of anchovies; put all this on the stove, and let the sauce thicken without boiling; work it well, and cover the fish with it.

570. *Scollops of Cod en bonne Morue.*

This is a dish of the preceding day's remains. If you have any cod left, take up all the flakes, taking care to leave no skin nor bones. Have a cream sauce as in the last, No. 36, or else take three spoonsful of béchamel, and a good bit of butter; work them over the stove, and season with pepper and salt. When the sauce is well mixed with the butter, put in the scollops, and stir them well, that the fish may imbibe the sauce properly. Let the fish stand a moment till it is cold, then make a border round the dish with slices of bread fried in butter. Dish the scollops, level them smooth with your knife, dust them over with crumbs of bread, and baste them with butter. Repeat both these operations, and use the sala-

mander to give the fish a colour, and serve up with toasts of bread, one round, one oblong, alternately, so as to be ornamental.

571. *Vol au Vent of Scollops of Cod with Cream Sauce.*

This is another dish of preceding day's remains, but like the above is as good as if it were fresh made; which should always be the case when company is invited. Make the same sauce as for that above, only keep it a little thinner. Put your vol au vent into a dish, and put in the scollops only when you are going to send your dinner up. On fast-days, use the cream sauce No. 569. If you put in the fish too soon it makes the paste soft.

572. *Scollops of Cod à la Maître d'Hôtel—(Steward's Sauce.)*

Make a maître d'hôtel, No. 32, into which put the scollops; season them pretty high, and add the juice of a lemon. Send them up to table quite hot, for a cold dinner is good for nothing, particularly of fish.

573. *Crimped Cod with Oyster Sauce.*

This dish is boiled like the other fish, and it should be observed, that sixteen minutes, and sometimes not so much, will suffice to boil it; when the pump water boils, put the fish on the lining, and scatter a good deal of salt over it; as soon as it begins to boil, put it at the side of the fire, allowing it to simmer gently, try with your knife, between the bones, if it is done, and drain and serve immediately; the sauce should be served separately.

SALT COD.

574. *Salt Cod à la Maître d'Hôtel—(With Steward's Sauce.)*

The black-skinned ones are generally reckoned the best. Be particular in having the salt well soaked out, put the

fish into cold water, and put it on the fire. Let it be in a large vessel that it may have plenty of room. The moment it begins to boil, take it off the fire, and keep it in the water well covered: it will then be tender, but if it should boil, it will be tough and thready. Make a *maitre d'hôtel* sauce, with half a pound of butter, a spoonful of flour, four or five spoonsful of water, and a little salt. Taste the fish, and if required, put a little more salt and pepper. Then put it on the fire without allowing it to boil. When the sauce begins to thicken work it well, that it may be more mellow. Have some parsley chopped very fine, mix a pinch of it with a little glaze and the juice of a lemon. Then taste the sauce. If it be too brown, put in a little thick cream, which will make it both whiter and more mellow. Take away the skin and bones of the fish, and put it into the sauce, shaking it gently for fear of breaking it. Send it up either in a *vol au vent*, or in a deep dish, with crusts of puff-paste. Sometimes, if you give this dish as a fish-dish, serve it with the skin down in the dish. Drain all the water, and mask or cover it with the Steward's sauce, and garnish with fried potatoes round the fish.

575. *Salt Cod à la Provençale—(Provence manner.)*

After having drawn out the salt, and done the fish as above, pound two or three heads of garlick, which throw into a stewpan with two spoonsful of oil, a quarter of a pound of butter, a little salt, and some coarse pepper. Continue shaking the stewpan with its contents. Put in the salt fish quite hot, and keep shaking till the whole is well mixed together. If you should find that it is not mellow enough, add a little oil, and a spoonful of *velouté*, No. 21. Such dishes require to be highly seasoned, and serve to circulate the bottle freely. Do not neglect lemon-juice.

576. *Salt Cod with Cream Sauce.*

The same process as in No. 569. You may send it up to table in a *vol au vent*, &c.

577. *Salt Cod à la Bonne Femme*—(*Good Wife's way.*)

This is the same thing nearly as No. 574, only boil some potatoes, and let them stand till they are cold ; cut them into the form of corks, and then into round slices much about the size of a halfcrown piece, which put with the sauce and salt fish. Taste and season well.

578. *Salt Cod à la Lyonnaise*—(*Lyonese way.*)

The same process as usual ; boil it in water. Cut some onions into dice, which fry in butter till they are very brown. Dust them over with a little flour. Moisten with milk or cream. Let the onions be well done ; mix a good lump of butter, and season the sauce of a good taste. Put the fish into the sauce, and serve up quite hot.

579. *Salt Cod plain with Egg Sauce.*

Draw out the salt, and boil it as before directed, in the French way. Have some parsnips well done, which dish round the fish. Boil a few eggs hard, chop them, and throw them into melted butter, which send up in a boat.

WHITINGS.

580. *Broiled Whittings.*

Empty the whittings, scale them, but preserve the liver, which is very delicate. When you have washed and wiped them clean, slit the back on both sides. Beat the yolk of an egg with a little salt and pepper, and rub some of it over the whittings with a brush. Then dip the fish into crumbs of bread, next into melted butter, and then into crumbs of bread again. Broil them of a fine colour, and serve up. The sauce is to be sent up separately in a boat, whether it is Steward's sauce, anchovy sauce, or melted butter. Send up the sauce separately ; for if you were to pour the sauce over the fish the whiting would not prove palatable, and the sauce would get too thick.

581. *Fillets of Whittings à la Orlie.*

After having scaled, emptied, and washed the whittings, take up the fillets. Pare them nicely on both sides, without damaging the skin. Cut each fillet in two pieces of an equal size, and put them into an earthen pan with a few stalks of parsley, and a few shalots shredded, some salt, pepper, and the juice of a lemon; stir the whole in the lemon juice. Let it steep for about three hours. Then drain the fillets on a clean towel. Next beat the whites of two eggs, so that they may stick to the fillets. Mix some crumbs of bread and flour, dip the fillets into the whites of eggs, and in the crumbs of bread and flour, and fry the whole just before they are wanted in very hot dripping, that they may be served up hot with white sharp sauce. See *maréchalle* or *ravigotte*, Nos. 103 and 29.

582. *Quenelles of Whittings.*

The same process as for other quenelles. The mixtures are the same. You may make a vast number of dishes with quenelles of whittings, such as German quenelles in a *vol au vent*, a casserole with rice and boudins (puddings) either *à la Ude*, or *à la Richelieu*, which you have poached and cooled. Brush them over with an omelette and crumbs of bread, and fry them. Serve under it an *Italienne*, No. 23, refined with a good lump of butter, &c. All first course dishes of fish require some additional butter in the sauce.

583. *Boudins, Puddings of Whittings, à la Ude—  
(Ude's way.)*

Make a *farce à quenelles* (force-meat quenelles), as for other quenelles. Take the spawn of a lobster, which pound well, with a little butter, and rub it through a sieve. Mix the whole well with the force-meat quenelles. Then mould two puddings of the length of your dish. Poach them. When they are done, drain them on a clean towel, then have the tail of a very red lobster, and scollop it in several pieces. Next slit the puddings, and



cover them with white béchamel, No. 36; then introduce the pieces of lobster in the same way as if you were making a conti, observing to put the red part upward. When the puddings are equally decorated, lay them in a dish, cover them most carefully, and put them for a moment in the hot closet to keep them hot. For the sauce, take two spoonfuls of béchamel; work it well with a quarter of a pound of butter, seasoned with a very little Cayenne, some salt, and a little lemon-juice. Keep it rather liquid, in order to mask or cover the spaces between the contis of lobster. If you pay proper attention to the making of this dish, it will not merely afford a pleasing appearance, but will also be found a high relish for the epicure.

584. *Fillets of Whittings broiled à la Maître d'Hôtel—*  
(*in the Steward's way.*)

Take up the fillets of four whittings, after having washed them clean. Cut each fillet in two, brush them with yolks of eggs, seasoned with pepper and salt, and dip them into crumbs of bread, and then into clarified butter. Broil them a fine brown, dish them miroton way, and sauce them with the Steward's sauce, No. 32.

Fillets of whittings never answer when sautés, as they have not substance enough; and indeed I do not altogether approve of their being dressed in that style.

585. *Paupiettes of Fillets of Whittings.*

Take up the fillets of four whittings, and pare them equally. Spread some force-meat quenelles over the white side; then roll the fillets. Make a small dome with some of the same force-meat in the dish you mean to send up your fish in. Lay one row of fillets round the dish. Put force-meat enough to support the second middle row, and finally put one or two fillets in the centre of the dish, according to the space left. Sprinkle a little salt over, then cover the fish with buttered paper, that the fillets may bake without getting dry. They will be done in the course of twenty minutes. Then take them

out of the oven, and wipe the dish clean. Put a good lump of butter, about a quarter of a pound, into an Italian sauce, No. 23, with a little essence of anchovies; work the sauce, season it well, and cover the fillets over with it.

586. *Whitings with gratin.*

After having scaled, emptied, and washed the whitings, wipe them clean. Preserve the liver. Take a silver dish, if you have one, if not a baking-pan. Rub the bottom over with butter, and sprinkle it with parsley and mushrooms chopped very fine, over which lay the whitings. Then take some rasps of bread, that are not burnt, and sprinkle them over the whitings, with pepper, salt, and grated nutmeg: then again dust them over with sweet herbs; namely, parsley and mushrooms, chopped very fine. (If shalots are approved of you may add pour some.) Next lay small lumps of butter on the whitings; into the dish a glass or two of white wine, and bake them in a hot oven. They will be done within a quarter of an hour or twenty minutes, according to their size. Serve them up with lemon-juice and no other sauce. This is a very palatable but very common dish; if there is too much sauce reduce it on a stove, as it must be very short, it being called *au gratin*, because it is a short sauce.

587. *Whitings fried.*

According to the French fashion, you must not flay the whitings, only slit and dip them in flour, and then fry them in very hot dripping, and serve them without any sauce. In England they take off the skin, and fasten the tail in the mouth; they are then dipped into an omelet, then in a little flour and crumbs of bread. Fry them a fine colour, and serve them up on a cloth, garnished with parsley, and send the shrimp sauce separately in a boat.

*Shrimp Sauce.*

Put into a stewpan a quarter of a pound of fresh butter, a tea-spoonful of flour, a small glass of water, some salt

and pepper, and a spoonful of the essence of anchovies; put this on the stove; as soon as the sauce is thick take it off, and put in the shrimps, after having well washed them. Never neglect to season your sauce; without seasoning the best cookery is good for nothing.

## SOLES.

588. *Soles with Water Suchet.*

Take some very fresh soles; scale the white side, and skin the black one. Empty out all the intestines, and wash the fish in several waters. When they are quite clean boil them in water suchet, which is made as follows:

*Water Suchet.*—Take some roots of parsley, and cut them into slices as for Julien soup, No, 107, about the eighth of an inch thick and an inch long. Put these roots into some water with a bunch of parsley, green onions, and a little salt, and let them stew for an hour; then stew the soles in this water. When they are done, have ready some leaves of parsley, (without stalks,) which have been blanched separately in salt and water. Drain the soles, and mind that the parsley roots, cut into slips as above-mentioned, must be preserved. Then put the soles into a tureen, or a deep dish, with some of the liquor in which they have been stewed, and which you strain through a silk sieve. Throw in the roots and leaves of the parsley, and serve up the water suchet without any bread in it; but in a separate plate send up a few slices of rye bread and butter. This broth must be as salt as sea-water.

589. *Paupiettes of Fillets of Soles.*

The farce or force-meat must be made of whiting, the flesh of soles not mixing with any other ingredient; you may keep the skin on the white side of the soles, provided you scrape it well; spread the farce over the inside of the fillets, and roll them as you do the paupiettes of beef palates, or fillets of whiting.—(See No.

585.) Dish alternately a white fillet and one without the skin, as they look better so : do them in the oven as other paupiettes ; drain the butter, and serve.

Use the same sauce as for whittings (see No. 585), or white sharp sauce (No 26, page 12).

590. *Fillets of Soles sautés with Ravigotte, à la Crème*  
—(with Ravigotte of Cream.)

First scale the soles, and wash them, but do not empty them. Take up the fillets, by running your knife first between the bone and the flesh, then between the skin and the fillet ; by leaning pretty hard on the table, they will come off very neatly. Cut them in two. Mark them in a sauté-pan with some melted butter, and dust them over with pepper and salt. When dinner time is come, sautez them on a very brisk fire, turn them over, and when done, drain them on a sheet of white paper. Dish them either crown or miroton way. Cover them, and keep them hot. Do not forget to drain the water which has issued from the fillets, before you pour the sauce over them.—(See below, Ravigot Cream.)

*Ravigot with Cream.*—Put into a small stewpan three spoonful of very thick béchamel, No. 36, or cream sauce, one tea-spoonful of cavice, one ditto of elder vinegar, one ditto of ravigotte vinegar, and a quarter of a pound of very fresh butter ; mix all this with salt and a very little Cayenne, add a tea-spoonful of parsley, chopped very fine, that has been steeped in salt water, that it may be very green, drain it on a sieve, and press the water out of it in order to keep your ravigot sauce thick enough to cover the fillets. You must make this sauce very smooth and palatable ; as the cavice darkens the sauce, add to it a spoonful of double cream.

591. *Fillets of Soles à la Orlie.*

The same process and the same sauce as for fillets of whiting, No. 581.

592. *Timballes of Fillets of Soles à la Vénitienne—*  
*(Venetian manner.)*

When you have served soles either fried or boiled, you must preserve a sufficient quantity to make one first course dish on the following day. Pare the skin well, and cut the meat into small dice. Take two spoonful of béchamel, No. 36, which mix with a quarter of a pound of very fresh butter; add to it a little parsley chopped very fine, a tea-spoonful of cavice (from Mackay's), and half a tea-spoonful of elder vinegar. Keep the whole hot, without boiling. Put the small pieces of fish into this sauce, season it with pepper and salt; fill the little timballes, and serve up quite hot. The timballes are to be made in custard moulds.

593. *Vol au Vent of Fillets of Soles with Cream*  
*Sauce.*

This is another dish of a former day's remains. Pare the skin; cut the soles into round pieces of the size of half-a-crown. Then have a cream sauce, or else four spoonful of béchamel, No. 36, mixed with a quarter of a pound of butter, and a little salt and pepper. Let the sauce be made hot, without boiling, put the soles into it, and then the whole mixed into a vol au vent.—(See Pastry.) The sauce must be kept rather thick, for fear of making the crust soft.

594. *Fillets of Soles à l'Aurore—(Aurora's Soles.)*

Take up the fillets of four soles: skin them on both sides. Have ready force-meat quenelles, made of whittings, with the spawn of lobsters put in, to make it look red. Spread this force-meat over each fillet, then roll them in the same manner as the paupiettes, No. 585. Next skewer them with silver skewers, three to each skewer; dust a little pepper and salt over them. Season the force-meat rather high. Lay the skewered fillets in a baking-pan, cover them with layers of bacon, and bake them. When they are done, take off the skewers, pare the force-meat

that has penetrated, and dish them neatly. With a part of the pounded lobster's spurn which you have kept aside, mix two spoonful of sauce touraée, No. 19, deprived of all fat, and a good lump of fresh butter; drain the whole through a tammy, that it may be fine. Add to it a little essence of anchovies, with pepper, salt, and lemon-juice. Keep the sauce very hot; and cover the fillets with it. Observe all the bacon must be taken off.

595. *Soles à la Miromesnil.*

Take three soles, scale them on both sides, and empty them nicely without injuring the flesh. Make an incision on the black side. Fry them without dipping them into flour. When they are done, drain them on a clean cloth; open the place where you have made the incision, cut the bone near the head and tail, and draw it out. Let the fish cool. Make a Steward's sauce, No. 31, cold; that is to say, mix a lump of butter with some parsley chopped very fine, pepper, salt, and the juice of a lemon. Divide the butter into three equal parts, and put one part into the opening of each sole, close the opening, and make the whole stick by means of the yolk of an egg; put a few crumbs of bread at the joint. Then dip the soles into an omelet of two eggs, and next into crumbs of bread, equally on all sides. When dinner-time is come, fry the soles in hot dripping. They are done as soon as they are coloured. The sauce is found in the sole itself. This is what we call in France an entrée bourgeoise.—(A city dish.)

596. *Aspic and Salad of Fillets of Soles with Montpellier Butter.*

*Montpellier Butter.*—Take a handful of chervil, tarragon, burnet, and green onions; wash them very clean, and blanch them in boiling water, with a handful of salt to keep them as green as possible. When they have boiled six minutes, take them out, and put them into cold water till they become quite cold; you must have ready some eggs boiled hard; drain the herbs and squeeze all the

water out; put them into the mortar, and pound them very fine; add the yolks of eight eggs, ten or twelve anchovies, cleaned and boned, two spoonsful of fine capers, a very little garlic, some salt, a little Cayenne, and a little nutmeg; pound all this till very fine, then add half a pound of very fresh butter, a spoonful of sweet oil, and a spoonful of elder or tarragon vinegar; taste if the seasoning is very palatable. Rub it all through a sieve, and to make it a greener colour, add some green extract of spinach, No. 63; observe particularly that none of the different herbs predominate: put this butter into ice, and you may use it for borders of salads of fish, &c. &c. When you want to make this butter red, infuse all the herbs in a little boiled vinegar, and use lobster spawn to colour it, instead of the green extract of spinach.

It is occasionally requisite to dress soles on purpose, to make either aspics, or salad; in this case it is better to fry them with the skin, rather than take up the fillets and sauté them. When they are fried, the fillets come off neater, and without any scum. If, however, you have sent up to table a dish of fillets of soles, that has been returned untouched, you may make a salad with them. Pare them nicely. Endeavour always to procure some green salad, of any sort, to dish them with. Nature will always supply you with agreeable colours, without painting what is intended to be eaten. Dish the fillets miroton way; ornament them with beet-root, nasturtium, small white onions stewed, chervil, pickled cucumbers, and red turnip radishes; but above all things, take care not to lose time in ornamenting the salad, and do not pour the sauce over the decorative part.—(For salad sauce, see next page.)

The aspic of fillets of soles is hardly admissible except at balls, when the number of dishes require their being introduced; but in general it is a very indifferent article. Salad is always preferable.

First, put a little aspic into a mould to acquire a substance, and when it is chilled, make some ornaments with the whites of eggs boiled hard, some black truffles, some gherkins, or beet-root. When you have made decorations, with all sorts of eatable things, pour in some

of the liquid aspic gently, to settle all this together, and put the mould in the ice; when the aspic is frozen again put the fillets in miroton order over the aspic; but mind when you return the mould that the miroton is on the right side; then fill up the mould with the aspic, very near the top of the fillets of soles; let it freeze, and when it becomes quite stiff, put some of the mayonnaise, No. 61, all round the fillets, or some of the montpelier butter, and add some more aspic quite cold, otherwise the butter will dilute in the jelly, and will appear muddy; fill the mould to the rim, and let it freeze: at dinner-time dip a rubber in hot water, with which rub the mould, and turn the aspic on the dish.

When judiciously made, this is a pretty dish, but should never be attempted by a clumsy person, who would inevitably bring disgrace on the art.

*Salad Sauce.*—Take the yolks of four eggs, boiled hard, put them into the mortar with a spoonful of mustard; pound this very fine; add to it salt and pepper, two spoonfuls of vinegar, and three of sweet oil; you may put also a spoonful of tarragon or elder vinegar. If you have in your larder a good meat-jelly, you may occasionally put some to it, but do not put any cream, as some do, for it is very unwholesome; you may put some chopped herbs, as chervil, tarragon, burnet, &c., if approved of. In making salad sauce, be cautious not to use any of the herbs mentioned without consulting the taste of your master.

#### 597. *Croquettes of Fillets of Soles.*

Many pseudo cookery-books have receipts for croquettes of salmon, and croquettes of cod, which are certainly uneatable. Sturgeon and soles are the only two fishes which have sufficient firmness to admit being made into croquet. The oftener a fish is presented to the fire, the more unpalatable it becomes. With regard to the croquette of soles, reduce the sauce, cut the soles into small dice, and throw them into it, season them well, and put the whole preparation into ice. When cold, cut them into equal parts on a dish. Roll them either round, or oval,



but never into pears; dip them into an omelet of two eggs, put a little salt, and then dip them into crumbs of bread, fry them a good colour, and serve them up with crisp-fried green parsley in the middle.

598. *Fillets of Soles à la Turque—(Turkish way.)*

Take off and santé the fillets as directed before. Have some rice swelled, and made soft in good consommé (No. 2), mix it with a few spoonsful of good béchamel (No. 36), to put in the middle of the dish: this rice must be thick, in order that it may be dished in a pyramid. To mask, or cover the soles, take three spoonsful of béchamel, No. 36, mixed with a quarter of a pound of butter, a tea-spoonful of cavice, and a little salt and pepper. Work this sauce well, and cover the fillets only. The rice is to form the centre of the turban.

HERRINGS.

Herrings are an excellent fish: but the flesh is so delicate that no cook attempts to dress them otherwise than as broiled or fried. Those with soft roes are the most delicate. You know them to be very fresh when the eyes are very red, and the scales shine bright. Broil them over a brisk fire, but never wash them. Wipe them well, empty and scale them carefully: cut off a small piece of the tail and of the head, to prevent them from burning. Send them to table with mustard sauce in a boat.

599. *Soft Roes of Herrings, in Cases.*

Have a paper case, either round or square; its size must be suited to the dish you are going to use; spread some butter over the bottom. Broil eight very fresh soft-roed herrings, and when well done, take out the roes, and put them, without breaking, into the case. Sprinkle over them a little pepper, salt, rasped bread, and finely chopped parsley; put a few small bits of butter over them in different places, and bake them in a hot oven. When they

are done, put a little Steward's sauce (No. 31), into the case, with the juice of a lemon. Send up quite hot, and very firm.

This dish can never be properly prepared if you do not take the precaution to wash the herrings: scale them very well, and wipe them first with a damp cloth, and afterwards with a dry one, then broil them very sharply, so as to keep the soft roe very firm. The case should be made of strong foolscap paper.

## PIPER.

This fish is not in the repute which it deserves; for when well dressed, it is superior to any other, but it should be used when very fresh.

600. *Baked Piper, Dutch Sauce.*

Empty and clean it as you do every other fish; then make a good stuffing in the following manner: two handfuls of crumbs of bread, the same quantity of beef suet well chopped, parsley, and a little thyme chopped very fine, two whole eggs, a drop of cream, a small bit of butter, salt, a little Cayenne pepper, and a very little spice, ground extremely fine: mix this well, put it into the belly of the fish, and sew it up; bind the tail of the fish to the mouth, and fasten it with a skewer, then rub the fish all over with a brush dipped into the yolk of an egg; sprinkle over some salt, then some crumbs of bread, and baste with clarified butter; then put this to bake in a very hot oven, in order to give it a good colour. When done, drain it, and serve up with Dutch sauce (No. 72).

601. *Fillets of Piper, Lord Sefton's way.*

Take one large piper, or three small ones, strip the flesh from the bone, and divide it into fillets of the same shape; then put them into a sauté-pan with melted butter, as for other fillets, with salt and pepper; when it is dinner-time put them on the stove, or into the oven; when done, drain them, and dish them the same as fillets of soles.

The sauce is the same; but they are better eating than either soles or whittings.

602. *Fillets of Piper, with Steward's Sauce.*

The same as No. 601, only you must use the maître d'hôtel (No. 31), instead of white sharp sauce.

603. *Fillets of Piper à la Orli e.*

The same as Fillets of Whiting (No. 581). Observe that the piper is best when red.

RED MULLET.

This fish is in great repute for the delicacy of its flesh, and it merits its repute: you may boil them: but in general, to eat them in great perfection, you must wash them well, but not empty them: drain them very dry in a clean cloth; then have some buttered paper and a little salt, wrap them well in it, and put them into the oven, or broil them if you have no oven. They may be eaten with lobster sauce, or anchovy sauce alone; send them to table without the paper.

604. *Red Mullet, with Gènevoise Sauce.*

You may dress them in another way, by putting them in the oven in a buttered baking dish, and covering them with buttered paper; when they are done, serve over them the following sauce:

*Gènevoise.*—Put in a small stewpan a little bit of butter, a few pieces of ham cut in dice, a few leaves of mace, two cloves, a little thyme, a few bits of mushroom, some parsley roots, one shalot cut in four, and a small bit of carrot; fry them on a slow fire till they become a little brown, then moisten with a glass of Madeira, and put a very little sugar; reduce the wine to half the quantity, add to this a spoonful or two of good Spanish sauce (No. 17), skim away all the fat, put the sauce through a tammy, add to it about a quarter of a pound of fresh butter, and

add to this the gravy from the fish. Season the sauce with salt, pepper, lemon, &c., and if it should not be thick enough, add a small bit of butter, and a little flour.

## MACKEREL.

605. *Mackerel broiled à la Maître d'Hôtel*—(with *Steward's Sauce*.)

Mackerel is a fish esteemed by all classes of people. The rich eat it on account of its flavour, the poor because it is cheap. It must not be washed when intended to be broiled. Empty and wipe it well. Open the back, and put into it a little salt and oil. Broil it on a gentle fire; turn it over on both sides, and also on the back. With the point of your knife try if it is done, by detaching the bone from the flesh. Send it up with a *Steward's sauce* (No. 31), melted, in a boat. When you wish to eat them very good, and have the taste of the fish, they must not be washed; only pull out the gills, and empty the intestines; then wipe them clean and dry with a damp cloth; next make an incision on the back, put over them some salt and pepper, and a drop of sweet oil, to prevent them from sticking to the gridiron; broil them well, and then put some butter, kneaded with chopped parsley, pepper, salt, and lemon, &c., into the back, as directed above.

606. *Boiled Mackerel*.

When the mackerel have been emptied and washed clean, put them into boiling water, with a handful of salt, and let them boil very fast that they may be firmer. When they are done, drain them, and serve them on a cloth with green fennel all round. For the sauce, blanch some fennel in salt and water. When it is quite soft drain, chop, and mix it with the melted butter. Gooseberries are also used for the sauce. Blanch them, when soft lay them in a hair sieve to drain. Squeeze them with a wooden spoon, and strain them through a hair sieve. Throw the juice into a stewpan, with a little sugar and butter, and when hot, send up the sauce in a boat.

607. *Fillets of Mackerel à la Ste. Menhoulé.*

Take the fillets of three mackerel, cut each fillet into two. Pare them equally, season them with pepper and salt; then take the yolks of two eggs, beat them well, and rub the fillets over with the brush: dip them first into crumbs of bread, next into clarified butter, and then into crumbs of bread again. Broil them of a fine colour, and serve them up miroton way, with a white sharp sauce in the middle.—(See Maréchale, No. 103, or Maître d'Hôtel, No. 31.)

608. *Fillets of Mackerel sautés à la Maître d'Hôtel—  
(Fried with Steward's Sauce.)*

Take the fillets of three mackerel, cut them in two, put them in a stewpan with some melted butter, salt, and pepper. At dinner time sautez them on both sides. When they are done, drain, take off the blue skin; dish, and cover them with the sauce No. 31 (Steward's sauce).

609. *Fillets of Mackerel with Ravigotte.*

Sautez them the same as in the preceding. For ravigotta cream see No. 590.

610. *Timballe of soft Roes of Mackerel, Lord Seton's way.*

Take the soft roes of four large mackerel. Do not wash the fish, for the roes would then turn black and soft. Put the roes in melted butter, without any salt; cover them with the butter, and either bake them in the oven, or let them sweat on a stove. Take care not to break them. When they are done, lay them on a sheet of white paper to drain: dust a little salt over them, and cut them into small dice as neatly as possible. Put these into petits pâtés, which keep hot, and make the following sauce, which is to be put afterwards into the pâtés.

Take two spoonfuls of béchamel (No. 36), add a small bit of butter with pepper and salt. Refine this sauce with some thick cream. Keep it hot, fill the pâtés in which

the soft roes are, but mind that it is liquid enough to penetrate the roes. Above all, send up quite hot. This entrée is much esteemed by the daintiest epicures.

If you have a grand dinner, four mackerel will make two dishes without any connoisseur having occasion to find fault, as they will both differ in flavour as well as in form and appearance.

Observe, that you give the soft roes for pâtés, and the fillets for a dish of fillets of mackerel.

#### 611. *Soft Roes of Mackerel in Cases.*

Take six very fresh soft-roed mackerel. Broil them till well done, then take the roes from them, and put them into small cases, with parsley chopped fine, a little rasped crust of bread, salt, pepper, and a little butter; then put them into the oven; when they are very hot, send them to table with a drop of white sharp sauce, and the juice of a lemon. This will only make a small dish, but when you want to make it larger, put more soft roes, and use the mackerel for fillets as a fish dish.

#### SEA-DRAGON.

Sea-Dragon is a fish seldom eaten in England, although in France it is frequently sent up to table. Towards the gills there is a most venomous bone. In France it is broiled, and served up with a butter of anchovies, a maitre d'hôtel, or a provençale.

#### ANCHOVIES.

Anchovy is a salt fish of great utility, and is frequently used in cookery. Essence of anchovies is a thing which a skilful cook must use with great care, as it is not always made with the fish only, but also with the brine of it, which makes it very unwholesome. Make butter of anchovies yourself, in the following manner:

*Anchovy Butter.*—For a dozen of anchovies, a quarter of a pound of fresh butter will do. First wash the anchovies, so that no slime whatever may remain. Take off the

bones and fins. Pound the meat with the butter. When well pounded, rub the whole through a hair sieve, and secure it in a gallipot well covered. Use butter of anchovies when wanted, for salads, fish sauce, &c.; anchovies are very seldom used with meat.

## SMELTS.

Smelts are generally fried. After they have been cleaned and emptied wipe them very dry, and dip them into an omelet of two eggs, and into crumbs of bread mixed with flour. Fry them of a fine colour, and send them up with fried parsley round them.

## SKATE.

612. *Skate with Caper Sauce, French fashion\*.*

Stew the skate in a vessel with water, vinegar, salt, pepper, a sliced onion, parsley, green onions, bay-leaves, and thyme. When it is done, pick it neatly, and remove it into another clean vessel; pour over it some of the liquor in which it has been boiling, then drain it and send it up to table, either entire or in pieces, with caper sauce; or in hearts, covered with the same sauce.

613. *Skate au Beurre noir—(with Black Butter.)*

Fry some parsley very green. Dish the skate according to your fancy. For a first-course dish you must either cut it into the shape of kites, or rounds. Put the fried parsley in the middle of the dish, and the butter under the fish.

614. *Skate plain Boiled.*

Take off the skin. Boil it in salt and water, and send it up on a clean cloth, with shrimp sauce, or any other sauce in a boat.

\* It may be proper to notice, that in France, where the fish is not so fresh as in this country, one is obliged to season this preparation more highly, to overcome the stench of the skate.

615. *Small Skates Fried.*

When the skates are very small, pickle them in vinegar, salt, pepper, a sliced onion, some parsley, and lemon-juice for about an hour. Next drain them and dip them into an omelet, and then into flour. Then fry them in hot dripping, and send them up either with or without sauce. This fish is very seldom used for first-course dishes in England: when it is boiled with marinade, the skin must remain while boiling, otherwise the colour of the marinade will dye the fish: take off the skin after it is done, and dress it in the dish immediately.

## FLOUNDERS.

616. *Miroton of Flounders à l'Italienne—(With Italian Sauce.)*

Cut each flounder in two, and take out all the small bones. Butter a dish, and dish the flounders in the miroton way; dust them over with salt, pepper, grated nutmeg, chopped mushrooms, parsley, green onions, and raspings of bread; to which add a little butter. Then bake them. When they are done, drain the butter, and send them up with an Italienne (No. 23), or caper sauce; add a little essence of anchovies and lemon-juice. This fish, as well as plaice, is seldom used for first-course dishes in England. When you give them as fish, they are to be dressed the same as soles, either fried or boiled.

## PLAICE.

See Flounders. Plaice can only be fried, or dressed miroton way, as above.

*Observation relative to all sorts of Fish Sauces.*

Fish sauces should always be thick enough to adhere to the fish. When the sauce is too liquid it is abominable; of the two, the thick is preferable, as it can be made thinner at table, by adding some of the cruet sauces.



## CHAP. XVII.

SHELL FISH.—LOBSTER, MUSSELS, CRABS,  
OYSTERS.

## LOBSTER.

LOBSTERS are boiled in the same manner as crawfish, but they would have a better flavour if sea-water could be had to boil them in. Several ragoûts are made of lobsters. Pies for first-course dishes; salads for second-course dishes; fish sauce, and minces in the shell, &c. You must pay attention to the proper time required for boiling a lobster, if you boil it too long, the flesh becomes thready and disagreeable; and if not done enough, the spawn is not red through: this must be obviated by great attention.

617. *Small Timbales of Lobster with Velouté Sauce.*

Cut, according to their size, the white flesh of one or two lobsters into small dice; put them into a sauce similar to that of pâtés of fillets of soles, and serve them up quite hot. The spawn will serve for fish sauce, or for any other use; as quenelles, or salads, &c. &c.

618. *Scollops of Lobster in the Shell.*

This is a second-course dish. Take one or two lobsters, according to the size of the dish, or the number of people you have to dinner. Cut the lobster in two without breaking the shell. Clean the inside of the shell, cut the meat of the lobsters into small dice, and preserve the kind of farce that is inside. Then take one or two spoonfuls of velouté (No. 21), a small bit of butter, a little salt and

Cayenne pepper, and keep stirring the whole over the fire. When it is quite hot, throw the meat and the kind of farce that you found in the lobster into the sauce, and lay the whole in the shells. Level with your knife and strew over crumbs of bread twice, and keep basting with a little melted butter. Give it a colour with the salamander, and keep the scollops very hot. Never let it colour in the oven, as it would then taste too strong.

619. *Lobster Sauce.*

See No. 58, page 26.

620. *Lobster Salad.*

See Salad of Fillets of Soles (No. 596), and mayonnaise (No. 61); the sauce is to be found among the other sauces. The shape you give to the salad depends on the form of the dish you use. Jelly of meat is not properly used for salads of fish, unless it is as an ornament. Roots and vegetables are more appropriate; and the salad sauce only, or the Montpellier butter (see No. 596). Lobster may be dressed also without any sauce: merely break the shell, and give an agreeable shape to the dish by putting the body in the middle, the tail cut in two on each side, and the claws at the ends. The flesh of this fish is very firm, and can be used in cookery for petits pâtés of all kinds.

MUSSELS.

621. *Mussels with Parsley.*

Wash the muscles; be particular in taking off all the threads that are found about the joint of the shell, and be cautious of the small crabs, as they are very dangerous eating. Put the mussels into a stewpan over a brisk fire, and keep them covered that they may be done equally. When they are done, take off one of the shells, dip the mussel into the liquor that has issued from them, in order to wash off the sand. When they have all been picked,

let the liquor stand, drain it, pour it into a clean vessel, and then make the following sauces:—

Put a small lump of butter with a spoonful of flour into a stewpan, and make a little white roux, to prevent the flour getting brown; moisten with the above-mentioned liquor, add a small bunch of parsley and green onions, and stew them for half an hour. Then take the bunch out, and replace it with a little parsley chopped very fine. Next take the yolks of two or four eggs, according to the quantity of the mussels, to thicken the sauce, which season well, but be rather sparing of salt. Mix the mussels with the sauce; let them be just hot through, and squeeze the juice of a lemon into the sauce, which must be thick, in order to adhere to the mussels. It is dangerous to eat them in the Dog-days.

#### CRABS

Are prepared and cooked in the same manner as lobsters, but are eaten with oil and vinegar, after having arranged the meat in fillets, and the small claws all round.

#### OYSTERS.

##### 622. *Scollops of Oysters.*

The English green oysters are the best that are known. After having opened them, boil them in their own liquor, but do not let them be too much done. Next beard them and return them into the liquor, out of which you take them with a bored ladle. Let the liquor stand, and drain it from the sand. Make a little white roux (No. 14), moisten with the liquor, and when the sauce is pretty thick, add a spoonful or two of cream, and a spoonful of béchamel (No. 36); put the oysters into this sauce, and season them with salt and pepper. Then put them into the shell used for scolloping, strew them over twice with butter and crumbs of bread; give them a good colour with the salamander, and serve them up very hot with the juice of a lemon. You may grate a little nutmeg over them if you think proper; but never omit parsley chopped very fine. Some people add mushrooms, which are no improvement.

623. *Small Oyster Patties Lord Sefton's way.*

Pick out the smallest oysters you can find, and boil and beard them as in the last. Make the sauce also in the same manner, only add to it a little cavice and butter, and a little pepper and salt. Have about two dozen of small patties ready; fill them with oysters and as much sauce as they will hold; have also some crumbs of bread fried of a fine colour, strew some over the small pies, which dish en buisson. Serve them up very hot. This addition of the fried crumbs of bread gives a very pleasant taste.

624. *Small Patties—(French way.)*

After having boiled the oysters, beard them, and cut them into dice. Have some mushrooms also cut into dice, which you fry in a little butter dusted over with flour. Moisten with some of the liquor of the oysters, one or two spoonful of consommé (stock-broth, No. 2), two spoonful of cream, and let it reduce. Add a small bit of butter; season well with salt and Cayenne pepper; throw the oysters into the sauce, and fill the patties, which must be in dariole (custard) moulds, otherwise called timbals.

625. *Oyster Sauce.* (See No. 99, page 41.)

If you should be in a hurry, mark in a stewpan, a good lump of butter, a spoonful or two of flour, moisten with the liquor of the oysters, and put the sauce on the fire, but do not let it boil. When it is thick, throw in the oysters, with a spoonful of essence of anchovies, a little cavice, a spoonful of thick cream, and serve up.

626. *Oyster Sauce for Entrées\*.*

After having stewed the oysters as above, make a white roux (No. 14), into which put a few small onions, mushrooms, a bunch of parsley and green onions. Moisten with

\* Such as fowl, turkey, chicken, &c.

some of the liquor, and a few spoonful of stock-broth (No. 2), which reduce over a large fire. Then add a pint of cream ; season well : keep the sauce pretty thick, strain it through a tammy, put in the oysters whole, and use it with such articles as require oyster sauce ; the only thing to be observed is, that, when it is for fish, you must use essence of anchovies.

627. *Attelets of Oysters.*

This dish, which is no great favourite, has found its way into this work, on account of its being occasionally called for. Stew the oysters as above. Have a sauce for attelets (see below), moisten with some of the liquor, and let it stand to cool. Then skewer the oysters according to the size of your dish, and with your knife spread the sauce all round. Throw crumbs of bread over the oysters ; next dip them into an omelette, and then into crumbs again. Fry them of a fine brown, and serve them up without any sauce ; if any, the sauce made with the oyster is the best.

The sauce for attelets is made as follows: fry some herbs (as parsley, shalots, mushrooms) in a little butter, put to them a spoonful of flour, moisten with the liquor of the oysters, season well, reduce the sauce, then thicken it with the yolks of three eggs, and pour it over the oysters. Let the whole stand till cold, and then make the attelets in the same way as other attelets ; the sauce must be only béchamel (No. 36), with the taste of oysters: do not omit the seasoning, salt, pepper, &c.

---

## CHAP. XVIII.

## E G G S.

Eggs are indispensable in cookery. They are used for a prodigious number of first and second course dishes and sauces. Eggs are the original of all pastry, as well as of creams. The author will proceed to shew the manner in which they may be used, either for first or second courses. You should, however, be particular in the use of them—a single bad one will spoil a very large dish, and when you make biscuit, thickening, poached eggs, &c., &c., you should break them, and smell them one after the other: when you remove the yolk from the white, you should have a small basin to break them in separately.

628. *Omelette Moëlleuse—(Marrow Omelet.)*

Break eight eggs into an earthen pan with a little pepper and salt, and a sufficient quantity of water to melt the salt. Beat the eggs well; then throw an ounce and a half of fresh butter into a frying-pan, and melt it over a brisk fire: pour the eggs into the pan, which is not to be kept too close to the fire. Keep turning continually, but never let the middle part of it be over the fire, for it is always rather too hot. Gather all the border together, and roll the omelet before it gets too much done. The middle part must always be kept mellow. Roll it equally with your knife before you dish it, and take care not to let the pan soil the dish, in turning the omelet into it.

629. *Omelet with fine Herbs.*

The same preparation as the last, with the addition only of a little parsley chopped very fine. Some people mix a few chopped shalots likewise, which may be done if approved of.

630. *Small Omelets with Ham.*

Make these omelets as before. If you have some ham which has served as a remove, mince about a quarter of a pound of it, which throw into a little very thick Espagnole (No. 17). Then make small omelettes of about two eggs each. Before you roll them, put in a spoonful of the minced ham. You may make four or six, according to the size of the dish. Take care not to put too much salt; and if the ham is briny, do not put any salt at all. You may put four or five omelettes to one dish. (This is a second-course dish.)

631. *Small Omelets, with Sorrel.*

Make small omelets as before. Have some sorrel ready stewed, which put on each of the omelets before you roll them, the same as above with ham. Give them a pleasing shape and colour. The same number as above.

632. *Omelet, with Kidney of Veal.*

If you have remaining the kidney of a roasted loin of veal, chop it, and put it in an omelet, prepared as in No. 628. Make it mellow, and season it properly with salt.

633. *Small Omelets with Sweetmeats.*

Make small omelets as above. Let them be done properly. Put in the sweetmeats before you roll the omelets, and lay them on the cover of a stewpan. When they are all made, sprinkle over them a little finely powdered sugar, and then use the salamander to glaze them of a fine colour. Omelets are always second-course dishes, called entremets. The only sweetmeat used in these dishes, is currant jelly, or apricot marmalade.

634. *Fried Eggs.*

Break some fresh eggs into a dish, without damaging the yolks, and powder over them a little pepper and salt. Then

fry some butter; a quarter of a pound will do for a dozen of eggs. When the butter is completely fried, pour it over the eggs, and then put them into the frying-pan, which keep at a little distance from the fire, for fear the eggs should stick. When they are done at the bottom, use the salamander for the top, till they turn white. Then dish without breaking them, and pour over them a little vinegar.

### 635. *Eggs au Miroir.*

Butter the dish in which you are to send up the eggs, break eight of them, but mind that they are fresh; season with pepper and salt: then cut small pieces of butter over the eggs, and use the salamander, and a small fire under, till they are quite white. They must not be too much done.

### 636. *Poached Eggs.*

Boil some water with a little vinegar. Take some fresh eggs, and break the point of the shell with your knife, that the egg may drop into the water without breaking. Turn with the shell to gather all the white round the yolk. Never poach more than four at a time. As soon as they are done, take them out, one at a time, and throw them into cold water. When you have poached the number you want, pare them well. Then with your finger rub them gently over in the water, that they may be very neat and white. They must be very soft. These serve for a great number of first and second course dishes. They may be served with sorrel, spinach, veal gravy, clarified gravy, &c., &c.

### 637. *Poached Eggs Fried.*

You must have a sauté-pan made on purpose for this dish, with little round holes in it, to fry the eggs in boiling oil. They fry better and are drier, when you use oil instead of butter. Fry them soft, but of a very brown



colour, and before you send them up, powder a little salt over, and glaze them.

638. *Eggs à la Tripe*—(in *Tripe manner*.)

Make a little thickening (No. 15), with flour and butter; fry a few chopped onions in the same stewpan before the roux is made brown. Moisten with some good boiling milk, pepper, and salt. Let the flour and onions be well done, and keep the sauce rather thick. Next have ten eggs boiled hard, cut them in quarters or in round slices, and put them into the sauce. Stir gently, that the yolk may not separate from the white, and serve up.

639. *Eggs à la Maître d'Hôtel*—(*Steward's way*.)

Make a little white roux as above. Moisten with some good boiling milk, pepper and salt: let these stew for half an hour. Throw a quarter of a pound of fresh butter into the sauce, with a little parsley chopped very fine. Cut the eggs into the sauce, and send up to table quite hot. Add the juice of a lemon.

640. *Eggs à l'Aurore*—(*Aurora's*.)

Cut a dozen of hard eggs in two; take the yolks from them, which strain through a hair sieve, then make a sauce as follows: mark, in a stewpan, a quarter of a pound of butter, half a spoonful of flour, with pepper and salt, a little nutmeg, and half a pint of cream. Then stew this sauce till thick, but do not let it boil. Chop half the whites of the eggs, and throw them into the sauce. Next dish the whites, pour the yolks over them equally, baste them with a little butter, and use the salamander. Then serve up.

541. *Eggs in surprise*.

Cut a dozen and a half of eggs (boiled hard) in two. Take all the yolks and pound them in a mortar, with a

quarter, or, if you choose, with half a pound of butter, with which mix a little cream, pepper, salt, and grated nutmeg. When you have pounded about half an hour, add two raw eggs to thicken the farce (forcemeat). Then pare out the inside of the whites, and fill one-half of them again with the farce. Next mix some chopped parsley with part of the farce, and fill the other half of the eggs. Erect a little dome in the centre of the dish with some of the farce, and trim it all round with the stuffed eggs; contrive to give them a pleasing appearance. Next put them into an oven for ten minutes, and send them up quite hot. In paring the inside of the whites, you must leave only just enough to keep in the farce.

642. *Croquettes of Eggs.*

Cut the white of a dozen and a half of eggs (boiled hard) into small dice. Strain the yolks of six eggs through a hair sieve. Cut a couple of onions into dice, sweat them white in a quarter of a pound of butter, then put a spoonful of flour to fry; moisten with boiling milk, and season with salt and pepper. Next throw both the whites and yolks into the sauce. Let them cool, and cover them with crumbs of bread, as you do all other croquettes. If you were to put in all the yolks, the croquettes would get too dry; the remaining yolks may be used for salads, &c. Season of a good taste, and put fried parsley in the middle.

643. *Andouilles of Eggs—(Hog's Puddings of Eggs.)*

Cut the whites of eggs boiled hard into fillets as long as you can make them; cut a few truffles, onions, and mushrooms the same, sweat the whole, except the eggs, in a little butter. When done, put the ingredients in a hair sieve to drain the butter. Next make a cream sauce (see No. 590), which must be rather thick; mix the liquor in which the truffles, &c., have been sweated with the sauce, and set them boiling. When it is thick enough, put the fillets of eggs into it, and let it cool over ice. Make

two boudins, which you dip into an omelet, as you do the queen's puddings (No. 342). Fry them and send them up with fried parsley between the boudins. All the preceding dishes, from No. 634 to this last, are first-course dishes.

644. *Eggs à la Neige*—(in the manner of Snow.)

Beat some whites of eggs, which boil in milk, with a little salt. Cut them all of a size with a spoon, and drain them. Then boil a pint of cream. When it boils, throw in the thin outside peel of half a lemon, a little sugar, and a very small quantity of salt; let the lemon steep. Then beat the yolks of four eggs with the cream, and let it thicken on the fire. When the cream is thick enough, strain it through a tammy, and mask the eggs à la neige with this sauce. Another time, instead of lemon use rose leaves, or almond laurel; although in England the latter is considered poisonous, a small quantity is never injurious.

645. *Les Cocottes.*

Put a little fresh butter at the bottom of small China cups, called cocottes. Break a fine new-laid egg over the butter, with a little salt and some coarse pepper. Lay these over some red-hot ashes, and then use the salamander till the eggs are done soft.

646. *Eggs brouillés.*

There are various sorts of eggs brouillés, namely,—with mushrooms, with stalks of artichokes, with truffles, with cucumbers, with verjuice, with broth, and with asparagus heads, which are made as follows:—

Break eight eggs into a clean stewpan with two ounces of butter, and a little salt and pepper; beat the eggs till the whites and yolks are well blended. Then put the stewpan on a slow fire, and keep constantly stirring with a wooden spoon; mind that the eggs brouillés are never to be grumous or clotted. A spoonful of broth or sauce

makes them more delicate, and add whatever you intend to put in it, from the various names above.

647. *Eggs and Bacon.*

This may appear a common and vulgar dish. It is, however, very palatable, and well calculated for the keen appetites generated by shooting or the chase. Prepare it as follows:—Break with great care the number of eggs you intend to fry, (more than ten or twelve will never fry well,) without injuring the yolks; fry the butter till it becomes very hot, and throw the eggs gently in the pan; fry them very well, but do not let them be too much done; add some salt and pepper, and with the salamander slip the eggs dexterously on a dish; fry some bacon separately, and put it round the eggs. Serve very hot.

---

## CHAP. XIX.

ENTREMETS, OR SECOND COURSE DISHES, OF VEGETABLES—CARDONS, SPINACH, ENDIVE, CAULIFLOWER, SALSIFIS, ARTICHOKEs, FRENCH BEANS, WHITE BEANS, ASPARAGUS, &c. &c. &c.

---

*General Remark on Vegetables.*

ALTHOUGH the various sorts of vegetables are so numerous, the cook is not unfrequently left with a scarcity of dishes for the second course, as most of the better sort make their appearance at the same time of the year. Winter is a season of peculiar difficulty for second-course dishes of vegetables, as the nobility of this country do not use any of the dry floured vegetables: you are therefore left with only cardons, spinach, salsifis, brocoli, and potatoes; and in this short list of vegetables little variety is left for the table, except in the different ways of dressing.

CARDONS—(THISTLE HEADS.)

648. *Cardons à l'Espagnole—(with Spanish Sauce.)*

This dish, which is first introduced amongst the entremets of vegetables, requires great attention, and no small share of skill in the art of cookery. It is not much relished in England, but in France it is held in the highest estimation. It is always one of those selected to try the skill of a cook.

Select a few heads of cardons all very white. Cut each leaf into slices six inches long; with the exception, however, of those that are hollow, which are tough and

thready. Beard them of their prickles, and blanch them, by putting the thickest leaves into boiling water. After boiling them a few times, put in the leaves of the heart; turn the middle stalks into large olives, and blanch them likewise. Then try a piece in cold water, to see whether the slime which is on the surface will come off by rubbing. If so, take them off the fire immediately, and throw them into cold water, as they are done enough; or you may cool the boiling water by pouring in cold water till you are able to bear your hand in it, to rub off all the slime. This being done, wash them clean, and throw the cardons into a blanc (see No. 675), boil them once and leave them in the blanc. Whenever you wish to use them, drain a sufficient quantity. Pare both extremities, and mark them in a stewpan, with four spoonsful of Spanish sauce (No. 17), and four spoonsful of consommé, a little salt, and a little sugar. Let them boil over a sharp fire, that they may not be done too much; and be sure to skim off all the fat. Dish them nicely. Strain the sauce through a tammy before you mask them. Send them up to table quite hot, with a cover over them, to prevent their getting dry.

The cardons mix very well with eggs, and when you have any returned from table, they will warm up again very well, if you are particular in taking them off to put them immediately into the larder: in case they are too much done, use them to make les œufs brouillés, poached eggs, œufs cardé, eggs carded (see Eggs), which you should make only when you have cardons left from the parlour. This is a capital entremet, and may be selected as one of the finest efforts of cookery.

649. *Cardons à l'Essence with Marrow.*

Proceed as above. Take a few pieces of beef marrow, all of a size, which put in warm water to draw out all the blood. When thoroughly disgorged, blanch and stew them in water with a little salt and a few slices of lemon to keep them white. When done, drain them in a clean

towel, and put them into the essence, which is some Espagnole, No. 17, reduced; unless you have some essence, or Espagnole, as mentioned among the sauces. Drain the fat, and do not forget to put a little sugar, which is requisite in all dishes of cardons, as it improves them greatly, cardons being not unfrequently bitter.

650. *Cardons with Velouté Sauce.*

The same preparation as in the two preceding articles. Take some out of the blanc, trim and stew them in a little consommé, No. 2, and when they are done, drain and sauce them with some velouté, No. 21, or béchamel, No. 36.

651. *Cardons with White Sauce.*

The same preparation as above, only sauce with French melted butter, No. 73.

SPINACH.

652. *Spinach in Consommé.*

Take particular care, when the spinach is picked, that no stalks or weeds are left amongst it. The least oversight may cause the spinach to be good for nothing, in spite of whatever trouble you may take in cooking it. It should be washed several times in a great quantity of water. Then boil some water in a vessel large enough for the spinach to float with ease. Put a great deal of salt, that it may preserve its green colour, and press it down frequently with a wooden spoon, that it may be done equally. When it has boiled a few times, try whether it can be squeezed easily between your two fingers; then, without loss of time, put it into a cullender to drain the water. Next throw it into a great quantity of cold water to keep it green. When it is quite cold, make it into

balls and squeeze it well. Then spread it on the table with your knife, to ascertain that no improper substance is left among it. Chop it very fine; put a good piece of butter into a stewpan, and lay the spinach over the butter. Let it dry over a gentle fire, and then dredge it with a spoonful of flour. Moisten with a few spoonful of consommé, No. 2, and let it stew briskly, that it may not turn yellow. Make it rich with a small piece of glaze. If you intend to send it up as an entrée with a ham, or a tongue, &c., you must mix a few spoonful of Spanish sauce, No. 17, and let it be well seasoned. Some people like nutmeg; in that case you may grate a little into it. Spinach thus prepared may be used with a fricandeau, sweetbreads of veal, and breasts of veal or of mutton.

653. *Spinach with Cream.*

Blanch and prepare it as above, only use cream instead of broth. Boil the cream before you throw it over the spinach. If it should curdle, the cream only is lost; whereas otherwise you would lose the spinach, butter, and all. Spinach with cream requires a little sugar and nutmeg. It is needless to repeat that a little salt is also requisite, as there can be no good seasoning without it. You must always have fried toasts of bread round the spinach when you send it up to table, or some made of puff-paste flourets; but mind that they must both be fresh made.

654. *Spinach French fashion.*

This dish in Paris is called à l'Anglaise. The spinach is to be blanched as in the last. Squeeze it well, and pound it in a mortar; then mark it in a stewpan with a little butter. Leave it for three-quarters of an hour on a very slow fire till very dry. Next throw in a quarter of a pound of very fresh butter, with salt, and grated nutmeg. Work the spinach well till it is thick, but take care the butter does not turn to oil; serve very hot.



655. *Croustades of Spinach.*

This dish is introduced merely for variety's sake. Cut some bread into hearts, which slit all round. Fry them in butter. Arrange the hearts in the form of a rosette.



Next cut a round of bread, which slit in the same manner, and place in the middle, over the points of the hearts. Fry them till they are a fine brown colour, then cut out the interior, take out all the crumb, and fill the space left with spinach, either with cream or consommé. When spinach is dressed to put under meat, whether fricandeau or sweetbread, &c., it must be more highly seasoned than when dressed for entremets, and a little more liquid, as it is like sauce. Spinach is often used in sweet dishes to dye the almonds, or make the green colour of the marbled biscuit. Pound in the mortar some of the spinach, and squeeze the juice out of it by pressing it through a towel; put the liquor in a small stewpan, and place the stewpan in a hot-water bath to poach. When the green is settled at the bottom of the stewpan, drain it through a silk sieve, and use it for almonds, or whatever requires green.

## ENDIVE.

Endive is a very wholesome vegetable, but you take off from its quality by adding to it strong seasoning, by which it becomes an epicurean sauce; it is however very strengthening, and of easy digestion.

656. *Endive with Veal Gravy.*

Wash and clean twelve heads of endive, and beware of the worms, which generally are found in the heart. After having taken off all the green part of the leaves, wash the endive again in two or three different waters, and blanch them to take off the bitter taste. Then throw them into cold water, and when quite cold, squeeze them till there is no water left in them, then chop them very fine. Next

stew them in a quantity of gravy sufficient to cover them entirely, to which add a little salt and a very small lump of sugar to qualify the bitter tart taste of the endive. Ascertain if they are done enough, by squeezing a bit between two fingers; if very tender, they are done. Then add two spoonsful of Spanish sauce, No. 17, reduced, and use them either for entremets under poached eggs, or for entrées, such as minces of mutton, muzettes of mutton, carbonades, fricandeaux, sweetbreads, fillets of fowl, &c., &c. (See Nos. 206, 208, &c.)

657. *Endive with Velouté.*

The same preparation as above, but instead of gravy use consommé, and in lieu of Espagnole, take béchamel, No. 36. Endive must always be stewed either in broth, gravy, or consommé. The sauce must not boil when you pour it over the endive, especially if it is cream sauce. If you wish the sauce to be white, add some thick cream to it.

658. *Endive à la Française—(French way.)*

The same preparation again as in No. 656. When the endive is done in the broth as above, reduce it quite dry; put in a quarter of a pound of fresh butter, a little salt, nutmeg, and pepper. Mix all together, and serve up very hot.

CAULIFLOWER.

Cauliflowers are never good except when white and hard, and are never used in French cookery when they begin to run to seed.

659. *Cauliflowers with White Sauce.*

After having torn off all the green leaves, open the cauliflower to remove the snails or other insects, which are liable to creep towards the heart. For this purpose, leave the cauliflower in cold water for an hour. Next throw it into boiling water, with a little salt and butter. This

vegetable being very tender, is soon done. If you wish to boil it beforehand, take it off the fire when only half-done, as its being left in boiling water will soon finish it. Drain them separately, without breaking them; dish them in the shape of a large cauliflower, and pour the sauce over them.—(See White Sauce, No. 73.)

660. *Cauliflower with Velouté.*

The same preparation as above, with the only difference that you use velouté instead of sauce blanche. You make the velouté by putting a small bit of butter in béchamel (No. 36).

661. *Cauliflowers with Parmesan Cheese.*

Prepare and dish the cauliflowers as in the last. Next mask the top with a little thick béchamel (No. 36), powder some rasped Parmesan cheese over them, and melt a little fresh butter, which pour gently in different places. Then strew them over with crumbs of bread and rasped cheese again, to which give a fine colour with the salamander. Wipe the border of the dish, mix a little Parmesan cheese with some velouté (No. 21), and a little fresh butter, work the sauce, season it well, and pour it gently all round the cauliflower. If you should happen to have neither béchamel nor any other sauce ready, a little melted butter, with some glaze in it, will answer the same purpose; but it is more liable to turn to oil.

662. *Cauliflower with Spanish Sauce.*

The same preparation again as in No. 659. When the cauliflowers are done, drain them, and put them to simmer a little in a stewpan with a few spoonfuls of Espagnole (No. 17). If you serve them in a silver stewpan, it is requisite that the cauliflower should be boiled in the same, as they would break if you attempted to shift them into another vessel.

Cauliflowers intended for entrées are to be prepared as in No. 659, and they always look whiter if boiled beforehand.

## SALSIFIS.

This root, when black, we call salsifis, or goat's-beard; if white, it goes by the appellation of scorzonera. This latter is by no means so tender or palatable as the former; however, both are prepared and dressed in the same manner. Scrape them gently, so as to strip them only of the outside peel. Then cut them into pieces of an equal size, about four inches, and throw them into water with a little vinegar, or lemon-juice, to prevent their getting black. When you have scraped a sufficient quantity, boil them in water enough for them to swim with ease; put a little salt, a small bit of butter, and the juice of a lemon. They will generally be done in three-quarters of an hour; yet it is better to ascertain the fact by taking a piece out of the water, and trying with your knife whether they are done enough, which is the case when the knife penetrates easily. Drain the salsifis, and send them up with whatever sauce you think proper. They are generally served with velouté (No. 21), or French melted butter (No. 73).

663. *Salsifis with Velouté.*

The same preparation as above. Only observe, that such sauces as are sent up with vegetables must always be refined, and thickened with fresh butter; never forget salt and a little Cayenne.

664. *Salsifis with Spanish Sauce.*

The same preparation as the last, only use Espagnole (No. 17), instead of sauce blanche.

665. *Fried Salsifis.*

Make a batter as follows:—take six spoonfuls of flour, a small pinch of salt, a spoonful of olive oil, and beat the whole with beer, enough to make it into batter, but do not make it too liquid. Then beat the whites of two eggs, and when well beaten, pour them into the batter, which you

keep stirring gently. Next put the vegetables, that are done beforehand and well drained in a cloth, into the batter; take them out again one by one, and throw them into the dripping. Use a skewer, to prevent their sticking together. When fried of a fine colour and crisp, send them up with fried parsley in the centre of the dish, and a little pounded salt sprinkled over the vegetables.

666. *Salsifis in Salad or Aspic.*

Take salsifis enough to fill a mould of the size of the dish; then boil them in the same way as the others; drain and cut them the length of the mould; dress them like a Chartreuse, dip them into a little aspic, to stick them together all round the mould, and fill the middle with a salad of small bits of salsifis all the same size; then season with salt, pepper, a little oil, vinegar, and aspic; put in also some parsley chopped very fine; toss the whole, and put it in the mould into ice. At dinner, dip a rubber into hot water, rub the mould all round with it, and turn the salad out on the dish to serve up. If you can procure a few French beans very green, it will make the salad appear better; white haricot beans are likewise very useful.

ARTICHOKES.

Artichokes are only fit to be eaten when young and tender. Such as are intended for l'estouffade, or la bari-goule, or plain boiled, must be full grown; the sprouts are used when to be fried à la Provençale, à l'Italienne, &c. You ascertain that they are good, by the stalks breaking without being thready.

667. *Artichokes au Naturel—(Dressed plain.)*

According to the size of your dish, boil a certain quantity of artichokes in salt and water only, after having washed them in several waters: remove all the insects that swarm about the leaves, and trim off all the bad leaves; ascertain whether they are done enough, either with the point of a

knife, or by tearing off one of the leaves. If the knife penetrates, or the leaf comes off with facility, then you may be certain that the artichoke is done. Shift it instantly into cold water, that you may take out all the inside ; first take off the top all of a lump, then empty the choke, set the top on again, and send up as hot as possible, with French melted butter (No. 73) in a sauce-boat.

668. *Another method.*

Take a number of artichokes not exceeding five, because when the dish is too full it does not look well. Cut all the points of the leaves, and trim the bottoms very neatly ; rub the bottoms with the juice of a lemon to prevent their turning black, and when you have boiled them, empty the middle, and serve them very hot with plain melted butter.

669. *Artichokes à l'Estouffade.*

These are prepared as in No. 667, but boil them only till you are enabled to empty them of all the choke. When emptied, drain them well. Then have some olive oil boiling, in which fry the surface of the leaves. When they are a fine brown colour, wipe off all the oil, and mark the artichokes in a stewpan trimmed with layers of fat bacon, and a few slices of ham ; powder each artichoke with a little salt, and add to them a few carrots, onions, and a clove. Next cover them with thin layers of lean bacon. One single spoonful of broth will be sufficient to moisten the whole. There must be but a very small fire underneath, and a very brisk one above. The artichokes will be done in three-quarters of an hour's time, if they are young and tender ; but as not unfrequently there are old ones among the number, it is better to ascertain with the point of a knife whether they are really done enough. Drain all the grease, dish them, and send up with Spanish sauce (No. 17), and the juice of a lemon in the inside of each of them.

670. *Artichokes à la Barigoule*

Are prepared in every respect like the last, only have some sweet herbs, such as mushrooms, shalots, and parsley, chopped very fine, which fry white in a little butter. When they are done, without being made too dry, season with pepper, salt, and the juice of a lemon. Then divide those herbs, and put them inside the artichokes, which stew as above. When done, drain them from the fat upon a clean towel, and send up with a brown Italian sauce (No. 24) in the inside.

671. *Artichokes à la Provençale—(Provence way.)*

Choose some artichokes that are very tender, cut them into four quarters, pare them nicely, and rub them over with some lemon, that they may preserve their white colour. Throw them into cold water; the quantity to be in proportion to the size of the dish in which you are to serve the entremets. Trim a stewpan with a little olive oil, salt, and pepper, or butter, then put the artichokes all round, and set the whole to stew over some red-hot ashes, or to bake in a moderately hot oven. When done, drain the artichokes, and serve them up with French melted butter in them, to which add a little glaze, and the juice of a lemon; or otherwise some Spanish sauce (No. 17), worked with a small lump of butter, and the juice of a lemon.

No. 672. *Fried Artichokes.*

Let the artichokes be tender, and cut into quarters as above. Rub them over with lemon to keep them white. When they have been well washed and drained, so that not a single drop of water remains, throw them into an earthen pan, with some pepper, salt, and the juice of a lemon. Next take four spoonsful of flour, three entire eggs, a tea-spoonful of olive oil, and keep stirring the whole with a wooden spoon till the leaves are well imbrued. Then have some dripping, which must not be too hot, so that the artichokes may be done through, of a

fine brown colour. Throw the artichokes into the dripping, piece after piece, and use a skewer to prevent their sticking together. When they are done, and crisp, lay them on a towel to drain, and send them up with fried crisp green parsley. The paste will do better if you take care to make it an hour before you begin to fry them. The paste dilutes and goes into all the leaves. Trim the artichokes so as to make the leaves open.

673. *Artichokes à l'Italienne—(with Italian Sauce.)*

These are also to be cut into quarters, and boiled in water enough to enable them to swim with ease, with a little salt and butter. When done, drain them well, and lay them all round the dish with the leaves outwards. Then take some Italian sauce, No. 23, with which mix a small bit of butter, and pour the sauce over the part that is to be eaten, but not over the leaves.

674. *Artichoke Bottoms.*

Artichoke bottoms require to be turned very nicely, and the most tender leaves are to be left on, that the inside of the artichokes may be kept more clean. Blanch them in salt and water. When they are so far done that you may pull off the leaves, and empty the choke without breaking the bottoms, take them out of the water, and throw them into cold water, that you may strip them entirely of the leaves, and remove the choke. Then make a blanc in the following manner:—

675. *Blanc for Vegetables and Cardons in general.*

Cut about half a pound of fat bacon and a little beef suet into large dice; take half a quarter of a pound of fresh butter, a little salt, and the half of a lemon cut in thin slices, and put the whole into a sufficient quantity of water to cover whatever you wish to put into your blanc. Let this stew for half an hour before you throw in the artichoke-bottoms, which are also generally done in the same space of time, yet the most certain method is to use the point of your knife to ascertain when they are



done. Send them up with whatever sauce you think proper. They likewise serve to garnish fricassées of fowls, ragoûts, white or brown, &c. ; they are always to be boiled in this way, in whatever sauce you may serve them.

676. *Artichoke Bottoms en Canapés.*

These, when cold, are served for entremets. Pour on the centre of each artichoke-bottom some Anchovy (No. 80), or Montpellier butter (No. 596), and decorate the whole with capers, pickled cucumbers, beet-root, &c. ; and when ready to serve up, pour over them a salad sauce garnished with cresses between. It will be readily perceived that over a flat bottom of artichokes, it will be very easy to make some decoration with Montpellier butter, gherkin, anchovies, capers, the white and yolks of hard eggs, &c. ; it depends entirely on the skill and ingenuity of the artist. Always make salad sauce for this entremet.

FRENCH BEANS.

677. *French Beans with Poulette Sauce.*

French beans should be young and tender. The fruiterers and green-grocers of this country sell them by the hundred when they are unfit to eat; they are only fit to be eaten when they are sold at market by the measure, as they are then young and tender. Then boil in salt and water, over a large fire, that they may retain their green colour.

*Sauce Poulette.*—This is made with a little sauce tournée (No. 19), which you reduce, and thicken with the yolks of two eggs, to which you add a little parsley chopped very fine. When the thickening is done enough, add to it a good lump of fresh butter, which work well, a little pepper and salt, and the juice of half a lemon. Drain the beans well, so that no water remains; dish them lightly (as the sauce should penetrate thoroughly), and send up with the sauce over them.

678. *French Beans à la Lyonnaise.*

These are to be prepared as above. Cut some onions into slices; fry them a fine brown colour, take two spoonsful

of Espagnole (No. 17), and work it with a good lump of fresh butter. After having drained the onions and beans, pour them into the sauce, keep stirring, season them well with salt, and a little pepper; and serve up hot over the beans.

679. *French Beans à la Française*—(*French manner.*)

After having boiled the beans as in No. 677, drain and lay them on the fire in a stewpan, to dry all the water. When entirely dry and quite hot, add to them a quarter of a pound of fresh butter, a little pepper and salt, and the juice of half a lemon; keep moving the stewpan, without using a spoon, as that would break the beans. If the butter should not mix well, add half a spoonful of sauce tournée (No. 19), and send up hot.

680. *French Beans à la Provençale*—(*Provence way.*)

These are to be boiled as in the last. Take two small pieces of garlic, which squeeze on the dresser with a wooden spoon, mixed with a little fresh butter. Let the beans be made quite dry, as in the last, and then put in the garlic with a quarter of a pound of butter, and keep stirring the beans till the whole is well combined. Mix some herbs chopped fine with the above, such as parsley and shalots, or green onions, to which add a little good olive oil. Keep stirring, and if you do it properly the oil will form a paste. Lastly, season it well, with the addition of the juice of a lemon. Serve up hot and with great expedition, that no oil may drop.

WHITE BEANS.

681. *White Beans à la Maître d'Hôtel*—  
(*Steward's way.*)

White beans, when fresh, must be put into boiling water. But if they are dry they must be soaked for an hour in

cold water before you boil them. Then boil them in cold water, and replenish with cold water also, which makes the rind or coat tender. White beans must be well done before you dress them à la maitre d'hôtel, which is done as follows :—trim a stewpan with a quarter of a pound of fresh butter, a little parsley chopped very fine, and some pepper and salt, over which lay the beans, well drained. Keep moving the stewpan without using a spoon, for fear of breaking the beans. Then squeeze the juice of half a lemon, and send up quite hot.

682. *White Beans à la Lyonnaise.*

Cut a few onions into dice, and fry them in a little butter till they are a light brown colour; then add to them two spoonfuls of Spanish sauce (No. 17). Let the onions be well done; season them with pepper and salt; drain the beans that have been done as above, then throw them into the sauce, and serve up hot; if you have no Spanish sauce, when you have fried the onions, add to it a spoonful of fine flour, and moisten with good gravy, or broth, and a little glaze, then boil it very well, and put the beans in as directed.

683. *Purée of White Beans.*

The beans, which must be boiled beforehand, are to be mixed with the following preparation: chop some onions, fry them lightly in a little butter, put a little flour to fry in the butter, and when done, moisten with a spoonful or two of broth. Let the onions be thoroughly done. Next let the beans boil in the sauce for half an hour, season well, without pepper, and strain them through a tammy. Reduce the purée over a brisk fire, skim off the white scum, and before you serve up, refine the purée with a bit of very fresh butter, and two spoonfuls of thick cream. This dish is to be garnished with fried crusts of bread all round.

684. *The same as the last, Brown.*

This is prepared in the same manner as that above, with this difference, that the onions are to be fried brown,

and moistened with some Espagnole (No. 17), or gravy of veal ; in case you should not have any, as soon as the onion is a fine brown colour, throw in a spoonful of flour, and moisten with a little veal gravy, and broth ; let the flour be well done, and set the beans to boil in it for half an hour, that the taste of both may be well mixed ; next rub the whole through a tammy, and give it a good seasoning. Remember that brown sauces are always to be more highly seasoned than others. This purée is made either for second-course dishes, or for sauces ; when intended for sauce, it should be liquid, and still more so for soup ; it makes excellent soup, only moisten with the water in which you have boiled the beans, and add a bunch of parsley and green onions.

## WINDSOR BEANS.

685. *Windsor Beans à la Poulette.*

Windsor beans are to be served, at a good table, only when very young, and fresh gathered. Boil them in salt and water. When nearly done, drain them, and stew them in a little sauce tournée (No. 19), with a bunch of parsley and green onions, a little savory, chopped very fine, and a small lump of sugar. When the beans are sufficiently reduced, throw in a thickening made of the yolks of two eggs, and a little thick cream. Send them up in a short sauce, and properly seasoned.

686. *Windsor Beans à la Poulette. Another method.*

When the beans are large, you must take off the coats and boil them in salt and water ; cook them as above and send them up with a short sauce.

687. *Beans and Bacon.*

Windsor beans are served as an entrée in the summer season. Take a piece of streaky bacon, and boil it for a couple of hours. When ready to send up, take off the rind, and fry the bacon with a red-hot shovel. Powder the bacon over with raspings of bread. Give it a pleas-

cold water before you boil them. Then boil them in cold water, and replenish with cold water also, which makes the rind or coat tender. White beans must be well done before you dress them à la maitre d'hôtel, which is done as follows:—trim a stewpan with a quarter of a pound of fresh butter, a little parsley chopped very fine, and some pepper and salt, over which lay the beans, well drained. Keep moving the stewpan without using a spoon, for fear of breaking the beans. Then squeeze the juice of half a lemon, and send up quite hot.

682. *White Beans à la Lyonnaise.*

Cut a few onions into dice, and fry them in a little butter till they are a light brown colour; then add to them two spoonsful of Spanish sauce (No. 17). Let the onions be well done; season them with pepper and salt; drain the beans that have been done as above, then throw them into the sauce, and serve up hot; if you have no Spanish sauce, when you have fried the onions, add to it a spoonful of fine flour, and moisten with good gravy, or broth, and a little glaze, then boil it very well, and put the beans in as directed.

683. *Purée of White Beans.*

The beans, which must be boiled beforehand, are to be mixed with the following preparation: chop some onions, fry them lightly in a little butter, put a little flour to fry in the butter, and when done, moisten with a spoonful or two of broth. Let the onions be thoroughly done. Next let the beans boil in the sauce for half an hour, season well, without pepper, and strain them through a tammy. Reduce the purée over a brisk fire, skim off the white scum, and before you serve up, refine the purée with a bit of very fresh butter, and two spoonsful of thick cream. This dish is to be garnished with fried crusts of bread all round.

684. *The same as the last, Brown.*

*This is prepared in the same manner as that above, with this difference, that the onions are to be fried brown,*

and moistened with some Espagnole (No. 17), or gravy of veal ; in case you should not have any, as soon as the onion is a fine brown colour, throw in a spoonful of flour, and moisten with a little veal gravy, and broth ; let the flour be well done, and set the beans to boil in it for half an hour, that the taste of both may be well mixed ; next rub the whole through a tammy, and give it a good seasoning. Remember that brown sauces are always to be more highly seasoned than others. This purée is made either for second-course dishes, or for sauces ; when intended for sauce, it should be liquid, and still more so for soup ; it makes excellent soup, only moisten with the water in which you have boiled the beans, and add a bunch of parsley and green onions.

## WINDSOR BEANS.

685. *Windsor Beans à la Poulette.*

Windsor beans are to be served, at a good table, only when very young, and fresh gathered. Boil them in salt and water. When nearly done, drain them, and stew them in a little sauce tournée (No. 19), with a bunch of parsley and green onions, a little savory, chopped very fine, and a small lump of sugar. When the beans are sufficiently reduced, throw in a thickening made of the yolks of two eggs, and a little thick cream. Send them up in a short sauce, and properly seasoned.

686. *Windsor Beans à la Poulette. Another method.*

When the beans are large, you must take off the coats and boil them in salt and water ; cook them as above and send them up with a short sauce.

687. *Beans and Bacon.*

Windsor beans are served as an entrée in the summer season. Take a piece of streaky bacon, and boil it for a couple of hours. When ready to send up, take off the rind, and fry the bacon with a red-hot shovel. Powder the bacon over with raspings of bread. Give it a pleas-

ing shape, and lay it over the beans that have been boiled in water and salt only, without any sauce. Send up separately in a boat, some chopped parsley in melted butter. Beans are likewise an excellent garnish to a ham: when young, serve them plain round it, and cook them as directed at No. 685.

## ASPARAGUS.

Aparagus are very wholesome, but they must be eaten when fresh gathered, as when stale they produce the contrary effect, and have a very bad taste; when used fresh they are mildly aperient: never put them in water to preserve them, unless you immerse them perpendicularly with only about half an inch plunged in water. This method will keep them tolerably fresh: there is nothing, however, like having them fresh gathered.

688. *Asparagus with White Sauce, called en Bâtonets.*

Asparagus are always boiled in salt and water, whether intended for first or second-course dishes. The water in which they are boiled is always impregnated with a nauseous bitter taste; for this reason asparagus is never added in soups or garnish, but at the very last moment before sending up the dinner. They must boil over a large fire, in order to preserve their green colour. Those served en bâtonets are cut according to the size of the dish. A toast of bread is generally put under the asparagus, to raise them on the dish, and to receive the water which may issue from them. Send up separately some melted butter in a boat.

689. *Asparagus Peas.*

If the asparagus be properly dressed, it should taste like green peas. Take some young asparagus, which pick with great care; then cut them into small equal pieces, avoiding to put in such parts as are hard or tough. Wash them in several waters, and throw them into boiling water, with a little salt. When the asparagus are nearly done, drain them first through a sieve, and next wipe them

quite dry with a towel. Then put them into a stewpan with a small bit of butter, a bunch of parsley, and green onions, and toss them in the stewpan over the fire for ten minutes. Now add a little flour, and a small lump of sugar, and moisten with boiling water. They must boil over a large fire. When well reduced, take out the parsley and green onions, and thicken with the yolks of two eggs beaten with a little cream, and a little salt. Remember that in this entremet sugar must predominate, and that there is to be no sauce. Asparagus are always dressed in this manner, when to be served in the second course; but for first-course dishes, throw them into some good sauce *tournée* (No. 19), well reduced. Boil them a few times over a large fire, then powder a little sugar, and make a thickening of one egg. The sauce must be made thick, on account of the asparagus always yielding a certain quantity of water, which will thin the sauce\*.

## CUCUMBERS.

Cucumbers are a very cool plant, and of very great use in cookery; they are useful in first and second courses, and may be dressed in many different ways: they are also of very easy digestion, and may be recommended as very healthy food.

690. *Cucumbers stuffed.*

Take four or six cucumbers, according to the size of your dish; cut them into the shape of a screw, which is done by leaning with your thumb on the blade of your knife whilst cutting the cucumber, at an equal distance. When you have thus turned the outside, empty the inside with a scooper. Take great care not to bruise the cucumbers, which, when prepared, you throw successively into some water. Now blanch them, and cool them in cold water; drain them; then take a little forcemeat for *quenelles* (No. 147), or some *godiveau* (No. 156), with which fill

\* I should here observe, that asparagus serve either to flavour or garnish a number of dishes; such as, "*macédoine*," "*jardinière*," "*pointes d'asperge*," "*salad*," "*aspics*," &c.



the cucumbers. Mark them in a stewpan with layers of bacon, under and above, and a little salt and pepper; moisten with some good consommé, and let them stew, but not too long. Lay them on a towel to drain, and send them up with a fine Spanish sauce (No. 17), almost reduced to glaze.

691. *Cucumbers à la Poulette.*

Cut some cucumbers in the shape of half-crown pieces; pickle them for half an hour in a little salt and vinegar; next drain them in a towel, and lay them in a stewpan with two ounces of butter. Fry them white over a brisk fire, and then powder them over with a little flour. Next moisten with a little broth, and let them be reduced without breaking. When sufficiently reduced, add a little chopped parsley, a little sugar, and a thickening of three eggs or more, according to the quantity of the cucumbers, together with a little salt; you may also put a little pepper if you like. It would be useless to recommend the necessity of seasoning, as it is known to constitute the difference between good and bad cookery. Either salt or sugar must predominate in some respects. Take care to skim off all the butter before you reduce.

692. *Cucumbers, Cardon fashion.*

Cut cucumbers lengthways of the size of the dish; empty the seed, and slit the outside, that it may bear the appearance of a cardon; blanch them in boiling water; next stew them in some consommé (No. 2), with two or three spoonsful of Spanish sauce (No. 17). Let them boil over a sharp fire, and take care the sauce does not become skinny. If the cucumbers should give a bitter taste, put in a little sugar. This dish is a very wholesome one for weak stomachs. The cucumber for sauces or dishes of the first course are explained in the articles relative to made dishes; those served in the second course, or as garnishings, are the only ones here inserted.

## SEA KALE.

This plant is not known in France. It is to be boiled in salt and water, and after being well drained, to be sent up with either a white sauce (No. 73), a velouté (No. 21), or an Espagnole (No. 17); it has a great resemblance to asparagus, but is only used for second courses. It is a common practice with the female cooks to serve under them a piece of toasted bread to soak up the water, but when you drain them well on a clean cloth, they do not require the toast.

## BROCOLI.

Brocoli are no other than green cauliflowers. They are dressed in the same manner, and sent up with the same sauce. (See Cauliflowers, Nos. 659, 660, 661, and 662.)

## POTATOES.

693. *Potatoes à la Maître d'Hôtel*—(With Steward's Sauce.)

Wash the potatoes clean, and boil them with the skin in salt and water. When they are done, let them cool, then turn them in the shape of large corks, and cut them into slices as thick as two-penny pieces, for if the slices were too thin, they would break in the sauce. (For the Steward's Sauce, see No. 31.) If you should have no sauce ready, make a butter sauce, mix with it a little chopped parsley, pepper, salt, a little glaze, and the juice of a lemon, if acid is required. Mind that the sauce is neither curdled nor too thick, and that it is well mixed before you put the potatoes in it.

694. *Fried Potatoes.*

These are to be turned when raw, and cut the same thickness as in the last; then fry them in clarified butter. If you should have any goose dripping, it would do better. When the potatoes are fried a fine brown colour, and crisp,

drain all the grease on a towel, and serve them quite hot on a napkin, or in a deep dish, for they cannot be dished nicely in any other way. Do not forget to sprinkle them over with a little pounded salt.

695. *Potatoe Purée.*

Take some potatoes well boiled and well drained, pound them in the mortar, moisten with good broth and salt, then rub them through a sieve; when done, put the purée to warm in a stewpan, and add two ounces of fresh butter to it: purée must be thinner than mash; put fried bread round it. Sometimes you may use cream instead of broth; but it is not so wholesome, and is much dearer.

696. *Potatoe Croquettes.*

After having boiled the potatoes in water, to take off the tartness, boil a pint of milk, in which infuse half the peel of a lemon, a lump of sugar, and a little salt. It is hardly possible to determine exactly what quantity of potatoes is requisite for a pint of milk; however, the mash must be made rather thick. Let it cool, and then roll it in the shape you like best, either corks, pears, or balls. Then crumb them as other croquettes, with an omelet and a little salt, and then crumbs of bread, repeating both operations twice. Give them a pleasing form, fry them of a fine colour, and send them up, but without any fried parsley. In this dish sugar must predominate, as it is one of the class of sweet dishes.

You may sometimes make the croquettes as directed, but without putting crumbs on them; have some whites of eggs frothed, into which dip them only, and fry them; when a good colour, glaze them with sugar, and serve very hot.

697. *Potatoe Casserole.*

Instead of a rice casserole, make a casserole of potatoes. The potatoes must be well done; then mix some butter and cream well with a little salt, and make the whole into

a thick mash. Dish it, and make an opening in the centre. After having given it a fine brown colour in the oven, wipe your dish clean, and pour in the ragoût, macaroni, or fricassée, &c. Keep the mash very thick to prevent its breaking when the ragoûts are in it.

#### 698. *Potatoe Soufflé.*

The soufflé requires the potatoes to be well done also. When they have boiled a sufficient time in water, strain them through a hair sieve, and put what comes through the sieve into a mixture of milk, sugar, lemon-peel, a good bit of butter, and a little salt, as in No. 696. Work the whole with the potatoes, and add the yolks of six eggs. At the moment you are going to send up the removes of the soups, beat the whites of the six eggs, and mix them with the rest of the preparation, adding to it a small bit of butter. Put the whole into a soufflé dish, or into a pie-crust that has been made beforehand. The soufflé, however, is better in a dish, as you cannot get it so well done in paste. Glaze with a little pounded sugar and the salamander. Send up speedily, for fear the soufflé should fall.

The fécule that are sold at Morel's, in Piccadilly, are sooner done. Take three or four spoonsful of flour of potatoes, and mix them with good milk, a little salt, lemon-peel, and sugar; keep this preparation thick, then proceed as before directed, with the white and the yolks.

#### 699. *Potatoe Cakes* \*.

The same preparation as for the soufflé, with the only difference, that you put some crumbs of bread into a mould. First, you must put some clarified butter into the mould, so that it may be spread all over; this being done, put two or three large handfuls of crumbs of bread, and

\* Not unnecessarily to increase the bulk of the present work the author has given, in the above recipe, directions for a plain one but they may be varied ad infinitum, by adding different tastes, such as rose, vanilla, coffee, lemon, orange, &c., &c.

spread them equally on all parts of the mould. Then dip a brush into some hot butter, and sprinkle it gently over the contents of the mould, which strew over a second time equally with crumbs of bread, that the gateau, or cake, may be made a fine colour. You may occasionally add dried currants, or dried cherries; sometimes flavour it with noyau, marasquino or vanilla, &c., to create a variety of names and tastes. When you turn the mould, be particular not to break the cake.

700. *Biscuits of Potatoes and Potatoe Flour.*

Take fifteen fresh eggs, break the yolks into one pan, and the whites into another. Beat the yolks with a pound of sugar pounded very fine, scrape the peel of a lemon with a lump of sugar, dry that, and pound it fine also, then throw it into the yolks, and work the eggs and sugar till they are of a whitish colour. Next, whip the whites well, and mix them with the yolks. Now sift half a pound of flour of potatoes through a silk sieve, over the eggs and sugar. Have some paper cases ready, which lay on a plafond, with some paper underneath. Fill the cases, but not too full; glaze the contents with some rather coarse sugar, and bake the whole in an oven moderately heated.

With this quantity of paste, you may make one good cake, and twenty-four cases. The biscuit in the mould is made with the same paste, but you put some melted butter in a mould of the shape you desire; then take some very dry, pounded white sugar, and after having spread the butter all over the inside, throw the pounded sugar into it, and turn the mould all over to equalize the sugar; throw a few cinders on a baking-dish, and put the mould over them to prevent its burning in the oven; put the paste gently into it, taking care not to fill the mould too full, and bake it in an oven of a moderate heat. It should be a good colour. Take it out of the mould as soon as you bring it from the oven. One hour will suffice to bake it thoroughly.

*N. B.*—The cases are to be baked on a plafond, where

there has been no sugar ; otherwise the paper would be soiled.

*Potatoe Flour.*—The flour of potatoes may be easily made, by first peeling some raw potatoes, and then rasping them into a great vessel of clean cold water. When the potatoes have produced a sediment at the bottom of the pan, drain off all the water gently, and fill the pan again with very clear water, then stir up the sediment, and let it settle again. When settled, drain off all the water, and put the sediment on a clean cloth till it is quite dry. Keep it in a clean pot for use.

#### YOUNG OR NEW GREEN PEAS.

We have in France a proverb—“ Eat green peas with the rich, and cherries with the poor.” Peas are only fit to be dressed in the French way, when they are young, extremely fine, and well selected. If they have been gathered long, they will undoubtedly be coarse and hard, and have lost their flavour. If you wish to eat them in a state of perfection, you should do as Lord S. does, have them gathered in the morning, and dressed on the same day, in the following manner :—

#### 701. *Peas, French fashion.*

For a large dish, take three quarts of green peas. Throw them into an earthen pan, with a quarter of a pound of fresh butter and plenty of cold water. Handle the peas with the butter till they stick together ; then drain them, take them out of the water by handfuls, and throw them into a cullender, that neither water nor any kind of filth may remain. Next stew them over a moderate fire, with a bunch of parsley and green onions. When they have recovered their green colour, powder them over with a little flour ; stir the peas before you moisten them with boiling water, till they are entirely covered with it, which reduce quickly on a large fire. The moment you perceive there is no moisture or liquor remaining, dip a small

lump of sugar into some water that it may soon melt, and put it with the peas, to which add a very small quantity of salt. The author has already said (see *Asparagus Peas*, No. 689) that sugar must predominate; green peas without salt would taste very insipid, although the persons who eat them are not sensible of there being any. Next take about a quarter of butter, which knead with a spoonful of flour. Mind that the peas are boiling when you put the kneaded butter in; thicken them with it, and remember that when green peas are properly dressed, there must be no sauce.

The cook should study this article repeatedly, if he would have the peas in perfection: when they are fresh gathered, they should be handled with the butter as above, and placed on the stove to simmer or sweat; it is well to toast them frequently: when they are done, if too much liquid remain, reduce them quickly and add the sugar, the salt, (but no water,) and the flour, as before. If the peas are not of the best quality, moisten them with the boiling water, and proceed as before directed.

#### 702. *Stewed Green Peas with Bacon.*

The same preparation as in the last. The bacon is to be cut into pieces one inch square, and always taken from that part of the breast which in France is called *petit lard*. Sometimes the pieces may be cut in the shape of corks, according to fancy. Blanch these for half an hour in water, to take off the briny taste; then fry them of a fine colour, and drain all the grease. Next stew the bacon with the peas in the same manner as in No. 701. But instead of flour, put in only a little water. When the peas are nearly done and reduced, add to them a spoonful of *sauce tournée* (No. 19). If you wish them to be a brown colour, use some *Espagnole* (No. 17), and never omit a little sugar. Unless the peas are served as *sauce*, or an *entrée*, there must never be any *sauce* in the dish; and observe, when they are for *entremets*, that there must be no *sauce* at all.

703. *Peas, plain boiled.*

Throw the peas into some boiling water, with a little salt. When done enough, drain them, and empty them into a stewpan, with a good bit of butter, and a little more salt. Keep stirring till the butter is melted, and season with a little more salt, and pepper also, if approved of. Send up hot, but take care the butter does not turn to oil.

704 *Green Peas à la Paysanne—(Peasant's way.)*

Mark the peas as in No. 701. Then take a few cabbage and cos lettuces, a good handful of parsley, and a few green onions. Wash them clean, and break them with your fingers instead of chopping them. Drain the lettuce, parsley, and onions, and sweat them with the peas over a very slow fire. You need not put any other moisture than the butter: take care to stir the stewpan repeatedly, to prevent the vegetables from burning. When they are done enough, add a little pepper and salt, without any thickening, as for peas dressed in a different way.

705. *Peas in general.*

When very busy, it is requisite that you should have all the peas intended for entrées, or for entremets, marked in a stewpan. Sweat them all together, take a certain quantity for your first course, and reduce the remainder the moment you finish the entremets for the second.

Peas, to be dressed French fashion, should be very young, and of an equal size, for if of different sizes they never will adhere well. Have a sieve made of ozier or of cane, through which they must be sifted; such as cannot come through are used for soups, purées, &c., or to be plain boiled.

## TURNIPS.

Turnips are of the greatest utility in cookery, as they are used for seasoning all the soups, for a great many entrées, and also for entremets, as follows:—



706. *Turnips with Sauce Blanche—(with White Sauce.)*

Turnips only find their way as entremets, in winter time, from a want of other vegetables. Cut them in the shape of pears or balls; boil them in salt and water, and butter, and when done enough, drain them and send them up with a white sauce (No. 73), to which you may add a little mustard if approved of.

707. *Turnips glazed, Pear fashion.*

Select a few fine turnips; turn a sufficient number to cover or to fill the dish; stew them in a little broth with a little sugar, which reduce to glaze, and add to it a little glaze. When equally glazed, dish them; take a spoonful of Espagnole (No. 17), to detach the glaze that remains in the stewpan, with a small bit of butter twice as big as a walnut, which work with the sauce. Pour the sauce over the turnips without masking them, after you have given it a good seasoning.

708. *The White Purée of Turnips.*

If you want to make a purée very white, you must mince the turnips, blanch them in boiling water, and drain and sweat them over a very slow fire, in a little butter, to prevent their getting brown. When they are done enough, add two or three spoonsful of béchamel (No. 36), strain them like a purée through a tammy, reduce, and send them up, surrounded with fried toasts of bread.

709. *The Brown Purée of Turnips.*

Instead of blanching the turnips, sweat them on a slow fire, in a little butter. Take care that they do not burn. When they are well done, moisten with three spoonsful of sauce tournée (No. 19), and one spoonful of veal gravy. Give them a good seasoning, rub them through a

tammy, and send up as above with fried toasts of bread. Never omit putting in a small lump of sugar before you serve up, to overcome the bitter taste of the turnips.

## CARROTS.

Carrots, like turnips, supply the scarcity of vegetables at a particular time of the year, when all others are dear and scarce.

710. *Carrots à l'Orleans.*

Take a few young carrots, turn them of an equal size, cut them in slices about the eighth of an inch thick, and blanch them well. Next lay them on a towel to drain; put them into a stewpan with a lump of sugar and a little broth, and let them boil over a large fire. When reduced to glaze, add a good bit of fresh butter and a little salt. Mind that the butter must adhere to the carrots when you serve up, as no sauce must be seen.

711. *Purée of Carrots.*

Mince some young carrots; blanch them to take off the tart taste, and use the same process as for the purée of turnips (No. 708).

712. *Soufflé of Carrots.*

Make a thick purée of carrots, but instead of broth use water, in which put a great deal of sugar, half a spoonful of flour, a little salt, and a good bit of butter; let all this boil till very thick, then add the yolks of six eggs, and mix all well together. The moment you are ready to send up, beat the whites of the eggs, which throw in with the rest, and put into the oven for a proper time, in the vessel which you wish to use.

## CELERY.

This is a very heating but easily digested vegetable ; it will be found of great use in cookery, as it is to be seen in so many preparations, soups, salads, sauces, and entremets of all descriptions.

713. *Celery à l'Espagnole*—(with Spanish Sauce.)

Cut a dozen heads of celery the length of your dish ; blanch them ; and mark them in a stewpan between two layers of bacon. Moisten with a spoonful of broth, and let them boil gently ; when done, drain all the fat. Then dish the celery, and send it up with an Espagnole (No. 17), rather thick. If the celery could be boiled after being drained in the sauce for about half an hour, it would have a better taste.

714. *Celery with White Sauce.*

Cut a dozen heads of celery as above. Let them stew in a little butter, salt, and water. When done enough, drain them, and serve up with the sauce blanché (No. 73). If you would have the celery very white, blanch it in boiling water to take out the green ; then put it in a blanc as you do for the celery sauce (See No. 94) ; it will then become as white as possible.

715. *Purée of Celery.*

For the purée of celery, see No. 44. In general, all purées are made by the same process.

## TRUFFLES.

Be particular in smelling the truffles. Throw away those which have a musky smell ; wash them well with a brush in cold water only : when very clean, pick out the larger ones to be served à la serviette (on the napkin) or with Champagne wine, and peel the others very thin ; cut them to be put into clarified butter with the sauté of

either fowls or game ; the trimmings are used to give flavour to different broths. When they are used with large entrées, they are done with fowl or turkey, &c. in the poêle, or braize.

716. *Truffles, with Champagne Wine.*

After having selected the best truffles, trim a stewpan with slices of bacon ; put the truffles into it, with a bunch of parsley and green onions, well seasoned with thyme, bay-leaves, cloves, basil, &c., &c. ; moisten with a spoonful of good consommé, two glasses of Champagne, some salt and pepper, and if you have a good poëlé (No. 313) from fowls, put in some of it, fat and liquid together ; set them to boil gently for one hour ; let this cool in the stewpan. When you wish to serve up, warm them again, and drain them in a very clean towel. Serve them up in a beautiful napkin, so perfectly white that it may contrast as strongly as possible with the black of the truffles.

717. *Truffles à l'Italienne—(Italian way.)*

Wash and trim the truffles as above ; cut them in slices about the size of a penny-piece ; put them into a sautépan, with parsley and a little shalot chopped fine, some salt and pepper, and a little butter ; put them on the fire, and stir them that they may fry equally ; when they are done, which will be in about ten minutes, drain off some of the butter ; then put a little fresh butter, a spoonful of Espagnole sauce (No. 17), the juice of one lemon, a little Cayenne pepper, and serve very hot. This is a relish.

---

## CHAP. XX.

## SWEET ENTREMETS.—APPLES, RICE, NOUILLES.

## APPLES.

THE great difficulty is to find good apples, and such as will bear cooking. In general they break as soon as they feel the fire; the golden pippins are excellent for entremets, but they are small, and generally dear.

718. *Apples à la Portugaise—(Portuguese way.)*

Take a dozen of fine rennet apples; take care that they are not injured. Peel them equally, and push the core out with a vegetable cutter. Let them boil in a very thin syrup, without being too much done. Then make a marmalade with some other apples, but let it be very white.—(See Marmalade.) This marmalade must be made a good thickness. Lay the apples in a hair sieve to drain, that no syrup may remain, and next dish the marmalade, which level with your knife. Lay the apples round the dish at an equal distance, and in such a manner that they may be more elevated in the centre. In the cavity of each apple place a preserved cherry. If you should have any apricot marmalade, generally called apricot jam, you may use some to decorate this entremet as your taste may suggest, or your means allow. It would be a long and unsuccessful task to teach dressing and decorating by a book; the ingenuity and understanding of the learner will be his best guide.

719. *Miroton of Apples.*

You must take at least two dozen apples, and of that sort particularly which stands the fire best. Golden pippins are generally the best. Peel them and cut them into

slices about the size of a dollar. Take a deep dish, (otherwise your miroton would sink in it, and not look well,) put a little marmalade on the bottom of the dish, in order to stick down the apples, one above another, all round the dish. Fill up the middle of the dish with the most defective slices of the apples. Now lay another bed of apricot marmalade, to prevent the apples from slipping down. Next, lay a second bed of apples, and some marmalade again, so as to form a complete spiral line. You must close the centre with a slice of apple, which is to be slit. Next, bake this in a moderately hot oven. When the apples yield to the pressure of the finger, it is a sign of their being done enough. Lastly, sprinkle over the apples a little pounded sugar, and glaze with the salamander. Remember that you must give the apples a fine colouring.

#### 720. *Suédoise of Apples.*

Make a marmalade of apples as compact as possible. Then take small pieces of apples cut into corks, and of different colours. To dye them you need only dilute with syrup a little carmine or saffron, and boil them once. Next let the apples cool in the syrup, that the colour may be spread equally over them. When you dish the suédoise, first spread some marmalade over the middle of the dish, and then arrange the apple corks symmetrically, viz., one white, one red, one yellow, and so on. As the rows ascend, make the next always narrower, and decorate the top with cherries of a pink hue, greengages, angelica, &c. Have some apple jelly, with which cover the suédoise, and put it into ice to cool. When the suédoise is decorated in an agreeable form, use some jelly for garnishing, and place it gently over and round the suédoise. The jelly must be of a sufficient substance not to run down the fruit.

#### 721. *Chartreuse of Apples and Fruit.*

A Chartreuse is the same thing as a suédoise, only instead of raising the fruit with the hand over the mar-

malade, you oil a mould of the same size as the dish you intend to use, and arrange symmetrically fruit of different colours, such as angelica, preserved oranges, lemons, &c.; in short, whatever may offer a variety of colours. Apples and pears are in more general use for the outside, but then they must be dyed as directed in No. 720. When you have decorated the middle or bottom, proceed to do the same to the sides. Next use some thick marmalade of apples to consolidate the decorations. When you have made a wall sufficiently strong that you may turn the Chartreuse upside down, take the whitest apple jelly you can procure, some stewed pears cut into slices the size of a half-crown piece, and some cherries, &c., and mix the whole with the jelly, so as to represent a Macédoine. Do not fill the cavity too full with the miroton, as you are to close it with apple marmalade, that has more substance in it. Then turn over the Chartreuse and dish it. Glaze the fruit over with some thick syrup. This syrup gives additional lustre to the colours, and a fresh gloss to the fruit.

#### 722. *Turban of Apples.*

Take some real rennets or golden pippins, cut them into equal quarters, and stew them in some thin syrup. Mind they do not break. Boil some rice in cream, with a little lemon, sugar, and salt. Let the rice be done thoroughly, and kept thick. Then let it cool. When it is nearly cold, take a large piece of bread, or rather an empty gallipot, which put in the centre of the dish, lay the rice all round till you reach the top of the gallipot. Next take the pieces of apples that have been drained of all the syrup over a sieve, thrust them into the rice, sloping towards the right in the first row, and towards the left in the second, and so on till you reach the top of the turban, which put into the oven, that the apples may be made a fine colour. When you are ready to serve up, remove the gallipot, wipe off all the butter, and decorate the apples with some hard currant jelly, greengages, cherries, &c., which may sometimes

be about the middle of the dish, and pour into the middle a *crème patissière* (See No. 752.)

RICE FOR ENTRÉES AND ENTREMETS.

Carolina rice is generally the best. It must be observed, that rice which has been wetted by the sea has lost its flavour, and of course is unfit to be made use of for *casseroles* with rice. You must first pick the rice, and wash it by rubbing it within your hands in several waters, till the water has not the least stain. Then smell it, for if it should smell of musk, which is often the case, it must be washed in hot water, and then in cold water again, till the bad smell is entirely gone. Next lay it in a sieve to drain for use when wanted.

RICE FOR ENTRÉES.

723. *Casserole of Rice.*

After having picked the rice well, wash it first in lukewarm, and next in cold water, as directed above. After you have well drained it, throw it into a stewpan of a proper size, that it may swell with ease: moisten with some pot-top\*. The broth must be previously drained through a silk sieve, in order that the rice may be kept very clean. Mix it with a large quantity of grease, and some pieces of fat ham, in order to make the rice more mellow; add a little salt. As the rice must swell very much, use a sufficient quantity of broth to produce that effect. Lay the rice on a very slow fire, and stir it frequently that it may not stick. Taste it to ascertain whether it is well seasoned, and done enough; then strain it through a cullender, and level it well with a wooden spoon. Take off the fat that issues from the rice, and pour it into the mould which you select for the *casserole*: when all the parts of the latter are well covered with the grease, drain it by turning the mould upside down, then put some rice all round the mould; put a piece of soft bread in the middle, and cover it with rice, squeeze it in equally with

\* Pot-top, fat.



your spoon, and let it cool. When the rice has become firm, dip the outside of the mould into boiling water. Have a little *pâte brisée* (No. 794), which frame the size of the mould; turn the mould over the paste; make an opening with a knife in the top, and flatten the paste all round with a spoon; then put it into the oven, which can never be too hot for a casserole, for if the oven is not hot enough the casserole is liable to break; baste it with the grease, and when it is become of a fine colour take it out of the oven; open it gently, then cut the bread into small pieces with a penknife, that you may take it out without injuring the casserole; next remove the rice that sticks round, but do not empty it too much, for fear it should not bear or resist the weight of whatever you intend to throw in. You generally put into these casseroles white and brown ragoûts, *blanquettes*, *émincés*, *fricassées* of fowls, macaroni, and *scollops* of fish that have already been sent up to table, &c., &c.

#### 724. *Rice Cassolettes.*

The rice is to be prepared as above, but must be put into smaller moulds, those called *dariole*, or *custard-moulds*. Mind that the *cassolettes* are to be quite cold before you take them out of the mould. The best method of filling up the *cassolettes*, is to take a carrot, and cut it a proper large size, to make a hole in the rice; this hole you fill up with a mince of fowl, with *béchamel* sauce. This mince must be thoroughly cold. When you fill up the mould with the rice, close it without allowing any of the mince to be mixed with the rice, in which case the *cassolettes* would break in the dripping when you fry them. To prevent this accident, the dripping must be very hot. It is to be observed, that in making *cassolettes* the rice must be made quite firm; and that they require something of a white colour to be added; as a mince with *velouté*, a *salpicon* of palates and of mushrooms à l'Allemande, or fillets of fish with *béchamel* sauce.

N. B.—You may likewise give them a light brown colour in the oven, the same as other casseroles of rice, but *frying* is the best and the quickest way.

725. *Rice Cake.*

After having prepared the rice as in No. 723, take some good cream, which first boil to ascertain that it will not curdle; the quantity must be proportionate to the size of the mould you intend to use. For a quarter of a pound of rice take a quart of cream, which however is not always sufficient; this depends on the rice swelling more or less: in this case add a little milk to it. When the cream has boiled, take the peel of a lemon, which infuse in the cream for a quarter of an hour; take the peel out before you pour in the rice, which lay on a very slow fire till it bursts, or swells; when well swollen, add a little salt, and some sugar, according to your own palate; the sugar however must predominate, the salt being only intended to remedy the insipid taste that is inseparable from sweet entremets. Sugar must entirely predominate in articles for a dessert, but in entremets it is to be used moderately. When the rice is done enough, and properly seasoned, break eight eggs, and mix the yolks with the rice; next beat the whites, which pour gently into the preparation; put also a good bit of butter; then clarify about a quarter of a pound of butter, and when it is completely clarified, pour it into the mould; turn the mould round, that the butter may be spread equally on all sides, then turn it upside down for a moment: then put crumbs of bread into the mould, and contrive to have them likewise spread equally all over it; now dip a small piece of paper into the butter, sprinkle some clarified butter all round the mould, and put some more crumbs of bread. This being done to your satisfaction, pour the rice into the mould, and put it into the oven, but mind it must not be too hot. An hour is required for your cake to be baked enough. Turn it upside down in the dish, and serve up.

N. B.—You may sometimes put with it preserved cherries, raisins, or currants, &c.

726. *Rice Croquettes.*

The rice is to be prepared as in the last. When it has swelled in the cream, and is properly seasoned, let it cool;

then roll it into croquettes in the shape of a cork. Next strew over them crumbs of bread (by which is meant that you dip them first into an omelet, and next into crumbs of bread). Roll them several times in the crumbs in what form you please, and mind that they are made a fine colour. When you have fried them of a good colour, you may glaze them on one side with pounded sugar, by using the salamander. Send up with fried parsley, of a nice colour, in the centre. It may be necessary to remark, that you may multiply these entremets by the variety of the different flavours which may be used, as vanilla, citron, lemon, orange, coffee, chocolate, &c., and the liqueurs noyau, maraschino, oil of roses, &c.

#### 727. *Rice Soufflé.*

The same preparation as in No. 725, only keep the rice rather more liquid, and put the whites of two more eggs; that is to say, in a rice cake you put eight yolks, and as many whites, whereas in a soufflé you put only six yolks and eight whites, and a little more butter, to determine the soufflé.

#### 728. *Rice gratiné—(Gratin of Rice.)*

Take two ounces of rice, which wash and pick, &c. Then let it swell in hot milk; as cream, when used for entremets of this sort, would turn to butter. When the rice is well done, pound half a dozen sweet almonds, and the same quantity of bitter ones; when you have made them into a paste, rub them through a tammy, and mix them with the rice, a little sugar, and a very little salt. Then put the rice into a silver pan or porringer, or silver casserole, and leave it to gratin on a slow fire for three-quarters of an hour or more. Instead of using the lid, only cover the pan with a sheet of paper, to prevent the dust and the steam. Serve hot; if you put a cover to it, the steam will prevent its being gratiné.

729. *Rice Turban.*

Prepare the rice as in No. 723. Cut some apples into quarters, and stew them in syrup. Take particular care that the quarters are kept whole. Dish the rice; put a gallipot in the middle, to form a vacancy, into which you are afterwards to pour a vanilla cream. Dress the rice round the gallipot, and level it with the back of a spoon. Next place the apples round the rice, till you have reached the summit of it, and put the whole into the oven, but only leave it there time enough to dry up the syrup which sticks round the apples. Next decorate with sweetmeats of different colours, such as greengages, apricots, and cherries; and when you are ready to send up, remove the gallipot, and fill the vacancy with the vanilla-cream.

N. B.—Many entremets are made of rice cream, which, by the bye, is no more than flour of rice, which is like any other flour, except that it swells more. You may make soufflés of it, and give them whatever flavour you think proper. They must be always sweet.

730. *Croquettes of Rice with Apricot Marmalade.*

Prepare the rice as in No. 723: form a 'croquette, take the handle of a wooden spoon, make a hole in the croquette, which fill with marmalade of apricots. Then close it up with some of the rice, put crumbs of bread as you do in all other croquettes, and fry in the same manner.

731. *Croquettes stuffed with Apples.*

Prepare the rice as above, and repeat every other operation, except that you must have rennets cut into small corks, and well stewed in syrup. Drain them well, and put them into the croquettes instead of marmalade.

732. *Soufflé of Apples with a Rice border.*

Prepare your rice as in No. 723. Keep it of a strong solid substance, dress it up all round a dish, the same

height as a raised crust, that is to say, three inches high. Give a pleasing shape to the rice, and let it be levelled smooth; have some marmalade of apple ready, made very thick; mix with it six yolks of eggs and a small bit of butter; warm it on the stove in order to do the yolks: then have eight whites of eggs well whipped, as for biscuits, mix them lightly with the apples, and put the whole into the middle of the rice; put this into the oven, which must not be too hot. When the soufflé is raised sufficiently, send it up, as it would soon lower. If you wish to make a kind of pap, take a spoonful of flour, a pint of milk, a little salt, lemon and sugar: let the whole boil well, then mix it with the apples and the yolks of four eggs: the whites are to be poured in afterwards: next bake the soufflé in the oven. This method is safer than the former, and is not deficient in delicacy.

733. *Charlotte of Apples mixed with Apricots.*

The charlotte has been so called after the name of the original inventor, yet there is no doubt but his successors have made great improvements on the original. To make a charlotte, take a dozen of rennets; but if you use a very large mould, you require more. Cut them into quarters, peel them, and put them into a pan with a lump of butter, a little cinnamon, the peel of half a lemon, and a little pounded sugar. Stew all these ingredients over a brisk fire, but without allowing them to burn. When the apples are nearly done, take them off the fire, mix with them half a pot of marmalade of apricots, and throw the whole into a mould trimmed with slices of bread dipped into melted butter; cover the marmalade with bread that has also been dipped into butter. Now bake the charlotte in an oven that is pretty hot; give it a good colour and serve up hot. The top of the charlotte must be always decorated; to do this, put some clarified butter all round a plain mould, then cut the crumbs of bread in any shape you think proper. To keep all the apples confined in the mould, the neatest and prettiest way is to cut the bread with a plain round cutter, and lay them over one another

all round ; they must be dipped into clarified butter before they are put into the mould ; then put the apples, and cover them ; give a good colour, drain all the butter, and serve very hot and crisp.

## NOUILLES.

Nouilles are made with a paste, as follows :—Put on the table about half a quarter of a pound of good and very fine flour, make a little hole in the middle of the flour, and put into it a little salt, a small bit of butter, the yolks of three eggs, and a little drop of water ; mix this paste very well, and spread it on the table with the rolling pin, then cut a small bit, about an inch in length ; pour some flour lightly over these pieces to prevent their adhering together, then blanch them in boiling water, after which, drain them through a cullender, and use them as directed hereafter.

Nouilles are very useful, as they are served as potage, entrées, entremets ; but as they have been explained under their proper heads, the author will proceed to speak of the entremets.

734. *Croquettes of Nouilles.*

When they are prepared and blanched, take a pint of milk, boil it with a little salt, a small bit of sugar, and the peel of half a lemon ; when the milk boils, put the nouilles into it, and reduce it till it becomes very thick ; put them into a cold dish, and when perfectly cold, shape them as you do the rice, sometimes crumbing, sometimes frying them, only dipping in white of eggs ; frost and glaze them with sugar of a good colour.

---

## CHAP. XXI.

## SWEET ENTREMETS.

## CREAMS.

735. *Coffee Cream.*

ALL creams are made in the same manner : the taste and colour only varying.

Take a pint of cream and a pint of milk, and boil them together. When boiled, throw in a small lump of sugar, and a little salt ; next roast the coffee in the omelet pan, or in a coffee roaster. When well and equally roasted, throw it burning hot into the cream, cover the stewpan, and let it infuse till it gets quite cold. If you wish to pour the cream into cups or any other small vessels, you must measure the quantity of cream, but for a mould it is unnecessary ; put the yolk of an egg to every cup ; rub the cream twice through a tammy, in order that the egg may be well mixed with it, and next put the cups into a pan containing water enough to reach to half the height of them ; cover them, and put a little fire over the lid of the pan, to prevent any steam dropping into the cream. As soon as the cream is done, let it cool, and take care to secure the cups from dust, &c. When you make the cream in a large mould, put more eggs.

736. *Lemon Cream.*

The same preparation as above ; but when the cream has boiled, instead of coffee, throw in the peel of a lemon, which leave to infuse, with the addition of a little salt and sugar. If intended for a cream in moulds of a large size, you must use a greater quantity of eggs ; as for instance, sixteen eggs for two pints of cream or milk.

737. *Chocolate Cream.*

For a second course dish, take a quarter of a pound of vanilla chocolate, rasp it very fine, and throw it into a pan to melt with a little water. When melted, mix and beat it with some cream, which you have boiled, as above, and a little salt. Except in creams of fruit, as pine-apple, apricots, raspberries, &c. a little salt is always requisite, but very little, however. If you wish to make an ice cream, instead of sixteen eggs for a quart of cream only put eight, which put on the fire to thicken, but take particular care to prevent its curdling: as soon as you take it from the fire, mix with it a little melted isinglass, and rub the whole through a tammy. Now try a little of the preparation in a small mould over ice. If you should find that the cream has not substance enough to allow of being turned upside down, you must add a little more isinglass.

It is to be observed, that the isinglass must previously be melted in a little water. (See Method of Melting Isinglass, No. 742.)

738. *Crème à la Vanille—(Vanilla Cream.)*

Take one or two sticks of vanilla, which infuse in some boiling cream: next put in the eggs as you do for other creams. If you are making a fromage à la glace\*, (iced cheese) you must put a smaller quantity of eggs, as isinglass is to be put to stiffen it; and keep constantly stirring the cream on the fire, while the eggs are doing. Mind that the eggs are not overdone. When you perceive the cream is getting thick, put the melted isinglass in, and rub it through a tammy; then put it in a mould, and into ice. When you wish to make the cream more delicate, let it get cold; then put it into a vessel over ice, before you put any isinglass into it, and whip it; when quite frozen, put in cold melted isinglass: this method requires less isinglass, and the jelly is much lighter.

\* Sometimes erroneously called fromage bavarois, or Bavarian cheese.



739. *Crème au Thé—(Tea Cream.)*

Boil a pint of cream and a pint of milk, into which throw a little salt and some sugar; the latter must, however, predominate. When the cream boils, throw two or three spoonsful of good tea into it, boil it once, put in ten yolks of very fresh eggs, and proceed as usual upon the fire, till the cream becomes thick; then put in the isinglass, &c. If your mould is small, eight eggs are sufficient.

740. *Orange Flower Cream.*

Instead of tea, infuse a large pinch of orange flowers, and when the cream has got the flavour, put in the eggs, &c.

741. *Crème à la Genet, called Barley-sugar Cream.*

Melt about an ounce of sugar in a confectionary pan. Let it reduce till it is brown, but mind to keep continually stirring, to prevent the sugar getting a bitter taste. When quite brown, dilute it with a little water, to which add a little sugar to qualify the bitter taste. When melted, take a quart of cream that has boiled, throw the caramel (barley-sugar) into it, and put a sufficient quantity of sugar to make it palatable. If you wish to have the cream iced, pour in the yolks of eight eggs; but if you intend to have it with eggs only, you must use twelve. In the first case, when the eggs are well mixed, put the stewpan on the fire to thicken the cream; and when it begins to thicken, stir it well, and throw in the isinglass that you have melted previously; then put it into the mould and ice it. You must let it cool first, or it will melt the ice, and the mould will be liable to tilt over, and the cream fall out. It is not customary in this country to use cream without isinglass, therefore it is not particularly necessary to recommend the method of making them with eggs only; it is sufficient to say, that when you intend to put no isinglass into the cream,

you must put more eggs, and it must not be done till it is put into the mould; butter the mould with clarified butter, then put the cream into it, to be poached in boiling water with fire on the lid, to prevent the steam from falling in. With respect to the multiplicity of names, they are derived from the peculiar flavour of the cream; there is no difference in the making of them. Thus, rose cream, vanilla cream, lemon cream, orange-flower cream, marasquino cream, pine apple cream, &c., &c., derive their respective appellations from the flavouring ingredient. They are all made alike.

742. *Manner of melting Isinglass.*

To melt a quarter of a pound of isinglass, take a little more than a pint of water, into which throw the twelfth part of the white of an egg; beat the water well till it becomes white; throw the isinglass into the water, and lay it on the stove over a very slow fire. If you keep it covered, it will melt more easily. Take care it does not burn, for then it can never be made clear, and, besides, it would have an unpleasant taste. For a larger quantity, put more water, but not more white of egg. Some people put in the peel of a lemon, which is wrong; you may, however, squeeze the juice of it in, if you want the isinglass to be clear, but for cream it is useless. Always add isinglass cautiously. In order to make cream or jellies in perfection, try a little in a small mould. If the jelly should not be firm enough, add a little more isinglass. It is impossible to determine the exact quantity that is required for creams or jellies, as the dishes and moulds are never of the same dimension. The best method, therefore, is to try by tasting. A medical man once demanded of the author why cooks had not weights and measures, the same as apothecaries? To which he incontinently replied: "Because *we* taste our recipes, whereas *Doctors* seldom taste those they are mixing; therefore they must have exact measures."

743. *Egg and Water Cream.*

Boil a pint of water, with half a quarter of a pound of sugar, a little coriander, a little cinnamon, and the peel of a lemon. When all these ingredients have been well infused, break the yolks of eight eggs, which mix and beat with that preparation; then rub it through a tammy, and put it into small cups to thicken in the bain marie. Put but very little fire under, as there must be some on the covers to prevent the water of the steam from falling into the cream. The cream must not boil too long, and only gently, for fear it should curdle. This cream agrees very well with weak stomachs, and is especially recommended to young ladies of feeble constitutions.

744. *Cream of Eggs with Broth.*

Take some good consommé, of the particular sort you wish to use, whether of game or of fowl: do not put any sugar to it. Measure a cup full of it to every yolk, and make this cream thick, in the same manner as you do all others. If you wish to make it with eggs to be turned out of the mould, use two yolks of eggs for each custard mould, and proceed as above; with the only difference, that you must butter the moulds lightly inside with some clarified butter. Boil the eggs in moulds instead of cups, and when they are hard enough, turn them upside down in the dish; serve up with some consommé thickened with the yolks of two eggs, and poured over as sauce. This dish is greatly admired by the amateurs of game, as it gives a very peculiar flavour to the different species of game used in the preparation.—

Eggs with consommé of young Rabbits,  
Eggs with fumet of Partridges,  
Eggs with fumet of Snipes, Pheasants, &c.

745. *Eggs with Consommé of Game, en petits pots.*

These are made the same as those above, but put in the smaller cream-pots.

746. *Eggs à la Neige*—(like Snow.)

Take the white of six eggs, which will be enough for an entremet; whip them till they get thick; have some milk boiling over the fire in a large stewpan; poach several spoonsful of the whites in it, and when done enough, drain and dish them; next make a sauce to pour over them in the following manner: take some of the milk in which you have poached your eggs, then put a little sugar, a little orange flower, and a little salt; mix the yolks of four eggs with the same, stir the whole on the fire till the milk is made thick, put it through a tammy, and mask the neiges with that sauce.

747. *Italian Cream.*

Boil a pint of cream with half a pint of milk. When it boils, throw in the peel of an orange and of a lemon, to infuse with half a quarter of a pound of sugar and a small pinch of salt. When the cream is impregnated with the flavour of the fruit, mix and beat it with the yolks of eight eggs, and put it on the fire to acquire an equal thickness. As soon as it is thick enough, and the eggs done, put a little melted isinglass in it, strain it well through a tammy, and put some of it into a small mould, to try if it is thick enough to be turned over. If not, add a little more isinglass, and put the preparation into a mould on ice. When quite frozen, and you wish to send it up, dip a towel into hot water, and rub it all round the mould, to detach the cream, and turn it upside down on a dish. By this means the cream is brighter and the dish not soiled. If you whip the cream before you put it into the mould, it makes it more delicate and more mellow; but do not put the isinglass into the cream before the cream is nearly done. In concluding the article on creams, the reader may probably be surprised at the scarcity introduced. When it is considered, however, that the author has intentionally shortened this article by recommending variations of flavour with the same preparation, it will be found that the number of changes which

may be made with the same receipt, on which they are all grounded, will equal if not exceed that of any publication expressly devoted to the subject.

748. *Pine-Apple Cream.*

Infuse the rind of a pine-apple in boiling cream, and proceed as usual for other fruit creams. You must only use the rind, for the pulp of the pine-apple being acid, the cream would curdle.

749. *Marbled Cream with Coffee.*

When you have prepared the cream as directed in marbled jellies, No. 782, have a little very brown caramel (barley sugar) ready; take about half the cream, and add to it a little caramel, that it may be of a darker colour than the other half, but it must be of the same substance with respect to isinglass; then take a mould rubbed lightly over inside with oil, which lean sideways, and put a little white cream into it; when that has acquired a good substance, throw in some of the brown cream, and so on alternately till the mould is quite full. Then cover the mould all over with ice. When you are ready to serve up, rub it with a towel dipped into hot water, the same as you do the Mosaïque. (See Jellies, No. 776.)

750. *Marbled Cream, White Vanilla, and Chocolate.*

Make both creams separately, as directed above. Try whether they are of the same substance, for if one should be thicker than the other, they would separate in the dish. Rub the mould lightly over with oil, give it a sloping direction, and pour a little vanilla cream into it; when that is frozen, turn the mould a little, and put in a little chocolate cream; let that freeze, and go on so alternately, till the mould is entirely full. Next cover the mould with ice. Use the same process for liberating the cream from the mould, as above.

751. *Crème à la Chantilli*—(*Chantilli Cream*.)

Have about a pint and a half of very good thick cream put it into a cool place. When you want to garnish the pastry, &c., take a whip, as used in the kitchen, and whip the cream as quickly as possible. When sufficiently stiff, flavour it to your taste, and add very little sugar, as it will make the cream turn into water. This must be particularly attended to if you would have the chantilli look well, because, if sugar is added, it will dissolve in the cream, and spoil its appearance and flavour. Sugar may be added at table.

752. *Crème Patissière*—(*Pastry Cream*.)

Put into a stewpan the yolks of six fresh eggs, two spoonful of fine dry flour, and mix them well with a wooden spoon; dilute this with a pint and a half of boiling cream, and a pinch of salt; turn this over the fire to do the paste. When it begins to boil, take it off the fire to mix it well; then put it on again for about twelve minutes. Melt a quarter of a pound of very fresh butter in a stewpan, and when properly clarified, add it to the paste, and put the whole into a basin to cool. Next rasp on a bit of sugar the peel of a lemon, (put sugar according to your taste), and add to it an ounce of bitter macaroons; if the paste is too thick, add a spoonful of cream; if too thin, the yolks of two eggs. This cream must take various flavours, as vanilla, orange, coffee, chocolate, &c. &c., but it is always the same cream. When you wish to make a very fine tartlet, mix with this cream some fromage à la crème, (cream cheese.) Put some trimmings of puff-paste into buttered tartlet moulds, a spoonful of the cream over the paste, and a little star of paste over the middle: bake them in a pretty sharp oven. Glaze with fine sugar, and use the salamander, that the star may be well glazed. This sort of cream is used only for tarts, tartlets, and darioles or custards.

753. *Crème Pâtissière—(Custard.)*

Take a pint of cream and a pint of milk, boil and keep stirring them with a spoon. When boiled, add about two ounces of sugar, a little salt, and the peel of a lemon. Let this peel infuse till the cream acquires the taste of the lemon; next beat the yolks of eight eggs with the cream, and do them on the fire, stirring all the while with a wooden spoon. When the cream is become very thick, pour it into a hair sieve, and rub through with a wooden spoon. When entirely strained, put it into a pan to serve when wanted. If you wish your cream to be very thick, you must put more eggs to it. This *crème* is termed by the generality of ladies in this country, custard. The custard will, however, be found under the head of creams and jellies.

754. *Frangipan.*

Throw four spoonsful of flour into a stewpan, and beat the flour with four entire eggs, and a pint of cream, and take care the flour is well mixed: add a little salt and a little sugar. Now rasp the peel of a lemon with a lump of sugar, and scrape it into this preparation. Lay the whole on a slow fire, and keep continually stirring, for fear the contents should stick to the stewpan. When the mixture has been on the fire for a quarter of an hour, blanch a dozen of sweet almonds and the same number of bitter ones, which pound very fine, and moisten a little, that they may not turn to oil. When reduced to a kind of pomatum, mix them with a frangipan, and try whether it tastes well. This you may use for tarts, tartlets, cakes in custard, &c., &c. (See Pastry.) Observe that sugar must predominate in all sweet entremets; but they must not be too sweet.

755. *Cabinet, or Chancellor's Pudding.*

Boil a pint of cream, in which put to infuse a little lemon peel, and a little salt. Pour the cream while boiling over a pound of biscuits, à la cuillère, and let

them soak. Next add the yolks of eight eggs. Then beat the whites of six eggs only: some persons add a little brandy, but that the Author disapproves of. Butter a mould, and decorate it with preserved cherries. When you send up the first course, pour the above preparation into a mould, and put it in the hot-water bath (see Note to No. 44). Observe, that if the mould is large, you must use more eggs. Make a sauce as for the eggs à la neige (No. 746), into which squeeze the juice of a lemon; or make a sauce with arrow-root as follows: dilute a spoonful of arrow-root with white wine and sugar, and lay it on the fire to boil; keep it liquid enough to mask the mould, and let the dried cherries that are round be full in sight.

N. B.—This pudding can be made of remnants of Savoy biscuits, or the crumb of a penny loaf.

756. *Pudding à la Bourgeoise*—(Citizen's Wife's way.)

Butter a mould all over the inside, then stick symmetrically some dried cherries all round the inside, cut some slices of bread and butter, and spread some black currants over, then put them one over the other in the mould, till you have filled it, then have in a stewpan some milk which has been boiled beforehand, into which infuse some lemon peel, add a little sugar, and a little salt, mix with this five or six eggs, and taste if the sugar predominates. Put this quite cold into the mould, and put this mould into a stewpan in the hot-water-bath for one hour. When done, try all round if the pudding will come out easily. Turn it round on the dish, and serve with the arrow-root sauce over.

757. *Tapioca gratined.*

Put two ounces of very clean tapioca, with a quart of hot milk, a small bit of sugar, a very little salt, and one leaf of almond laurel; let this boil gently over a slow fire; when the tapioca is done, put it into a silver stewpan, and set it on a pretty sharp stove fire to gratin; let



it stick very much to the bottom of the stewpan ; take out the laurel leaf, and serve it up with a cover over ; but mind to cover the stewpan with a skewer and a sheet of paper, to prevent the dust from flying into it.

758. *Croquettes of Chestnuts à la Ude*—(*Ude's way.*)

Take fifty good chestnuts, and put them into a hot oven, observing that you must cut each of them with the point of your knife, to prevent them from bursting. When well roasted, clean them, and put half of them (taking care to choose those parts that have colour) into the mortar, with three ounces of butter and a spoonful of cream : rub this paste through a hair-sieve, then mix with it the same quantity of butter as before, a pinch of salt, three ounces of sugar, and a quarter of a pint of cream ; put the whole over the fire in a stewpan to dry like royal paste, or a choux (see No. 837) ; when it has acquired a little consistence, put to it six yolks of eggs, and give to the preparation the flavour you think proper, as lemon, vanilla, cedrat (a kind of citron), coffee, &c. ; let this paste go to the fire again after you have added the yolks of the six eggs ; stir it well with a wooden spoon till it is rather firm ; then butter a dish, and spread this paste over, equally, with your knife ; cover this with a sheet of buttered paper, and let it cool ; when cold, cut it with a knife, take half of a chestnut, and make the paste into the shape of a big chestnut ; put some crumbs of bread over the croquettes, then dip them into three eggs beaten up with a little salt, and into the crumbs again ; give them a good shape, fry them of a nice colour, and serve them without fried parsley, as a sweet dish ; sometimes dip them into eggs only, without crumbs ; they are more delicate. Put fine sugar over them after they are fried.

---

## CHAP. XXII.

## SWEET ENTREMETS, SOUFFLÉS, &amp;c.

It will be sufficient to observe on the subject of soufflés, that they are all made in the same manner, and that they vary only in the flavour you give them. If sent up in proper time, they are very good eating, if not, they are no better than other puddings.

759. *Soufflé of Potatoes with Lemon.*

Bake a dozen potatoes in the oven; when they are well done, open them, scoop out the most floury part, and mix it with half a pint of cream that has boiled, and in which you have infused the peel of a lemon; to this add a little sugar, a large bit of butter, and a little salt; the taste of the sugar, however, must predominate; yet observe, that the less sugar you use, the lighter the soufflés will be. Now break six eggs, throw the yolks of four only into the potatoes, beat the six whites, which pour gently with the above preparation into a soufflé dish, and put it into the oven, which must not be too hot. When the soufflé is done enough, powder a little sugar over it, and use the salamander; soufflés must be served up the moment they are ready, for they are liable to sink.

760. *Soufflé of Orange Flower.*

Dilute a little flour with half cream and half milk; set this pap on the fire to boil; when the flour is done, put a little salt, a little sugar, and a small quantity of pounded orange flour, mix well, and then add a good

bit of butter, the yolks of six eggs, and mix the whole well. Next beat the six whites, and mix them with the rest: then bake the soufflé as above, and when it is baked enough, glaze it and send it up.

761. *Soufflé of Ground Rice.*

Wash and pick a certain quantity of rice; when it has lost all improper flavour, lay it in a hair sieve to dry before the fire; when quite dry, pound it, and sift it. Take two spoonsful of the flour, and dilute it with a little cream and milk: boil them on a slow fire, and give whatever taste you may think proper. Of course you must add butter, sugar, salt, beaten whites of eggs, &c. as for all other soufflés; then send up.

762. *Soufflé of Bread.*

Boil some milk with a little cream, to which give any taste you think proper. Throw into it the soft part of two or three fresh rolls to soak, rub the bread through a sieve, and proceed with the eggs, butter, sugar, &c. as in the three preceding numbers.

763. *Soufflé of Coffee.*

Boil a pint of cream with a pint of milk, to which add a little sugar and a very little salt. Take a clean omelet-pan, or a coffee roaster, and roast in it a quarter of a pound of coffee on a slow fire. When it is equally roasted, throw it into the boiling cream, that it may acquire a proper taste of the coffee. Use this cream to make either bread soufflé, No. 762, or potatoe soufflé, No. 759, &c., &c.

764. *Soufflé of Chocolate.*

Take a quarter of a pound of chocolate, which cut as small as you can, and melt it on the fire in a little water.

When it is entirely melted, throw it into the soufflé preparation, No. 762, the same as the others.

Vanilla Soufflé,            Pine-Apple Soufflé,  
Saffron Soufflé,         Rose Soufflé,

and generally all other soufflés, are prepared in the same manner. The grand point is, to make the preparation well, and above all things to beat the whites of the eggs very well, for on that alone depends the rising or falling of the soufflé.

765. *Souffle, or Cake of Tapioca.*

Tapioca is an article that swells very much, and which requires a long time to be done thoroughly. If you boil it over too brisk a fire, it will become tough; if over a very slow fire, it will be as mellow as marrow, and then it is extremely pleasant to the palate. Boil a pint of cream and a pint of milk with a little sugar, and very little salt. Then add the peel of half a lemon; but if the taste of orange flowers, roses, or vanilla, &c. should be more agreeable, use them in preference, according to the taste of your employer. Put a quarter of a pound of tapioca into the cream, and let it boil over a very slow fire. When it is done, throw in a piece of butter, and break the yolks of six eggs, which beat up with it, and let them do over the stove. When you send up the first course, beat the whites of the eggs, pour them gently with the rest, and set the whole into a moderate oven. If you wish to make a cake, sprinkle a mould twice over with clarified butter and crumbs of bread: mix with the preparation some dried cherries and currants, and proceed as you would do for a soufflé. When done, turn the mould upside down in a dish, and send up hot.

766. *Omelet Soufflé.*

Break six eggs, put the whites into one pan, and the yolks into another; rasp a little lemon peel or orange flowers, beat the yolks well, add a little sugar and salt, and next beat the whites well en neige, and

with the yolks lightly. Then put a lump of butter into an omelet pan on the fire; when the butter is melted, pour the omelet into the pan; and when it is firm enough on one side to hold the liquid part, turn it over on the dish you send up; then bake it in an oven, or use the Dutch oven. When it is well raised, glaze it, and send it up immediately, for it would soon lower. Mind, it must be covered very close with a large fire over it, otherwise it will not rise. To this you may give whatever flavour you think proper; but the plainer the better, when served very hot, and very high.

767. *Pancakes, French fashion.*

Put into a stewpan or basin, two ounces of fine flour, three ounces of sugar, a few macaroons of bitter almonds, a tea-spoonful of orange-flower water, a little salt, a pint of cream, a glass of milk, and the yolks of five very fresh eggs. Mix the whole well; then clarify two ounces of butter, and with a hoop of clean paper put some into the pancake pan; put a very little of the mixture into the pan at a time; let it be well done on one side only, and turn the first one on the bottom of a silver plate; and do the same alternately with the others; arrange them in an agreeable form, and when you are about finishing, glaze the last with fine sugar, and salamander it; put the plate on a dish, and send up very hot. If you have a very hot oven ready, you may put the pancakes in it for ten minutes: after which, glaze them à l'Allemande, and serve very hot.

768. *Pancakes, English manner.*

Put into a pan four spoonful of very fine flour, a pinch of salt, a spoonful of fine sugar, the peel of a lemon chopped very fine, and two eggs; dilute the whole of this with a pint of cream, melt a small bit of fresh butter in a stewpan, throw it into the preparation, and then have a pancake pan very clean, put a very small bit of butter into it, let it get hot, put a spoonful of the mixture into the

pan, turn it round that the pancake may be done equally, then give a sudden jerk to turn the pancake on the other side; let it be well done on both sides; lastly, roll and glaze them with fine sugar. They must be made quickly, as there must be many to make a dish. Under this head, you will find many varieties, all of which, however, resolve themselves to this:—In some, you put apricot marmalade; in others, currant-jelly, &c., &c. They are all similar.

---

## CHAP. XXIII.

## SWEET ENTREMETS, JELLIES, AND FROMAGES.

## JELLIES.

It is to be observed, that all jellies made of what is called red fruit, must be worked cold, and be put on ice very promptly. If you were to use a tinned mould, the tin would alter the red into a dead blue colour, and also spoil the taste; but if you use earthen moulds, the jellies will always look and taste as they ought.

It is also advisable to clarify the isinglass while it is melting: there is less waste, and the jellies have a brighter appearance. (See the manner of melting Isinglass, No. 742.)

769. *Strawberry Jelly.*

Put some strawberries into an earthen pan, squeeze them well with a new wooden spoon; mix some pounded sugar with the fruit, and let them infuse for an hour, that the sugar may draw out all the juice; next pour in a little water. If the strawberries are very ripe, squeeze the juice of two lemons to restore the acid taste of the strawberries, for such preparations as are too sweet are insipid. Put all this into a bag that is nearly new, that the juice may be strained clear and limpid; mix some melted isinglass with the juice, but mind that the whole must be very cold. Now put half a spoonful of the jelly into a mould over ice, to ascertain of what substance it is. If thick enough, put the whole into the large mould in ice, and cover it also with ice, but no salt, for it would spoil the bright colour of the jelly.

Some people clarify the sugar, and when it is quite

limpid and very hot, throw their strawberries into it. This method is tolerably good, but then the jelly does not keep the taste of the fruit so well. You may try either way. When the strawberries have been infused in the sugar, and they have discharged their colour, strain them through a bag, mix the isinglass, and lay them in ice. Cover the mould with ice also.

770. *Raspberry Jelly.*

Raspberries are prepared in the same manner as strawberries, either hot or cold. They are also liable to lose their colour. It will not be amiss to repeat, that the isinglass must be thrown in very cold; but the best way is to put the fruit into the mortar with some sugar, and mix them together: add a little water, put the whole into a jelly bag, and when the juice has been strained, mix the cold isinglass with it. You must avoid bruising the small kernels which are in the raspberries, as they would destroy the clearness of the jelly; press the fruit only to extract the juice; recollect, it is the same with all fruit, particularly the red, as follows:—

771. *Red Currant Jelly.*

The same preparation as above, either hot or cold.

772. *Currant Jelly with Raspberries.*

The same as above, only mix some raspberries with the currants.

773. *White Currant Jelly.*

The same operation as for red currants.

774. *Orange Jelly.*

Eighteen oranges are requisite to make a good jelly. Peel lightly six oranges, and throw the peel into a little water,



which lay on the corner of a stove, without allowing it to boil, for fear it should taste too bitter. Cut the oranges in two: have a silk sieve and a lemon squeezer, both of which dip into cold water, or otherwise they would absorb the juice of two oranges at least. Squeeze the oranges into the sieve over an earthen pan. This being done, pour the infusion of the peel through the sieve; next take a pound of sugar or so, in proportion to the acidity of the oranges, break it in a confectionary pan, pour a drop of the white of an egg into about a pint of water, whip it till it gets white, pour it over the sugar, and set it on the fire. When the sugar becomes frothy or scummy, throw a little more water in. Skim the sugar, let it reduce till it begins to bubble; and then pour in the juice of the oranges. The heat of the sugar will clarify the jelly. Do not let it boil, but as soon as you perceive a yellow scum, skim it, and pour the jelly into a bag. Next mix some melted isinglass, either hot or cold. This jelly must not be made too firm, and especially avoid introducing any colour into it, as it is almost always yellow. Some people add brandy to it, which is wrong, the natural flavour ought never to be adulterated. If the oranges should be too ripe, mix a little lemon-juice to make them acid.

775. *Lemon Jelly.*

Lemon jelly is made exactly in the same manner as that of oranges. However, it requires a little more attention, for you must smell all the lemons you use, for fear they should be musty; besides, the lemons being more acid, require a larger quantity of sugar. In every other respect the process is the same as above.

776. *Mosaic Jelly.*

Boil half a pint of cream; when it boils, infuse the peel either of an orange or of a lemon, according as you wish to decorate the jelly with either. When the cream has imbibed the flavour of the fruit, put in a little sugar. Break the yolks of four eggs, which beat with the cream,

lay it on the fire to thicken, and then put in some isinglass that has previously been melted. Strain the whole through a hair sieve, and put it in a basin, well covered, on some ice, in order that it may get quite firm. Now take the mould which you intend to use, brush it lightly with oil all over the inside, and then cut the white cream jelly with a knife in the first place, and next, with small tin cutters. Decorate the mould without putting it on ice, for the damp would prevent the decoration from sticking on. Decorate the bottom first, next the sides; then only put the mould over ice. Now pour a little orange jelly lightly, not to injure the decoration, and let it get thick. When the orange jelly is frozen, thrust the mould deeper into the ice; then put a little more jelly to the height of the lower decoration on the sides; let the preparation be made firm again: mind, the jelly is never to come higher than the flowerets, till the bottom has been first made firm; then gradually ascend to the top. Cover and surround the mould with ice. When you wish to serve up, dip a towel into some hot water, and rub the mould all round. Ascertain that none of the jelly sticks to the sides before you meddle with the bottom of the mould; then rub the bottom with the hot towel, and turn the jelly neatly into a dish. Were it not for all these precautions, the two colours would melt, and mix with one another. This jelly looks beautiful when well made.

N. B.—It is to be observed, that this jelly can only be made in winter; for during the summer season it would melt, except made hard, then it would not be good; however, you may work it in a very cold place.

I shall not describe the great variety of jellies that can be decorated in this manner; it will be sufficient for learners to know, that when they are to decorate pineapple jelly, they must give the same taste to the white jelly which is to be used for the decoration; the same must be done also for noyau and marasquino. When you make white vanilla cream, use chocolate to decorate with, by making the first preparation as directed for Mosaic jelly. For lemon jelly, use lemon, and so on with any other sort of jelly.

777. *Pine-Apple Jelly.*

The pine-apple, although a very odoriferous fruit, is not very juicy. Clarify some sugar (see No. 774), take the rind of a pine-apple, and turn the best part equally. Let it be of the diameter of a crown-piece, but a little thicker. Boil it in the sugar, squeeze into the syrup the juice of a lemon or two, and put to it some isinglass ready clarified. Strain the whole through a bag, drain the pine-apples through a clean hair sieve; next put in the mould a little of the pine-apple jelly; and when there are about three-eighths of an inch deep at the bottom of the mould, put the mould on ice to freeze. When firm, lay slices of pine-apple symmetrically over the jelly. Mind that they are quite dry, and use a little jelly to make them stick together. When the jelly is frozen to a substance, put in a little more to freeze again; then fill the mould, and put some ice all round. If the pine-apple does not look well enough to be served in the jelly, send up the jelly by itself, but keep the slices of the fruit in sugar, as they will serve another day to make pine-apple fritters.\* This jelly appears very well with a Mosaic on the surface of the mould.

778. *Cherry Jelly.*

The best method of making this jelly consists in clarifying the sugar.—(See No. 774.) When you have skimmed the sugar properly, and it boils, throw the cherries into it: take them off the fire; and when the decoction is cold, mix with it some cold clarified isinglass, squeeze three or four lemons into it, strain through a bag, and try the preparation. Next fill the earthen mould, and put it in ice. The author has already observed, that tin moulds would make these jellies turn a dead blue colour.

779. *Jelly and Miroton of Peaches à la Ude—(Ude's way.)*

Cut a dozen peaches into halves, peel them gently, and boil them in a thin syrup, but not too long. If they are

very fine, you may use them almost raw, but if common fruit, the syrup will improve the look of them. Break the stones, peel the kernels, and throw them into the hot syrup with the fruit. When the peaches have infused about an hour, you may use them for making jelly en miroton, which is done as follows: drain the peaches in a new sieve, take the syrup, and squeeze six lemons into it; put this through a jelly-bag, or through a paper; when very clear, add some clarified isinglass to it, and put some into a plain mould in ice. When it is firm, dress the peaches over the jelly, and put the kernels between, then stick all this together with some jelly; when stiff, put in some more jelly gently, let it freeze, and then fill the mould: put a great quantity of ice round the mould, and some salt, as this jelly is very liable to break; but it is one of the most delicate that can possibly be made. When you can procure peaches fine enough to appear in the jelly, you may make it as directed, but by filtering through the paper, and mixing afterwards with the isinglass, you will obtain one of the best jellies possible.

#### 780. *Calf's Foot Jelly.*

Although calf's foot jelly is seldom made alone, it will be better to give the simple preparation, which is as follows:—Bone the calf's feet first, put them into warm water to disgorge all the blood, then boil them in clear water, and skim till the water is quite limpid. Then put the stewpan on a small stove, and let it boil gently till the calf's feet are well done. Drain the liquor through a double silk sieve; skim the fat off with the most scrupulous attention, then throw a large piece of sugar into the liquor. Six feet make a large dish. Throw likewise into the jelly the peel of four lemons, and also the juice; add to this a stick of cinnamon, a few cloves, a little allspice, and break four eggs whole, but very fresh, into the mixture. Smell the eggs, one after another, for if one of them should not be fresh and sweet, it would spoil the whole jelly. Whip the jelly, but take care the rod is not greasy. Lay the jelly on the fire, and keep beating it till it begins

to turn white, and to bubble round the stewpan. Then remove the stewpan from the fire, cover it, and lay some fire on the cover. This fire is intended to preserve the strength of the jelly, which otherwise (the steam dropping from the lid) would become weak. When the jelly has simmered for an hour on a very slow fire, strain it through a bag. It must be strained several times over to make it quite bright; then put it into the mould, and lay it on ice till it is frozen; send it up like all other jellies. It must be very clear and transparent.

781. *Madeira Wine Jelly.*

This jelly is made exactly in the same manner as the preceding one. When the jelly is nearly clarified, pour into the same stewpan a bottle or two of Madeira. As the operation of clarifying takes away the strength of the wine, you must add half a bottle of brandy to it. You must observe that this jelly will keep for several days, and that accordingly what you have left, and what is sent down from table, will be sufficient to supply you with another entremet some other day. This is a common jelly, which cooks frequently serve; therefore, in order to avoid monotony, you must ornament it with another jelly, which make as follows:—

Take four spoonsful of the wine jelly, break the yolks of four eggs into a stewpan, beat the eggs with the jelly, and lay it on the fire to thicken; then strain it through a sieve, lay it on ice, and use it for the same purpose, to decorate as at No. 776.

*N. B.*—It sometimes happens that the jellies made of calf's feet will break, when you turn them upside down into a dish. To prevent this accident, throw in a pinch of isinglass when you are going to clarify the jelly. It gives it a greater substance. This jelly is a monotone, but the sagacity of the cook will in some respect alter this character, for he will sometimes give this jelly plain, sometimes with grapes in it, and sometimes put it in a cylinder mould. When you have turned the jelly, have some of the same in ice, take a stewpan cover, chop some of the jelly very fine, and put it sometimes all round,

sometimes in the middle, and try by your intelligence to supply the deficiency of the art whenever you can.

### 782. *Marbled Jellies.*

This method of making a jelly will answer the purpose of economy; for instance, if you have a little orange jelly left, and should have served up on the preceding day a venetian cream, keep this latter in a very cool place; cut it into unequal pieces, the same as the orange jelly; put the whole into a mould, and shake them together a little. When the pieces are well mixed, pour a little melted orange jelly into the mould; observe that it must be quite cold, or else the composition will become livid; if you pay proper attention, this jelly will be as good to the taste as it will be pleasing to the eye.

### 783. *Macedoine of Fruit.*

Wine jelly is undoubtedly the clearest, but when you intend to use it for macedoine, you should be particular in putting more syrup to it, as raw fruits require abundance of sugar; any fruit is good for macedoine, but peaches, apricots, apples, pines, &c. require to be boiled a little in clear syrup before they are used in the jelly. Strawberries, raspberries, grapes, currants, cherries, &c., are put in raw. Proceed as follows:—

Have in the first place a good and clear wine jelly, prepared as directed in No. 781; then in summer-time use the fruit of the season; first put a little jelly in the mould, which must freeze; then arrange symmetrically a variety of fruits over the jelly, one strawberry, one grape, a little bit of greengage (fresh or preserved), and so on; then put some jelly to make them adhere together when that bed is frozen, lay another row of fruit and jelly, till you have filled the mould to the top. Let the jelly freeze till dinner-time, then dip a cloth in hot water and rub the mould all over, turning it in the dish you intend to serve, and send it up. In winter you may likewise make a very handsome macedoine with pre-

served fruit, as peaches, plumbs, greengages, cherries, apricots, pine-apples, &c.; and even when you want all these, you may make a very good-looking dish with pears and apples cut in different shapes, and coloured with carmine, cochineal, &c., some bits of pears coloured pink, and some yellow: some apples very white, and a few bits of green-gages; angelica, or cherries in brandy will give it a good appearance, and not prove of indifferent flavour.

To dye the fruit, you must boil it in a very light syrup; when you feel that the fruit is nearly done, dilute a little carmine or cochineal in syrup, and put the fruit you mean to have of that colour into it. For the yellow use a little saffron dissolved in the syrup; let the fruit take the colour, then when you wish to make the macedoine, drain it very well, and put it symmetrically into the mould. A drop of syrup will tarnish the jelly, and the beauty of a macedoine consists in being very clear.

FROMAGES OR CHEESES, OR ICED BAVARIAN CHEESES.

784. *Apricot Cheese.*

It will be necessary to premise, that there is but little difference in the manner of making fromages, they only vary in the taste; so that by recurring to this number it will be impossible ever to commit a mistake.

If in the summer season, take, according to their size, eight or twelve ripe apricots; peel and stone them; throw them into a mortar, and pound them with a little sugar. When well pounded, rub them through a tammy, and press upon the fruit with a new wooden spoon. Mix a little melted isinglass with this purée. Beat a pint of thick cream well, and mix it with the apricots also. Taste whether the cream is sweetened enough. Continue to whip it over ice, till you perceive that the isinglass is well melted and blended with the mixture; then put the fromage into a mould, round which you heap a large quantity of ice with salt. If you do not attend particularly to the stirring it over ice, the apricot will fall to the bottom of the mould, so that when you turn the ice-cream upside down into the dish, it will

appear of two colours, and the yellow part will be tough. In winter take a pot of apricot marmalade, and rub it into a purée through a hair sieve; mix a little pounded sugar with it, and a little melted isinglass. Then as before, take a pint of thick cream, or more, according to the size of the mould, whip it well, mix it gently over ice with the fruit, and when they are well mixed, put them into the mould, and surround it with ice.

785. *Strawberry Cheese.*

Take a pottle of strawberries, make a purée of them, put a sufficient quantity of sugar to sweeten it well, and add a little clarified isinglass. Next mix the whole with a pint of whipped cream, and proceed as directed above.

786. *Raspberry Cheese.*

The same process as above. Make a purée of the raspberries, and whip the cream, &c., as above.

787. *Pine-Apple Cheese.*

If you have any pine-apples left, you should mince them and make an infusion in a very little syrup, till they begin to be tender, then take them out of the sugar and pound them very fine in the mortar, add the juice of one lemon, and rub them through a tammy, with a little of the syrup, then whip your cream as before directed. Add the isinglass to it, mix altogether, and put it in the mould as you do other cheeses.

788. *Peach-Cheese.*

Proceed as before. Infuse the peaches in a little syrup; when they become tender, drain them; put the kernels in a mortar, and pound them very fine; then put the peaches in the sieve; rub them through with the almonds of the peaches, and mix that with the cream as before.



789. *Orange Flower Cheese.*

In this you must make an infusion. Boil half a pint of cream, into which throw a handful of orange flowers, and let the cream cool. When it is cold, and has acquired the taste of the flowers, strain it through a sieve, and mix it with another pint of thick cream; keep whipping it over ice till the mixture is made thick. Next take some melted isinglass, and mix it well with some pounded sugar; put the whole with the cream; keep stirring it over the ice till it acquires a good substance; then fill the mould, and surround it with ice.

N. B.—Fromages require but very little isinglass. They must be very delicate indeed, but above all, extremely cold.

790. *Vanilla Cheese.*

Here again you must make a decoction. Boil half a pint of cream, and infuse two sticks of vanilla, cut into halves; add a little salt and sugar. For the rest proceed as above, No. 789.

N. B.—Vanilla that has served once, may serve a second time, if you pound the sticks before they are infused.

791. *Marasquino Cheese.*

Whip a pint and a half of rich cream. When it is quite thick, pour into it two or three glasses of marasquino, the juice of a lemon, and a little melted isinglass. Next put the whole into a mould, and keep stirring it over ice till the isinglass is well mixed, and begins to freeze. Then proceed as before.

792. *Chocolate Cheese.*

Proceed as above. Melt a quarter of a pound of chocolate that you have previously rasped or pounded: add a little water to it; when melted, mix with it a little isinglass and a little sugar; then mix that with whipped

cream, fill the mould, and surround it with ice. Do not neglect to whip it over ice, till you find the mixture begins to freeze, then put it into the mould, and surround it with ice.

793. *Coffee Cheese.*

See Creams, for the mode of infusing coffee ; only use one half of the cream for the infusion, which, when cold, mix with the other half. Beat the whole on ice, add isinglass, and then fill the mould, &c., &c.

The Bavarian Cheeses made of fruit deserve the preference over those made with infusions. But in the winter season, for a grand dinner or supper, when a great variety is required, infusions may be recurred to ; but in that case, use preserved fruit and sweetmeats of all kinds.

---

The author here closes the list of creams and fromages, although their number is immense. He does not approve of using many odours for perfuming cream or jelly ; rose-water, orange-flower-water, jessamine-water, violet, tuberose, tea, and all the flowers in the world, may be used ; but he does not admit those scents which are generally used for the toilette : if you choose, however, to give any other flavour, it is left to your own discretion.

---

## CHAP. XXIV.

## SWEET ENTREMETS.

## HOT AND COLD PASTRY.

IT may not be amiss to observe in this place, that notwithstanding the immense number of articles of pastry that may be made, you proceed nearly always on the same principle, and with the same paste. It rests with the cook to multiply the arrangements and forms: with regard to the taste, it will always be found to be a compound of butter, flour, sugar, &c. The various sweetmeats that serve for garnishing pastry most essentially contribute to improve its appearance and flavour. However, the puff-paste, which is sent up to table in above a hundred different forms, can be made in one single way only: it may, however, be more or less fine, and thicker or thinner. You may make it finer by using a great deal of butter, but then it will have less substance. The baking of pastry requires particular attention. You should be well acquainted with the oven, to be enabled to send up nice pastry. The best prepared paste, if not properly baked, will be good for nothing. I would recommend strict attention to these remarks; be also very punctual in observing the effects of the paste, and always use dry flour, as damp would spoil every thing.

794. *Pâte Brisée.*


It is impossible to point out the exact quantity of paste requisite for a pie, as that depends entirely on the size of it. Take two pounds of well sifted and dried flour, spread it on a dresser, make a large hole in the centre, into which put a pinch of salt, three eggs, yolks and whites together, a glass of water, and three-quarters of a

pound of fresh butter. Work the butter with the flour till it begins to look like crumbs of bread, then mix the whole together, till it becomes quite malleable; if the paste is too firm, add a little water. Now work it well with your hands, and make it as firm as possible, for if it is not very firm you will never be able to erect the circumference or flank works of a pie. The author has discovered a method both easy and expeditious, of erecting these walls, (for he will venture to call them so,) in such a manner that they never tumble or shrink, as is too often the case under the management of unskilful pastry-cooks.

Take a lump of paste proportionate to the size of the pie you are to make; mould it in the shape of a sugar-loaf, put it upright on the table, then with the palm of your hand flatten the sides of it; always keep the middle high and upright; when you have equalized it all round, and it is quite smooth, squeeze the middle of the point at about half the height of it, and give it the shape of a hat; thus it is kept quite even, and this is executed with so much celerity, that you can make a dozen of them in an hour's time. Now, if you wish to make a cold pie, trim the middle of the paste and all round with layers of bacon cut of an equal size: lay those layers double all over except on the border, that you may leave room to stick the cover or upper crust on. First put in some farce (see Forcemeat for Pies, No. 160); next having boned the game or poultry, season the middle well with salt, pepper and allspice, and lard the most fleshy parts with slices of bacon highly seasoned; for it is to be observed, that pies taste very insipid, unless they are highly seasoned. Now open the bird by the back, spread it on the table, and put some of the force-meat over the inside: put plenty of salt, and close the bird, &c., to restore it to its former shape; lay it over the farce. If you dress more than one, mind that they are all equally filled with the farce. Should you wish to put in truffles, mince them, pound them with the force-meat, and strew the pie equally with whole ones that have been well peeled, yet always as much towards the top as possible, that they may be seen at the opening of the pie. As wealthy individuals never eat any

but the upper part of a pie, the author is induced to recommend the timballe in preference.

When the pie is quite full, cover it with bacon, the same as you do to trim the sides. Fill all the cavities with butter. Next spread with the roller a lump of paste, of a size somewhat larger than your pie. Use the brush all round. Mind that the top is quite level. Stick the top or cover well over the border, make a hole, like a chimney funnel, in the middle of this top or cover, and stick a piece of paste round it, made in the shape of a stick of sealing-wax. Now cut some blades or leaves of paste, which are to be made as hereafter directed. Place them close to each other round the aperture, without stopping it, and use a little water to make them stick. When you have done with the summit, pinch the bottom part, and the circumference of the upper part; decorate the sides or flanks to the best of your abilities. This, however, being only a matter of theory, it is impossible here to enter into an explanation that would require volumes.

N. B.—The feuilles (blades, leaves) are made in the following shape . You must fold down

the point marked ||, but not lay the leaves too flat. Glaze the whole with an egg well beaten, and next bake the pie in an oven that is not very hot. Four hours are required to bake it; take care to watch its baking, and if it should acquire too brown a colour, cover it with paper.

#### 795. *Cold Pie en Timballe.*

This sort of pie is preferable, in taste as well as in appearance. The paste is made as under: choose a stewpan that will let the pie out easily when baked. I mean a stewpan that is not narrower at the opening than at the bottom; butter it well all round, and spread enough paste over the dresser with the rolling-pin to fill the inside of it; then take a smaller stewpan, one that can go easily into the other, flour it to prevent the paste from sticking to it, and put the paste over the bottom of it. *Keep it turned upside down, then put the large stewpan*

over the paste, and turn them both over together. Now take out the small pan, and with your fingers stick the paste equally all round the large one, observing that you must leave no air between the paste and the pan. Keep the paste an equal thickness. Next trim your paste with slices of fat bacon, and then put in whatever you mean to make your pie of; whether poultry or game. Put the breast downwards close to the bacon, then squeeze some farce into all the cavities to fill them up. Next put some veal all over the bird or fowl, seasoning it very highly with salt, pepper, spices, Cayenne, &c., &c. Then put a few slices of ham, and fill up the pie, though not quite to the top, with force-meat (No. 160); cover the whole with slices of bacon; put here and there a small bit of butter, and then turn down the upper part of the paste all round the stewpan, laying it equally flat. Roll a bit of paste, the same circumference as the stewpan, about the thickness of a finger, rub the paste over with a brush dipped in water, and shut the pie with the round piece, pressing hard with your hand every where, in order to stick the two pastes together, then make an air-hole in your pie with the end of a knife, put it into a hottish oven, and when the top is sufficiently coloured, cover it with paper. Four hours are required to bake a large pie; a small one of course will take less time.

796. *To make Cold or Hot Pies, either of Fowl or Game, either Dressed or in Timballes.*

Timballes possess the peculiar advantage of never breaking in the oven, as the other pies often do; and, above all, the advantage of leaving the best part at the disposal of the eater.

The other way, the best part always remains at the bottom of the pie, and is generally lost. As you leave the timballe to cool in the stewpan, all the gravy runs downwards, and the fat remains at top. When you serve it, what was at the bottom is then at the top, and of course the best part comes out first.

For either pie or timballe, pick and clean your game or poultry properly, and singe them over the flame of the

stove; then bone the birds, taking care to injure the skin as little as possible; then open them flat on the table, and season with plenty of salt, pepper, spices, and Cayenne; cut some pieces of bacon (called lardons), about the thickness of your finger, and a proper length for larding; season them well also in the same way, and lard the inside of the birds with them; lard also some veal, as veal must always be used in pies. Pound some farce (see Farce, No. 160) with truffles, seasoning it highly; spread some of it over the flesh of the bird, and roll the bird into its original shape. Now proceed in all respects as directed in the last. If it is a timballe, put the bird first, and then the farce and veal, &c. If a raised pie, put the farce first over the bacon, then the veal, and the bird or fowl, as they must be always at the top. Observe, that when you lard your veal and bird, the bacon must be put in symmetrically, so as to appear, when cut, like a draft-board.

797. *Consommé for the Inside of the Cold Pie.*

Take all the bones and trimmings of the bird and veal, add to them a knuckle of veal, and a calf's foot, and put the whole into a stewpan, with a bit of ham, an onion stuck with four cloves, a bunch of parsley and green onions, seasoned with thyme, bay-leaf, basil, and a bit of garlic; put with this a glass of white wine and a glass of water, cover the stewpan hermetically, and set it on a slow fire. When the meat is sweated through, moisten to the top with boiling water, and let it boil till the meat is done through. Season with salt and pepper, strain it through a silk sieve, and then reduce it almost to a glaze, to put into the pie when you take it out of the oven. Shake the pan, to introduce the jelly every where.

798. *Paste for Hot Raised Pies.*

For a first-course dish, take a pound of flour, half a pound of fresh butter, three yolks of eggs, and a pinch of salt. Sift the flour on the dresser, through a sieve that you keep for that purpose. Make a hole in the middle of the

flour, put the butter, eggs, and salt into it, with about half a pint of clear water. Work this together in summer. In winter mix the butter first; in summer you may ice the butter, and use iced-water, that the paste may not be too soft. It is no easy matter to give directions in writing, for dressing the pie. After having made the paste with great care, make a ball, spread it on the dresser with the rolling-pin, then put it over a double buttered paper, and proceed to raise it all round, by pressing with your fingers, till you are able to form a round and deep shape, like the inside of a hat; then with two of your fingers press gently all round the bottom, to make a little projecting border; when you have done this equally, decorate it to the best of your ingenuity, line the inside with slices of fat bacon, and fill the pie with remnants of paste cut small, or with some chopped beef-suet; then put on a cover of paste, soldering it well with the border, having first rubbed it over with a brush dipped in water; after you have put on the ornaments, rub the paste lightly over with a brush dipped in omelet (called dorure or washing), and then bake the pie; when done, cut out the cover, empty well the inside, and use it for either pie or soufflé. You may sometimes use for these the paste made with hot water which follows; but that paste is not eatable. It answers, however, just as well; for gentlemen rarely eat the crust.

#### 799. *Hot Water Paste.*

Throw into an earthen pan as much flour as you want for your quantity of paste. Pour some boiling water into a stewpan with a large lump of butter and some salt. Lay the whole on the corner of the fire till the butter is entirely melted. As you are to dilute the paste with boiling water, use a wooden spoon to beat it, but mind not to make it too soft; when you have beaten it well with the spoon, remove it from the earthen pan, work it well on the dresser, and place it for a moment, covered in a cloth, before the fire, that you may work it more easily. This paste may make either cold or hot pies, as directed before



(see No. 794), but it does not taste so nice as the other; still you may work it with greater facility, and it is not liable to so many accidents.

800. *Timballe for Macaroni.*

The paste for a hot timballe should be a little more delicate than for a cold pie; therefore put more butter into it. Take a pound of flour, a little more than half a pound of butter, two yolks of eggs, and a pinch of salt; work this with half a glass of water, making the paste as smooth as possible; proceed then as follows: butter a plain mould all over well, decorate the bottom a little and the sides, (by using some of the same paste, and adding some pounded sugar, the paste will take a browner colour, and will add to the appearance of the timballes,) spread the paste over a dresser, cut a piece the size of the bottom of the mould (using the mould to measure with) and cover the bottom of the mould and all the decorations, without disturbing them; water the ornamented paste, as above; then stick the other paste lightly over, and cut a bit to put all round over the decorated parts; roll a little paste also to stick the whole together round the bottom, then fill the mould with beef-suet chopped fine, and make a cover to it of the same length; put this into the oven for an hour, and when done empty it for use. It may be used for macaroni, fricassée blanquettes of every kind, &c., &c.

801. *Paste for Tourtes and Tarts.*

Take a pound and a half of flour, a pound and a quarter of fresh butter, a large pinch of salt, four yolks of eggs, and half a glass of water. Mix this paste as lightly as possible, without handling it too much; spread it over the dresser with a rolling-pin, and then fold it in three, as you do puff-paste. Roll it out, and fold it up again. Do this four times running; this is what is called four-turned. Use this paste either for tourte of entrées, for pies of meat for fruit, or when it may be wanted.

802. *Puff-Paste.*

Take the same quantity of butter as of flour, so that if you use two pounds of the one you must also use two pounds of the other; and so on. Weigh two pounds of very dry flour and sift it; then lay it on the table and make a very large hole in the middle; throw in a little pinch of salt, a few small pieces of butter, and three yolks of eggs: use a little cold water to melt the salt; take water enough to make the paste of the same consistence as the butter. In winter you must make the paste very firm, because then the butter is so. In summer you must make the paste very soft, on account of the butter being the same. The reason you are obliged to do so, is, that if the paste were not made of the same substance as the butter, the latter, when you turn the paste, would break through. When you have worked the flour lightly, mould it into a large ball, which flatten as quickly as possible; turn it in a spiral direction, and then flatten the middle. Lay butter on the table with a little water, handle it to extract the white liquid, and squeeze it in a clean towel, that no moisture may remain. Lay the ball of butter over the paste, flatten the butter with a cloth, then fold the paste over the butter all round, but in a square form so as to wrap it well all over. Try whether the paste is firm enough to prevent the butter from breaking through it. Now powder a little flour over the table and the paste. Roll the paste as smooth as possible with the rolling-pin, as long as you can; fold it in three, and roll it over once again, taking care always to powder it over with a very little flour, to prevent its sticking to the table or to the rolling-pin. After having spread it well, fold it again in three. Make two marks on the top with the rolling-pin, to remember that it has been rolled twice. Then put it into a *plafond* trimmed with a little flour; place it on the ground to keep it cool, and leave it there for a little while. Shortly after put the paste on the dresser, and proceed twice more as before; then let it rest again, and give it two turnings more, which will make six in all. Now give it a long shape, and fold it in two. You may then use it to make

a vol au vent. When at the latter end, fold the paste double only, and that is what is called half a turning; of course you are aware that the paste must have had six turnings and a half before you can make a vol au vent, and that you must keep the paste thicker than for other small articles of pastry. Cut the vol au vent the size of the dish in which it is to be sent up, and immediately after put it into a plafond: brush it over with yolks of eggs, open it all round with the point of a knife, and put it into a very hot oven. Mind that puff-paste always requires the oven to be very hot. If you are not careful to keep the oven shut, the vol au vent will not rise properly. When it is well baked, a fine colour, and you are certain that it is done through, take it out of the oven, remove the middle which served as a cover, empty and throw away the paste of the middle which is not baked, and lay the vol au vent cleanly on some paper to extract the butter. When you are ready to serve up, dish the vol au vent, and fill it with whatever you think proper.

With regard to small articles of pastry, spread more puff-paste, and cut it with cutters into different shapes; if intended for entrées, brush the paste over with the yolks of eggs, but do not glaze it with sugar. By glazing, is here meant, the sifting of fine powdered sugar over the pastry when baked and emptied, and using over it a red-hot salamander, or else putting it into a very hot oven for the sugar to melt and glaze. The best method of employing the paste will be found at the conclusion of the department devoted to puff-paste, but the immense variety of forms which you may give to this paste, will never alter its flavour, such varieties being only intended for the gratification of the eye; for this reason it is the author's intention merely to direct the reader's attention in this place to the dishes in most common use.

### 803. *Tourte à la Frangipane—(Frangipan Tart.)*

Spread on the pastry-table a bit of puff-paste trimming, about the size of the dish you intend to use, round, square, or oval, as it may happen; then cut a band of it long enough to turn all round the paste, and about an

inch or two wide; moisten with the paste-brush all round the paste, and stick the puff all round the tourte, in the middle of which put the frangipane (No. 754), and bake it of a very good colour. When the paste is done, have some very fine pounded sugar in a silk sieve; sift some over the tart, and pass the red hot salamander over it, to glaze it of a good colour.

**804.** *Tourte des Confitures, Peach, Plum, Apple, Apricot, or otherwise.*

To make the above tourte, if it is with sweetmeats only, proceed as in the last; but if it is of peaches, apricots, or apples, you should boil the fruit first in a little syrup, then let them cool in it, and when your paste is ready, drain the fruit through a sieve, and put it in the middle of the tourte; bake it as directed in the last, and reduce the syrup to pour on the tart when you send it to the table. This tart is a capital entremet, when well done.

**805.** *Apple Custard.*

If you would make a very good and eatable one, have a mould either in tin or copper tin, which should be of the usual form of the dishes served for the entremets; make a paste as follows: put a pound of fine flour, sifted on the paste table; make a hole in the middle, and break therein two whole eggs; add a small bit of butter (say two ounces), a little sugar, a very little salt, and a drop of water; mix these ingredients very quickly, and spread them on the table about the size of the mould. Butter the mould very well, put in the paste, and fill the inside of the paste with some apple marmalade, well reduced, but not quite full. Put this in an oven of moderate heat; when the paste is sufficiently done, to be taken out of the mould, put the custard again in a baking dish, into the oven, to do the paste thoroughly. It would be better still if you were to bake the paste before you put the apple marmalade into it; when you have garnished first with the apples, cover the whole with

some apricot marmalade, and put them again into the oven to finish. Sometimes you should glaze with sugar and the salamander.

806. *Peach Custard.*

Make the paste as above directed; and after having boiled the peaches in a little syrup, put them in the flan; when the paste is nearly done, reduce the syrup to pour over the fruit, but take care that the paste is well done. These flans, or custards, are delightful when they are done to perfection. The crust is particularly delicious to eat with the fruit, when it is well done before the fruit is added.

---

## CHAP. XXV.

## SWEET ENTREMETS—PASTRY FOR ENTRÉES.

807. *Vol au Vent.*

VOL AU VENT is to be made the same as puff-paste, only you must give in this instance six turns and a half (see puff-paste, No. 802); cut the vol au vent according to the shape of your dish, whether round, square, or oval; but it must be cut: doré as quick as possible; then mark the opening with the point of your knife, and bake it in a hot oven; when done, open the cover, take out all the crumb, and put it on a clean sheet of paper to drain the butter till dinner-time.

808. *Vol au Vent for Sultane.*

The same proceeding as above, only glaze this with sugar, as it is to serve for a sweet dish. The sultane is some sugar spun in a mould, to put over the aperture of the vol au vent, where you have put either apples, cream, plums, or apricots, &c., &c.

809. *Petits Patés of all Sorts.*

Spread some puff-paste as directed above, about three-eighths of an inch thick; cut out twenty patties with a fluted cutter; rub a baking sheet over with a brush dipped in water, and put each of the patties on it at a distance from each other; doré them well, open a hole on the top of them with a small knife, then bake them quickly in the oven; when done take them out; take off with dexterity the small bit of paste which you must keep for the cover; empty the crumb, put them on a clean sheet of paper, with the small cover on the side of them, and cover them also with paper till dinner-time.

For all other kinds of patties, it is the same process and the same paste; the variety consisting only in the size, and the flavour of the inside.

810. *Small Timbales for all Sorts of Entrées, or for Darioles with Cream of every Flavour.*

Butter eighteen dariole moulds well; spread some trimmings of puff-paste on the dresser; cut with a cutter a round of paste, large enough to fill the mould; have a bit of paste of the same form as the inside of the mould, but not so large; put the round piece over the latter, let it fall all round, and then introduce this into the mould; press equally everywhere with your finger, to keep the paste the same thickness; cut off all the paste that is above the rim, fill the mould with trimmings of paste, and put on a false cover, to prevent the border of the paste from taking a bad colour. A dozen is always sufficient, except when the dishes are very large; bake them of a good colour: when done, empty all the inside, and garnish with whatever you think proper. For patties au Jus (with gravy), fill the inside with Godiveau (No. 156), and bake them with false covers: when done, take off the cover, and open them with a knife, to let in a spoonful of Espagnole sauce (No. 17); then cover them with small covers made of puff-paste, and serve up very hot.

811. *Dariole à la Cream—(Cream Custard.)*

Trim the mould as above, and put the following mixture into it: take a large spoonful of very dry flour: mix it well with an egg, five yolks, three spoonsful of fine sugar, a small pinch of salt, eight mouldsful of cream, two or three macaroons ground fine, and some lemon-peel or orange-flower; put a small bit of butter into each mould, and fill them with the above preparation; bake them on a baking-dish in a pretty hot oven. When done, sprinkle a little sugar over them, take them out of the mould, and serve up very hot. Twelve or fifteen for a dish.

812. *Ramequins à la Sefton*—(*Welsh Rabbits Lord Sefton's way*).

After you have made the pastry for the first and second courses, take the remains of the puff-paste, handle it lightly, spread it out on the dresser, and sprinkle over it some rasped Parmesan cheese; then fold the paste in three, spread it again, and sprinkle more cheese over it: give what we call two turns and a half, and sprinkle it each time with the cheese: cut about eighteen ramequins with a plain round cutter, and put them into the oven when you send up the second course; doré them the same as the petits patés, and serve very hot on a napkin.

813. *Common Ramequins, or Welsh Rabbits.*

Put into a small stew-pan a large glass of water, a quarter of a pound of fresh butter, and a little salt; let this boil; when the butter is melted, put to it two or three spoonsful of fine dry sifted flour; stir with a wooden spoon till the paste does not stick to the stew-pan, then take it off the fire: break some eggs one after the other, and smell them, to ascertain if they are sweet: mix them with the paste, and continue adding till you see the paste has acquired a good consistence; then put in a spoonful of rasped Parmesan cheese, and a quarter of a pound of Swiss cheese cut into small dice; mix the whole gently to avoid breaking the cheese, and dress the ramequins as you do the petits choux; dorez or wash them over with egg as usual, and bake them in a moderate oven, but do not open the oven till they are nearly done, for that will make them fall, and they never rise after.

814. *Cheesecakes.*

Put some curd from the dairy into the mortar, with a dit of very fresh butter, a little salt, a whole egg, and two yolks; rasp the peel of a lemon over some sugar



and put this also into the mortar; add four macaroons, and a bit of sugar: pound the whole together, and when very fine, take it out of the mortar; butter any quantity of tartlet moulds according to your company, spread some puff-paste over the dresser, cut with a round cutter as many pieces as you have moulds, and put a spoonful of the preparation to each; bake next in a pretty hot oven, and serve up very hot with powdered sugar. Sometimes you may glaze them with the salamander.

815. *French Cheesecakes.*

Take some of the petit choux paste, made with water; mix with it some cream cheese, that has been curdled cold, and then proceed for the rest as above.

---

## CHAP. XXVI.


## SWEET ENTREMETS—PASTRY FOR ENTREMETS.

816. *Polish Cakes.*

SPREAD about half a pound of puff-paste, to the size of half a sheet of foolscap paper, throw some flour lightly over the dresser, to prevent its sticking to it, and cut directly the paste into squares of two inches and a half: dip the paste brush into the dorure (an egg beaten up, yolk and white together), and touch the four corners of the paste and the middle; turn each corner up to the middle, press them together with one finger, and brush them lightly over again with the dorure; put them into a very hot oven. You may have twenty-four for a dish; but they must be small. When they are done, sift some pounded sugar over them, and glaze them very bright. While they are hot, make a little hole in the middle of the paste, and garnish with apricot or any other marmalade.

817. *Puits d'Amour garnished with Jam.*

Spread some puff-paste as directed above, a foot square, and three-eighths of an inch thick. Have a small

cutter , cut about two dozen; brush a plafond


over with a little dorure, and put the small pasties on it, pressing on each of them with your finger: then brush each of them over with the dorure; open the little mark in the centre with a knife, and bake them quickly in a

hot oven. When done, glaze as above, then take out the crumb in the middle, and put the pasties on a clean sheet of paper, to draw off the butter. Garnish with different coloured sweetmeats, as cherry and apricot jam.

818. *Petites Bouchées garnished.*

Spread some puff-paste as above, and cut it exactly in the same form, but smaller; instead of dorure, use only the white of eggs lightly frothed. Pound some treble-refined sugar very coarse, and sift it. Spread the coarser part which remains in the sieve over the pastry, and bake it directly; but the oven must not be so hot as for the preceding article: push in the little hollow in the centre, and garnish with raspberry jam, or cherries.

819. *Lozenges garnished.*

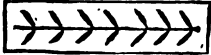
Spread some paste as above, and cut it in the shape  of lozenges; open a small hole in the middle, bake and glaze it as the preceding articles, and garnish the same with different coloured sweetmeats.

820. *Feuillantines Pralinées—(with Almonds.)*

Spread and cut some puff-paste as above, and brush it over with white of egg; chop some Jordan almonds very fine, mix them with some sugar, and spread them over the paste; bake them in an oven not too hot, and serve them without sweetmeats.

821. *Gateaux à la Manon—(Manon Cakes.)*

Spread some very thin puff-paste on a buttered baking sheet; pour over it equally some apricot marmalade, put some dorure or wash of egg all round the edge, and lay over the sweetmeat another very thin paste,

which you have rolled lightly round the rolling-pin ; then put some dorure all over equally, mark with a knife on the surface some lines crossing each other, to cut it when done into long squares thus  ; the marks on the square are made with a knife for ornament, and to prevent bladders of air. Glaze as above, and separate the squares when cold.

### 822. *Croques en Bouche.*

When you have some remnants of paste, handle them together, and spread it out with the rolling-pin very thin ; roll the paste over the rolling-pin, and lay it on a buttered baking sheet ; rub this over with white of egg. Spread some coarse sugar equally over it, mark it strongly through with a plain paste cutter, and bake it in a moderate oven. When done, take the shaped part to make the dish. You may cut them sometimes in plain rounds, and at other times hollow out the centre of the circle, making of it a strong ring called *lognettes*.

### 823. *Feillantines garnished.*

Cut some puff-paste into pieces the length of a finger, and about a third of an inch thick. Butter a baking dish, and lay the paste on it sideways, at a distance from each other ; put them into the oven without dorure, or wash of egg. Observe, that when the sides of the paste have spread, and have acquired consistence, you must glaze with fine sugar, and take them out when done. Then drain the butter from them, by putting them on a sheet of paper, and garnish lightly with sweetmeat.

### 824. *Petits Paniers, garnished with Jam.*

Spread some puff-paste on the dresser, about two-eighths of an inch thick, then cut with a cutter of this shape



; put them into a baking dish, and give them

a good colour with the dorure; bake them in a very hot oven, and glaze with sugar; garnish the round part with cherries, and mark the lines on the side of the basket with currant-jelly, cut in fillets. Eighteen for a dish.

825. *Little Plats decorated.*

Spread some puff-paste about an eighth of an inch thick, cut out of it three ribbons, of the same length. Lay one on the dresser, and with your finger put a little dorure (white and yolk of egg beaten up) on the end of another, and stick it to the head of the first; then put the third in the middle by the same process, and plat them, beginning by the two outside ribbons; when platted, put a little more dorure to stick them together; doré them lightly, and bake them in a hot oven. Glaze with fine sugar, and when done, garnish between the twists with currant-jelly cut into fillets.

826. *Little Cockades garnished.*

Spread some puff-paste on the dresser, about a quarter of an inch thick, cut it with a large fluted round cutter, about the same as for patties; cut a hole in the middle with a small plain round cutter, then as quickly as possible with your finger turn the paste, so as to put the inside on the baking dish, and the outside above; put them at a great distance from each other on the baking dish, as the pastes spread sideways instead of rising; bake in a hot oven, and glaze of a good colour. When done, they represent exactly a cockade. Garnish with fillets of sweetmeat to form the plaits of the cockade.

827. *Apricot Cakes trellised.*

Spread some puff-paste over the dresser; trimmings will do for these cakes; spread it equally on a large buttered baking sheet, by using the rolling-pin as above. Spread some apricot marmalade over the paste equally, then cut some more paste long and narrow, roll it about the size of strong cord, and arrange it crossways like a trellis over the marmalade; put dorure over the bars lightly, and,

lastly, bake in a moderately hot oven. When done, cut it into small oblong squares, and dress them on the dish one above the other.

As there is an immense variety of paste cutters, select your own forms; the paste is always the same. Decorate sometimes with almonds cut into different shapes, and sometimes with almonds coloured with green of spinach. It would be too tedious and minute to attempt describing the various forms. The ingenuity of the practitioner will supply the ornaments, which must always be made of sweetmeat.

#### BRIOCHE PASTE.

#### 828. *Brioche Paste.*

Take fifteen good fresh eggs, four pounds of very dry flour, and two pounds of fresh butter. Lay the flour on the table after you have sifted it. Divide it into four equal parts; take one of them to make the leaven; make a hole in the centre, and use some yeast that has been well washed. What we call washing the yeast, is pouring some water over it, stirring it, and then letting it stand still. When all the dregs are at the bottom of the vessel, throw away all the water that is on the top, and take about a large table-spoonful of the sediment, which put into the fourth part of the flour. Then take some hot water, pour it gently over the yeast, and mix the paste directly, in order to avail yourself of its strength. Do not make it too liquid; powder some flour in a small stewpan, put the yeast paste (which is called leaven) into the pan, make slight slits over the paste, cover the pan, and lay it before the fire; a quarter of an hour after, see whether the yeast has risen: if it has swelled, dilute the brioche directly, in the following manner:—

Make a great hole in the remaining three-fourths of the flour, put four small pinches of salt on as many different places, with a good pinch of sugar, to correct the bitter taste of the yeast, and a little water to melt the salt. Then take two pounds of butter, which break into small pieces with your hand, and put in the middle of the flour.

next break the eggs, and smell them successively to ascertain if they are good : mix the whole well together, and then knead the paste as follows : spread it lengthways on the edge of the table, then with the palms of both hands press upon it, pushing it by degrees towards the middle of the table ; when you have thus worked the whole of the paste, bring it back again towards the edge, and knead it a second time ; again bring it near the edge of the table, and pour the yeast paste all over it : next, divide the whole into small pieces, which shift from one place to another : this operation is to mix the yeast with the paste properly. Now knead the paste well again twice, and gather the whole up together. Take a large sieve or an earthen pan, in which spread a towel, powder a little flour over the towel, put the paste on it, and cover it with the towel. In summer remove the paste to a cool place, and in winter to a warm one. Observe, that the paste is better when made on the preceding day, and take care to break it several times before you use it : then cut it into equal pieces, and shape them with the palms of your hands ; lay these on the less even side ; shape off small balls, which turn also with your palms, brush them over with a beaten egg, then make a little hollow, put the small ball into it, brush twice over with the egg, and bake it in a hot oven. If you wish to make a large brioche, you must make a very large round well-buttered paper-case ; and then mould your paste accordingly. Make a head the same as for the small one, and bake in a hot oven, but not so hot as is used for the small ones, for the larger the articles of pastries are, the less heat must the oven have. The borders of the brioche, or pies, &c., would burn before the middle part could hardly be heated. When you perceive that the brioche has colour enough, if it should not be thoroughly baked, cover it with paper without losing sight of the colour. This same paste may serve to make all sorts of little entremets, such as

*Les Petites Nattes en Gateaux de Nanterre*—(Little Plats in Nanterre Cake.)

*Les Petits Pains Sucrés*—(Sugared Rolls.)

The only difference is, that you must put some coarse sugar over these, and sometimes currants inside.

If you make them of different shapes, you give them different names, and by this means make a multiplicity of entremets; however, you have already a sufficient number of them at your disposal, without introducing many sorts of brioche, as they are too nourishing after dinner; but they are very good for balls and routs.

It is easy to make a great number of dishes with the brioche paste, by giving it various forms, and employing different means for the top: sometimes use the dorure, sometimes use white of egg, and sometimes coarse sugar spread over without colour; put paper over them to prevent their taking too much colour. Sometimes you may use milk alone to colour it, at other times the same paste. When you have given several forms to the paste, and intend to give them different names, you may likewise change the flavour by using a little saffron dissolved in a glass of malaga wine and sugar: make some of one sort, with half of this paste, and to the remainder add a few black currants, and give to those another different form; by these means you will obtain a multiplicity of cakes, having all the same paste, but possessing various flavours and different appearances.

#### 829. *Compiègn Cake.*

The same paste as for brioche; only keep it more liquid with some hot milk. Put in a few stoned raisins and currants. This cake is made in a mould well trimmed with butter.

#### 830. *Baba.*

Dilute this paste the same as the brioche. Take eight grains of saffron, which infuse in a little water, and then pour this water into the paste; add two glasses of Madeira, some currants, raisins, and a little sugar; then make the cakes as you do the brioche. You must butter the mould when you put them in; the oven must be moderately hot, as the babas must remain a long time in; after one hour you must look at them, and preserve the colour by putting some paper over them.



831. *Brioche a uFromage*—(*Cheese Brioche.*)

Make this paste as for other brioche, only have some Swiss cheese, which cut into dice, and throw into paste while it is still liquid. Bake it as you would any any briosh.

## NOUGAT.

832. *Nougat.*

For a second-course dish, cut in dice or in fillets, a pound of sweet almonds, and mix with them six or eight bitter almonds. Before you cut them into dice they should be blanched, in order that the peel may come off. When they are cut equally, dry them in the oven, but keep them white; take three or four spoonful of superfine pounded sugar, put it over a slow fire in a preserving-pan; when the sugar is melted without having used any water, throw the almonds in, but take care that they are quite dry. Stir the sugar with a clean wooden skewer. If you hear a noise when you throw them into the sugar, it is a sign that they are dry enough. Rub a mould slightly over inside with oil or butter, and lay some almonds in beds as thinly as possible; take an oiled lemon to press the almonds with: but be quick, otherwise the almonds will get cool, and then they cannot be worked so thin. The nougat requires to be light, to be made to perfection. Sometimes you may make the nougat in a mould the form of a vase, sometimes in small custard moulds, according to your choice; it is always the same thing, but you may cut the almonds of different shapes. These entremets will give you at least six or eight varieties: when cut long and square, put them in the oven to soften them again, oil a broomstick, and put it into the nougat to take the form of it; this you may call *gaufre la nougat*. Again, take some white almonds chopped very fine, and have a green of spinach made as directed in the sauces, then rub the almond with the green to make them appear like pistachio-nuts, which are preferable, if at hand, but almonds

are much cheaper, and will answer almost as well; dry them very well, and make some sugar au cassé, which you will find explained in No. 836. Dip the two extremities of the nougat but lightly in the sugar, and afterwards in the green almonds; put this over a clean paper in a dry place. You will find this dish have a very good appearance and an excellent flavour. It may be made sometimes with white almonds, sometimes cut in lozenges and bordered with the green and white, &c.

Sometimes make a pound of almonds into nougat, oil a baking dish, and spread it over it, oil the rolling pin, and flatten the nougat with it; if it will spread easy, put it in the oven again to make it soft; then cut it into small long squares, and keep it in a very dry place, to prevent it sticking to the fingers.

---

## CHAP. XXVII.

## SWEET ENTREMETS AND HOT PASTRY.

833. *Dry Meringues.*

MERINGUES, to be well made, require the eggs to be fresh, and that they should not be broken till the very moment you are going to use them. Have some pounded sugar that is quite dry, break the white of the eggs into a clean and very deep pan, whip them without loss of time, till they are very firm, then take as many spoonsful of sugar as you have whites, and beat them lightly with the eggs till the whole is well mixed. Observe, that you are to be very expeditious in making the meringues, to prevent the sugar from melting in the eggs. Have some boards thick enough to prevent the bottom of the meringues from getting baked in the oven. Cut slips of paper two inches broad, on which place the meringues with a spoon; give them the shape of an egg cut in half, and let them all be an equal size: sift some sugar over them, and blow off the sugar that may have fallen on the paper: next lay your slips of paper on a board, and bake them in an oven moderately hot. As soon as they begin to colour, remove them from the oven: take each slip of paper by the two ends, and turn it gently on the table; take off a little of the middle with a small spoon. Spread some clean paper on the board, turn the meringues upside down on it, and put them into the oven, that the crumb or soft part may be baked and acquire substance. When this is done, keep them in a dry place till wanted. When you send them up to table, fill them with Chantilli cream (No. 751), or with something acid. Remember, however, that you are not to use articles that are very sweet, the meringues being sweet

themselves. Mind that the spoon is to be filled with sugar to the brim, for the sweeter the meringues are, the better and crisper they are ; but if, on the contrary, you do not sugar enough, the meringues are tough. They are sometimes made pink by adding a little carmine diluted in some of the preparation, but the white ones are preferable ; if a clean sheet of paper is put into a small stock-pot, and the meringues also put therein, and well covered, they will keep for one or two months as good and crisp as the first day : on which account, if you have a vacancy for one dish, which is wanted in haste, it will be found very advantageous to have them made beforehand.

#### 834. *Marasquino Meringues with Sugar.*

For a pound of sugar take the whites of ten eggs, and clarify the sugar as directed in its proper place. Reduce it almost *au cassé* (see No. 836), then let it cool, while you beat your eggs well ; next put them with the sugar. When the sugar begins to get cool, mix the eggs well with it with a wooden spoon ; then mix two spoonfuls of marasquino with the whole ; dress the meringues on some paper as above, and glaze with sugar sifted over them, before you put them into the oven, which is not to be so hot as for other meringues. As soon as the top gets a substance, take them from the paper, stick two together, and put them into the hot closet to dry. Leave the moist part in the middle. These meringues belong more particularly to confectionary, as they are sweeter than any other.

#### 835. *Gimblettes Paste.*

The gimblettes are introduced next to the meringues, because this kind of paste is made with the yolk of eggs, whereas the whites only are used in making the meringues. It is by adherence to these principles of economy, that a good cook distinguishes himself. For eight yolks take two ounces of butter, half a pound of flour, a pinch of salt, one ounce of sugar, and a little milk ; work the paste

with your hand on the table; add to it a little rasped lemon-peel, or a little orange-flower. Cut the paste into small pieces, which roll up the size of your little finger, and make rings with them: solder them with a little dorure (yolks of eggs well beaten). Next rub a baking sheet over with butter, and lay the gimblettes on it. Mind that they are all of an equal size. Brush them twice over with the dorure, and bake them in an oven that is but very moderately hot. This paste undergoes no change while in the oven; let it get quite dry, for gimblettes require to be made crisp. Sometimes you can twist them to vary the form. This pastry is sometimes given by the French ladies to their little dogs; it is very delicate in flavour, when perfumed with orange-flower, vanilla, lemon, or otherwise.

### 836. *Clarified Sugar.*

Break the sugar in pieces, weighing each about half a pound; put them into the stewpan, with clear water, sufficient to dissolve them; add two or three drops of the whites of eggs, (a trifle more if the sugar be very dirty,) beat the water very well till you find it turn white, then pour it over the sugar, and put the stewpan on the fire. Let the sugar boil before you skim away the dirt; pour a little more water over the syrup, then skim again, and when very clear, drain it through a clean silk sieve, and use when wanted. This sugar may be reduced so as to spin, but the surest way is to use treble refined sugar, broken small, and put it in a small preserving-pan with a very little clear water; put it over a sharp fire, keep the pan clean all round with a dam rubber, to prevent the sugar taking any colour; when you perceive that the sugar swells in a large globe, have some cold water in a glass; dip your finger very quickly into the water, then in the sugar, and again into the water; if the sugar that has adhered to your finger breaks very crisp, it is ready to spin; let it cool a little, and with a damp cloth wipe the side of the pan to cool the sugar, and prevent its taking too much colour. If you have a little apple-jelly at hand, put a tea-spoonful of it into the sugar: it will im-

prove it wonderfully. This will warm again over a small fire, or at the mouth of the oven.

## ROYAL PASTE.

837. *Royal Paste, called "au Choux."*

This paste is the basis of many sorts of pastry: it is used to make an infinite number of second-course dishes of various forms, and of different denominations. The author will first explain the manner of making it; and then briefly enumerate its various appellations.

Take a stewpan large enough to contain four pints of water; pour half a pint of water into it with a quarter of a pound or a little more of fresh butter, two ounces of sugar, a little salt, and the peel of a lemon; let the whole boil till the butter is entirely melted. Then take some very fine dry flour, and shake it through a sieve. Take the lemon-peel out with a ladle, and throw a handful of flour into the preparation while boiling; take care, however, not to put more flour than the liquor can soak up. Stir with a wooden spoon till the paste can easily be detached from the stewpan, and then take it off the fire. Next break an egg into this paste, and mix it well; then break a second, which also mix; do not put more eggs than the paste can absorb, but you must be careful not to make this preparation too liquid. It is almost certain, that about five or six eggs will be wanted for the above quantity; then form them en choux, by which is meant, in the shape of a ball an inch in circumference. As this paste swells very much, you must dress it accordingly, putting the choux on a baking sheet, at an inch distance from each other, in order that they may undergo a greater effect in the oven. Brush them over as usual with the dorure, or egg wash, to which has been added a little milk. Put them into an oven moderately hot, but do not open the oven till they are quite baked, otherwise they would flatten, and all attempts to make them rise again would be useless: next dry them. Sometimes you may glaze them; at other times you may send them up without being glazed. To detach them from the

baking sheet, apply the sharp edge of your knife, and take them off gently. Then make a small opening on the side, into which put with a tea-spoon, such sweetmeats as you think proper, and send them up dished en buisson.

*N. B.*—Be cautious to smell every egg before you use it, for a bad one would spoil the whole.

838. *Petits Choux Pralinés*—(*Little Puff Paste Balls with Sweet Almonds.*)

The same paste as above, only when the choux are dressed on the baking sheet and doré, sprinkle them over with some sweet almonds chopped very fine, and mixed with a little pounded sugar. Next turn the sheet down, and powder again with the almonds; then bake and garnish with sweetmeats, as directed above.

839. *Gimblettes à la d'Artois.*

The same paste as above, with this only difference, that after having dressed the choux at greater distances, dorez them, by dipping your finger into the dorure, and then into the middle of each choux, pressing on the baking sheet. Turn your finger round a little to widen the hole; do this to every choux, and form a small crown; put them into a moderately hot oven, and do not open it till they are done. When they are baked enough, take some very fine pounded sugar, and throw it into a silk sieve. Shake the sieve gently over the gimblettes, and put them again into the oven for a moment to dry the sugar, next glaze of a fine colour with the salamander, and introduce sweetmeats, &c. Garnish as before.

840. *Gimblettes Pralinés*—(*with Sweet Almonds.*)

The same paste and method as above. Before you put them into the oven, powder them over with chopped almonds, and bake them of a good colour: garnish the inside with sweetmeats.

841. *Basket of Petits Choux, with Chantilli Cream.*

The same paste again, only in this case make the choux very small, rolling them on the pasteboard with a little flour; then bake them like all others, but without glazing them. Next have some clarified sugar, au cassé (No. 836), stick the point of a small skewer into the choux, and dip them one after another into the sugar. Stick all the choux together round a buttered mould of the shape of a basket; stick them well together, especially about the top, for it is generally the upper part of the basket that is most liable to break. To make the handles, use the side of a stewpan of the same circumference as the height of the basket, and stick some of the choux close to each other to make the handles: next apply the handle to the basket, and stick it on. When ready to send up, pour some Chantilli cream (No. 751), into the basket, and then serve up. If you pay strict attention, this entremet will have a pleasing appearance.

*N. B.*—You can follow your own taste with regard to the shape you give to the choux, and vary the moulds accordingly, either made into baskets, round or oval vases, &c., &c. Always butter the moulds inside or outside; otherwise the sugar would stick, and the shape would not come out.

842. *Pains à la Duchesse—(Duchess Paste.)*

The same paste again, with this difference, that you must first make on the pasteboard some round balls with the paste, and then roll them lightly as long as your finger; next lay them on the baking-sheet, dorez them with milk only, and bake them either glazed or not, as you think proper: when done, open them at the bottom; and fill them with sweetmeats.—The number of forms that can be made with this paste is very considerable; but it is impracticable for the learner to undertake so many at once. If you make the articles, here mentioned, properly, your own understanding will soon lead you to improve upon them.



843. *Choux in Biscuits, called Gateaux à la d'Artois.*

Take a pint of thin cream, which boil in a stewpan large enough to contain four quarts, with a little salt, a little sugar, a pinch of orange-flower praliné, (with crisp almonds,) and two ounces of fresh butter. When the cream has boiled, skim off the orange flower. Take some dry flour that has been sifted through a silk sieve, and throw a handful into the boiling cream. If the cream can absorb more, put a little more to dry on the fire, and keep stirring with the wooden spoon till the paste no longer sticks to it. Next take five very fresh eggs, break three of them whole, one after the other, and stir quick : then throw in the yolks only of the other two, but as that is not sufficient to moisten your paste properly, add as much thick cream to it as the paste can imbibe. Do not make this paste too liquid ; dress the choux on a baking sheet, with a spoon ; give them the shape of an egg, dorez them and put them into the oven. When they are baked, glaze them first with sugar, next use the salamander, and serve up hot.

844. *Pain de la Méque—(Mecca Paste.)*

The same paste as the above, with the addition only of some coarse sugar when they are dressed on the baking dish ; and bake them as usual.

This method is quite plain, but it cannot be altered. You may sometimes stick two together with apricot marmalade between them.

*Observation.* When you have succeeded so far as to make the royal paste well, it is not difficult to produce an infinite variety of entremets. You may make a hole on the top, in the middle, and fill it with crème patissière (No. 752), and put it into the oven again. Another time, if you wish to make rocks, or croquantes, you manage to frame the doors or apertures, by erecting small

choux one above another, in the shape of an arch



pralinez them with chopped almonds, made green with the green of spinach, and dried. You may also shape them into sheaves. Make these choux very small, but long; then cut the point of one side, and with the sugar au cassé (No. 836) stick one against another round the dish, then stick another course close to the border of the dish, to strengthen the structure, so as to represent water-works. The choux are not to be all the same length in this case. With the point of a skewer put a little melted sugar all along the sticks to stick them together properly. Fill the middle with frothed cream, which has been mixed with a little marasquino. If you should have a little sugar left, sprinkle it gently in a buttered mould to cover the cream, like a small sultane.

#### 845. *Cascade à la Chantilli.*

Make the paté or choux as directed for the Royal Paste (No. 837); when the paste is made rather firm, put some on the pastry table; when you have spread some flour lightly, then roll this paste about eight inches in bulk, put it in a baking dish, and doré with the eggs prepared for that purpose; make sufficient of this to stick round the dish which you mean to serve—let room, however, be left for another row not so long, to come precisely on the border of the inside; try if you have enough to shut close, as you must put cream in the middle. The choux should be close to one another; cut the points off one side; dip this in the clarified sugar (No. 836), then stick these on the dish, and go on all round: when they have all stuck in the dish, fasten them together by dipping a skewer in the hot sugar, and dropping it between the sticks of paste: when they become solid, put the chantilli cream with marasquino in the middle, and spin the remaining sugar in a little mould to cover the cream.

#### 846. *Savoy Biscuits Hot.*

Take a dozen fresh eggs, break them into a vessel, which is to be put into another containing some water nearly

boiling. With these eggs mix a pound of superfine pounded sugar. Beat them well in the vessel which stands in the hot water. When you perceive that the eggs are no longer soft, put three-quarters of a pound of flour into a silk sieve not very closely woven; mix the flour well with the eggs, which is done by shaking the sieve, then add about two spoonsful of orange-flower water. If you only use lemon put in a spoonful of cold water. Rub a mould over with butter; powder some sugar round, fill that mould with the preparation, powder some sugar over it, and bake it in an oven moderately hot. Ascertain with a little skewer whether the middle part is sufficiently baked, before you take it out of the oven. If the biscuit is not very large, it will be done in three-quarters of an hour. Biscuits, like other pastries of a large size, require the oven not to be too hot, and therefore they must be kept in a longer time.

#### 847. *Savoy Biscuits Cold.*

Take a little more than half a pound of very fine dry flour\*, one pound of very dry pounded sugar, and fourteen or fifteen eggs very fresh; if the eggs are large, fourteen are sufficient. Rasp over the sugar the peel of two lemons or oranges; put that sugar to dry; then have two vessels, one for the whites and one for the yolks; break the eggs one by one, and be particular in smelling them, as one bad one will spoil all; put the dry sugar with the yolks, and work them together with two new wooden spoons, put also the sugar of lemon; next whip the whites very firm, and to prevent them turning, put a small pinch of calcined alum in powder; when the whites are very firm, take half to mix with the yolks; then put altogether, and put the flour into a hair sieve, and sift it over the eggs; mix gently with the whip, then butter a mould, and powder it over with fine sugar; put the biscuit into the mould a little at a time, to prevent the

\* These biscuits are more delicate if made with the flour of potatoes: be careful to have the flour very dry, as this circumstance is of great importance in the making of the paste.

bladders at the top; put some ashes on a baking-dish, and put the mould over this in the oven; the heat must be moderate; about one hour is requisite to bake this biscuit, and it must not be moved till it is quite done.

848. *Biscuits in Cases.*

Make some small paper cases, and use the same preparation as above. Do not fill the cases too much, and put some coarse sugar over them before you put them into the oven, which must not be too hot.

849. *Spoon Biscuits.*

Take a silver spoon, and use the same paste as above. To dress Savoy biscuits, and biscuits à la Cuillère, you must glaze them with fine sugar, and bake them in a very temperate oven.

PASTE FOR TARTS.

---

850. *Paste for Tarts.*

Spread on the table two handfuls of flour, two spoonfuls of pounded sugar, a pinch of salt, an ounce of butter, and a little water to melt the salt. Make a hole in the middle of the flour; break into it two whole eggs besides the yolk of another; mix the paste well, and it will serve you for making tarts, tartlets, and for mounting croquantes. Increase the quantity of ingredients, according to the quantity of paste you may have occasion for. This paste is generally used to make the large pieces; it can be made into all sorts of forms.

851. *Apple Tart with Dry Paste.*

Cut some apple in four quarters; peel, and put them into a baking tart dish, with a little lemon peel, and some white pounded or moist sugar; pour a drop of water into the bottom of the dish, and spread the paste with the rolling-pin on the pastry table. Cut some of it very thin.

(as directed in the paste for tarts) and with the paste brush moisten it all round; roll the paste round the rolling-pin, and put it equally over the apple and the other paste. Press the paste all round with your finger to make it adhere. Take the dish in your left hand, and with a knife cut off, all round, the superfluity; then, with the back of the knife, make some marks all round the paste, about an inch distant from one another.

### 852. *Almond Paste.*

Take a pound of sweet almonds, blanch them in boiling water; take off the peel, and let them soak in cold water four hours; then pound them well in a mortar; add a little water, to prevent them from turning to oil; after they are very fine and quite in a paste, put in three-quarters of a pound of sugar well pounded, and mix all together in the mortar. If your paste is quite fine, take it out of the mortar, put it into a stewpan, over a slow fire, and stir it with a wooden spoon till it becomes white and dry; then put it again into the mortar, and mix with it a little melted gum tragacanth, that has been strained through a towel; take care to keep it covered, to prevent it drying. You may give what scent you please, as lemon, vanilla, rose, orange, &c., &c. If you use almond paste to make vases, baskets, or tartlets, keep it always free from dust, spread it on a marble with a rolling-pin as thin as possible, and if you put it into a mould, butter the mould lightly, and give the paste the form of it. Bake in a moderate oven.

Almond paste should always be kept in a gallipot, covered with a damp towel, to prevent its drying.

### 853. *Tartlets of Almond Paste.*

Butter some tartlet moulds, and after having spread the paste on the dresser, cut it with a cutter to the size of the moulds; put a little sweetmeat in the middle, and a small rosette in the middle of that. Bake in a moderate oven.

854. *Tartlets of Almond Paste with Strawberries.*

Spread some almond paste over the pastry table, and cut it with a fluted cutter the same size as other tartlets; butter slightly the moulds, and put them into a moderate oven. When the paste is done almost white, take them out of the mould, and garnish with currant jelly, raspberry, or apricot jam, &c., &c. As the sweetmeats do not go to the oven, they are always of a better colour and taste. In summer, rub some strawberries through a hair sieve, mix what you have rubbed through with a little sugar and isinglass; put the mixture into ice, and when frozen, put a little into each mould.

855. *Tartlets of Jam.*

Take some remnants of puff-paste, which spread on the table with the rolling-pin; have some tartlet moulds well buttered; cut some paste with the paste cutter, the same shape as the moulds, lay the paste in each of them, and put a tea-spoonful of apricot marmalade on the paste; then cover your mould with a little cover made as follows:—

Take some hot-water paste (No. 799), have a little board engraved with three small covers of different ornaments; have some coarse muslin, put to it a little fine powder, tie the muslin as if you were going to make a little bag of it, dust the board by shaking the bag over it, to prevent the paste from sticking to it; lay some of the paste over an engraved part of the board, press with your thumb equally over it, then press with the flat side of your knife, and cut off the superfluity of the paste. Take the paste out of the mould with a little damp paste, and moisten the border of the tartlet; stick one of these little covers on each of the tartlets, and bake them without any dorure; but when done, glaze them with a little sugar, and use the salamander.

You may also make some without covers, but those with covers look better, and the sweetmeats do not dry so much.

### 556. *Remish Wafers.*

Take a pound of fresh butter, a pound of fine dry flour, and six or seven eggs: first mix the eggs with the butter in a bowl, put a little salt, then sift the flour over the eggs and butter, and add to it a spoonful of yeast. Next mix with the above a pint of running cream, work it well with your hand, and put the mass on the dresser till dinner-time. Increase the water amount with butter fat for the first crumb, as the others will come out easily without any additional grease. When you serve up, sprinkle some fine sugar over them. If you put the sugar earlier, it will make them soft.

### 557. *Mademoiselle Cake.*

Take the same weight of flour, sugar, butter, and eggs: in general eight eggs are enough for a second-course dish: add a little salt and the rasped peel of a lemon; work this paste a little, till you have put all the butter into it. Melt a little butter in a stewpan, and skim it well; pour some into each mould, and then drain it, leaving, however, a drop at the bottom to facilitate the coming out of the cake. Sift some ashes over a baking sheet, put the small moulds into it, and then put paste into each of them, about half the depth, to give it room to rise. Bake them in a moderate oven. When done, turn them out on a clean sheet of paper, and put them again into the oven for a few minutes. By changing the form of the mould you produce a dish of a different appearance; and by occasionally emptying the inside with the point of a knife, and putting into the cavity either cream or sweetmeats, you make what is called gateaux à la Madeleine farcies, or filled. The more this paste is worked, the better and the finer will be the cake; in general, these sorts of paste require a good deal of labour.

### 858. *Genévoise Paste.*

The same proceeding as above, only add half a glass of brandy, about a quarter of a pound of sweet almonds well

pounded, and a few bitter ones, blanched of course : when you have given the flavour you choose, as lemon, citron, or orange, spread the paste over a baking sheet, and level it equally with your knife ; then put it into the oven. When done, use a cutter of whatever shape you please (as a round, a star, or any other ornamental form), cut out as many pieces as you can, and lay them on paper over a baking sheet, dry them in the oven, and let them be coloured on both sides. A variety of dishes may be made with this paste, differing both in form and colour ; but the taste is the same, as sugar always prevails.

859. *White Gimblettes of Genèveise.*

Make the same paste as above, only when nearly done, take it out of the oven, and brush it over with white of egg, then after spreading over the egg some chopped almonds mixed with sugar, put it into the oven again. When done, take a round cutter, about two inches wide, and cut out as many as you can from the baking sheet ; then take a smaller cutter, and cut a piece out of the middle, so as to produce a small wheel (this is what is called a gimblette). Then dry them on paper in the oven, keeping them as white as possible. You may make a pretty casket in the middle, by sticking all the little round *genévoises* with sugar all over the mould, and filling the middle with a Chantilli cream, or *caravoise*.

860. *Rose, or Green Gimblettes of Genèveise.*

The same as the last, only die the almonds with cochineal or green of spinach, after they have been blanched, and chopped, and dried in the hot closet. Use them to diversify the colour ; vary also the shape occasionally. You may cut the *genévoise* sometimes in long squares, sometimes in lozenges, sometimes let them remain in their natural yellow colour, and border with chopped green almond, stuck with sugar *au cassés* (No. 836).




861. *Fruit Tart, English manner.*

Spread some puff-paste over the table with a rolling-pin; cut a piece the size of the dish, and out of the trimmings cut some strips; brush the edge of the dish with dorure, and stick the strips on it: then put the fruit into the dish with some sugar and a little water; roll the paste on the rolling-pin, and lay it over the fruit. Before you put the paste on, brush the strips with some dorure (egg-wash), to make it stick. When you have trimmed the dish all round, brush some white of egg over the tart, and sift some sugar over it: then dip the paste-brush into water, and shake it over the tart. Bake it properly, and serve up cold. Apples, however, are an exception, as they are better hot.

You must prepare all kinds of fruit in the same way: use sometimes the paste for tarts (No. 850), but in that case, no strips are absolutely necessary.

---



**APPENDIX**  
**OF**  
**OBSERVATIONS ON THE MEALS OF THE DAY,**  
**WITH**  
**BILLS OF FARE AND RECEIPTS.**



## MEALS OF THE DAY.

---

*BREAKFAST—LUNCHEON—DINNER—COFFEE—AND SUPPER  
FOR A SOIREE, OR BALL ;—WITH BILLS OF FARE AND  
RECEIPTS.*

---

### BREAKFAST.

As it is customary for people of fashion when in town to meet their friends in the morning in the parks, and other places of polite resort, and in the evening at the Opera, sometimes in the private boxes at the Theatres, and at the different Routs, it will not be necessary to shew how *they* commence the day. They may be pictured at the breakfast-table yawning over the newspaper, half asleep, half awake ; the lady experiencing the headache of a late party, and the gentleman musing on the supper, and the events of the Club-House.

In the country all is different. The host who understands how to receive his guests, affords them every facility of following their usual habits, and orders, at a certain hour, (which is generally between ten and eleven o'clock,) a breakfast as follows :—On a table, where everything should be neat and simple, (since the ladies breakfast in a simple negligé,) there should be as many different kinds of rolls as the person who prepares them is able to make. These should differ from each other as much in form as in taste ;—and on the side-table there should be some cold dishes, such as fowls, pheasants,

partridges, tongue, ham, and paries, &c. &c. Few persons are displeas'd at seeing a slight sprinkling of hot dishes, such as mutton kidneys a la brochette, new laid eggs, eggs and bacon, broiled cutlets, larks à la minute, venison fowl, &c. &c. in fact, all that is generally considered as constituting a *dejeuné à la fourchette*, observing that the hot meats ought not to be served till the guests are at table. Tea (green and black separately), coffee, chocolate, should also be served. Essential coffee, easily made as it is, is almost always badly prepared. The following instructions will shew, however, that it is difficult to avoid making it well, if they are carefully attended to.

862. *Method of making Coffee with the utmost Expedition.*

Procure a filtering coffee-biggin, from Messrs. Benningtons', the corner of Jermyn Street and York Street, St. James's, who have them of all sizes, holding from six to twelve cups each. One cup of dry coffee will make two good cups of liquid, so that you should put one cup of dry, for two of liquid coffee; three for six; and so on in the same proportion. The coffee should be of the best quality, if you would have it of the finest flavour.

Pour some boiling water into the biggin\* on the coffee, wetting it equally, so that it may be properly infused, which you may conclude to be the case when you perceive a bubbling on the surface. Then stop pouring for a minute, and place the bottom of the biggin in a vessel containing boiling water, which will keep the coffee hot.

If you think the water you have poured in not sufficient to make the quantity of coffee required, add more

\* If it is the first time of using it, you had better make a little coffee in the biggin for the servants, to season it, for when first used, coffee-biggins generally smell of turpentine.

until you have enough. When there are many persons to serve, the biggin should be filled several times, adding fresh coffee every time.

The vessel into which the coffee is emptied should be most carefully closed and kept hot in the bain marie, or other vessel with warm water in it.

Coffee can never be too strong, and may always be diluted with boiled milk, cream, or water. Weak coffee is never worth drinking.

## LUNCHEON.

In London, persons breakfast at nine, ten, eleven, and even twelve o'clock, and dine at eight or nine; between these meals comes the luncheon, composed generally of cold meats, such as patés, fowls, pheasants, partridges, ham, beef, veal, brawn, and generally whatever is left, fit to be introduced; part of which is to be placed on a side-table; on the table is to be served a little hashed fowl, some mutton cutlets, broiled plainly with mashed potatoes.

The repast itself is insignificant, and is only taken by certain young ladies, who wish to preserve the elegance of their figures, the beauty of their complexions, and above all the becoming manners of good society, which interdict, as vulgar, eating at table like gluttons; for unless frequent meals are taken, too much must be eaten at once. The true art in the economy of refection is to partake at one meal only of as much as will leave the eater free to do honour to the next. The luncheon should not be allowed to supersede the dinner, nor should the appetite be reserved solely for the principal repast. The pleasures of the table, like all other pleasures, should be controlled and husbanded, and thus they will be increased. This is too often neglected. I

have seen ladies at table who have forborne to taste of the delicacies placed before them, and who seemed to be idle and, it may be thought, scornful occupants of their chairs. Notwithstanding this seeming fastidiousness with regard to the efforts of the cook, these dames were not be considered as over-refined epicures. The fact is, that they had indiscreetly dined, instead of having taken luncheon upon inferior fare at home, and the labours in the kitchen of their host were so far thrown away. Let us not, however, blame these fair visitants: their very presence absolves them of all fault; for so many charms are attached to their sex, that little errors must be overlooked.

I may perhaps be allowed to state, that the time of taking meals now-a-days is quite incompatible with the customs of the age we live in. The performances at the theatres commence exactly at the same hours as the dinners, and these two charms of life dispute the time which should be devoted separately to each. The ladies are generally seen at the Theatre and the Opera, while the gentlemen remain at dinner, which (*par parenthèse*) is not over-gallant.

#### DINNER.

Make the bill of fare, by choosing out of each chapter whatever you may want, namely soup (under the head Soup); fish (under the head Fish), and so on. For the second course you should act on the same principle: the roasts should not bear any resemblance to each other. In summer-time select two dishes from among the vegetables, one from among the jellies, and one out of the chapter of pastry; as for instance:

## BILL OF FARE FOR A DINNER OF FOUR ENTRÉES.

Spring soup and fish.  
Crimp cod and oyster sauce.

*Two Removes.*

Fowl à la Montmorenci, garnished with a ragout à l'Allemande,  
(German Ragout).  
Ham glazed, with Spanish sauce under it.

*Four Entrées.*

Fricassée of chicken with mushrooms.  
Lamb chops sauté, with asparagus-peas, &c.  
Fillets of fat chicken, sauté au suprême.  
Petits pâtés fillets of fowl à la béchamelle.

## Second Course.

Fowls roasted, garnished with water cresses.  
Six quails.

*Four Entremets.*

Asparagus with plain butter.  
Orange jellies in mosaic.  
Cauliflower with velouté sauce.  
Small cakes à la Manon.

*Two Removes of the Roast.*

Soufflée with lemon-peel.  
Ramequin, Lord Sefton's way.

From the above statement it will be easy to make a bill of fare of four, six, eight, twelve, or sixteen entrées, and the other courses in proportion. I have inserted a bill of fare for a dinner of twenty entrées. The second



course is in the same proportion, as it requires the same number of dishes for the second that have been served in the first. Whenever there are more than four entrées, symmetry should always be attended to. The two flanks for a dinner of six entrées should be parallel, that is to say, if you place petits pâtés on one side, you ought to have croquettes on the other; if you have a vol au vent on one side, you should place a pâté chaud opposite, and so on. A judicious arrangement of dishes gives additional merit to a dinner, and the entrées of any appearance should be always parallel; it adds wonderfully to the effect.

The second course requires also a different arrangement when you have more than four entrées. At the two flanks, you should have two dishes of vegetables, if approved of; and at the four corners, a jelly, a pastry, a lobster salad, and a cream jelly, &c.

You may put two sweets in the flanks, two vegetables at each opposite corner, an Italian salad, and a dish of prawns at the two other corners.

#### BILL OF FARE OF SIX ENTRÉES.

Dinner for twelve or fourteen persons.

##### *Two Soups.*

Good woman's soup (Flemish way), white and thick.  
Soup à la Beauveau (beef soup), brown and clear.

##### *Two Fishes.*

Turbot, with lobster sauce.  
Slices of crimped salmon boiled, with caper sauce over it.

##### *Two Removes.*

Turkey à la Perigueux, with a purée of chestnut under it.  
A Westmoreland ham glazed, and garnished with greens.

*Six Entrées.*

Cutlets of mutton braized, with Soubise sauce.  
 Salmi of young partridges with Spanish sauce.  
 Vol au vent of salt fish à la maitre d'hotel (Steward's way).  
 Casserole of rice, with a purée of game.  
 Sauté of filets of fowl à la Lucullus, with truffles.  
 Fillets of young rabbits à la orlie, white poivrade sauce.

## Second Course.

*Two Roasts.*

Three partridges roasted.  
 Three woodcocks.

*Six Entremets.*

Spinach with consommé, garnished with fried bread.  
 Whole truffles, with champagne.  
 Lobster salad, Italian way.  
 Marasquino jelly.  
 Buisson of Polish cakes\*.  
 Charlotte of apples with apricot.

*Two Removes of the Roast.*

Biscuit.  
 Cream.  
 Fondus.

Dinner for sixteen or twenty Persons.

*Two Soups.*

Soup à la Reine.  
 Brunoise, clear.

\* Buisson means a dish of pastry dressed thus:



*Two Fishes.*

Turbot, garnished with fried smelts, and lobster sauce.  
Slices of salmon, with Genévoise sauce.

*Four Removes.*

The Condé fowls, with German ragout.	}	Remove the soup.
Westphalia ham glazed, and Spanish sauce under it.		
A rump of beef braised, glazed, and garnished with green cabbages.	}	Remove the fish.
A loin of veal roasted with béchamel.		

*Eight Entrées.*

Fillets of young partridges à la Lucullus, with truffles.  
Small timballe with a salpicon. Twelve, at least, will be required  
to fill the dish.  
Croquettes of fowls with velouté sauce.  
Small fillets of fowl à la Pompadour.  
Three small partridges à la Barbarie, with truffles.  
Two small chickens, poêlés, with tarragon sauce.  
Cutlets of pork à la Mirepoix, brown sharp sauce, or sauce Robert.  
Cutlets of mutton, Italian way.

## Second Course.

*Four Roasts.*

Eight snipes.  
A hare roasted.  
Two wild ducks.  
A capon garnished with cresses.

*Eight Entremets.*

Scorzanera with white sauce.  
Macaroni, Italian way.  
Poached eggs, with veal gravy clarified.  
Brocoli with velouté sauce.  
Red noyau jelly.

Italian cheese (orange-flower flavour.)  
 Madeleine cakes, farcie, with vanilla cream.  
 Little bouchées, garnished with marmalade.

*Four Removes of the Roast.*

Soufflé with essence of citron.  
 Ramequin, with Parmesan cheese.  
 Biscuit à la crème.  
 Petits choux Praliné (with almonds).

Dinner for Twenty or Twenty-four Persons.

*Four Soups.*

Soup of rabbits (Queen's way)  
 Soup Julien.  
 Soup à la Carmélite.  
 Soup à la Clermont.

*Four Dishes of Fish.*

Turbot and lobster sauce.  
 Pike baked, Dutch sauce.  
 Three slices of crimped cod, oyster sauce.  
 Matelotte of carp.

*Four Removes.*

Rump of beef glazed, Flemish way.  
 Leg of pork garnished with greens.  
 Boiled turkey with celery sauce.  
 A fillet of beef with sauerkraut.

*Twelve Entrées.*

Casserolettes of rice with minced fowl.  
 Scollops of fillets of fowls, with truffles.  
 Turban of fillets of rabbits.  
 Petits pâtés à la nelle (game flavour).  
 Cutlets of fillets of partridges.

Chartreuse of palates of beef.  
 Fillets of soles with ravigotte.  
 Small cases of sweetbread, Venetian way.  
 Grenade of small fillets of fowls à l'essence.  
 Attelets of sweetbread, with Italian sauce.  
 Petits pâtés of oysters, Lord Sefton's way.  
 Partridges and cabbages dressed with Spanish sauce.

### Second Course.

#### *Four Roasts.*

Two fowls with cresses.  
 Five woodcocks.  
 Two ducklings.  
 Two young rabbits.

#### *Twelve Entremets.*

Spinach with cream.  
 Asparagus with butter.  
 Coffee cream, white.  
 Sultane with a vol au vent.  
 Small apricot lozenges garnished.  
 Meringues à a Chantilly.  
 Cauliflower with velouté sauce.  
 Salsifis with Spanish sauce.  
 Madeira jelly.  
 Bavarian cheese with chocolate.  
 Gâteau praliné (cake with almonds) garnished.  
 Red marasquino jelly.

#### *Four Removes.*

Two dishes of fondus.  
 One of cheese-cake.  
 One of choux en biscuit.

Here the plain roasted meat should come in (a leg of mutton or other joint.)

I have here given only a specimen of the form and general arrangement of a bill of fare ; the selection of the articles rests with the cook, or the persons who order the dinner. You may serve a good dinner without adhering to the identical dishes which are here selected, or rather mentioned as it were at random. I think it would be useless to go beyond sixteen entrées ; for a multiplicity of dishes are easily made out, and I will only observe, that with twenty entrées, the counter-flanks should exhibit copious entrées ; and that for the second course there should be introduced what we call moyens d'entremets, or ornamental dishes, or brioches, or biscuits, or babas, either in the counter-flanks, or at the top and bottom of the table.

Eight large pieces of ornaments are not exactly wanted with twenty entrées ; but when you have thirty-two entrées, you should put large pieces at the top and bottom, and the two flanks ; and four smaller ones in the four counter-flanks.


Whenever a dinner consists of more than eight entrées, those huge pieces are indispensable ; but it is then impossible for any cook to dress them without assistants ; by himself, he would be able to send up to table nothing but common dishes, to either of the courses.

The second course for the dinner of twenty entrées has not been mentioned, as it is known that there ought to be the same number of dishes as in the first course ; there should be also the same number of roasts in the room of removes, or of large entrées ; two at the top and bottom, two at the flanks, and four at the counter-flanks. If you have assistants enough to make the ornamental pieces, then remove the four roasts of the counter-flanks

with soufflés, biscuits, fondus, &c. ; and put four large pieces at the top and bottom, and on the two flanks.

I have added two cold pies, which are likewise served at a large dinner. I like them to be sent to table with the first course ; and to remain there between the two courses. By this means the epicure and dainty eater will always have something before them. They are not at all in the way, but improve the look of the table. These pies may be either of game or poultry.

---



Bills of Fare.



**First Course.**

Spring Soup:  
removed by  
Fennel  
& Essence.

Peas  
à l'Anglais  
with  
Mint Sauce.

Lamb Cutlets  
sauté,  
with Mustard  
Sauce.

**Plates.**

Veal Tenderloin,  
with  
Lettuce  
& Essence.

Fillets  
of the Chicken  
sauté,  
aux Capucines.

Fish;  
removed by  
Westphalia Ham  
& Essence.

**Second Course.**

Quail;  
removed  
by a  
Soufflé.

Young  
Peas  
à la  
Française.

Petits Pains  
d'Amour,  
garnished with  
Confitures.

*Plaque.*

Strawberry  
Jelly  
Framboise.

Large  
Asparagus,  
on  
Batonnets.

Capon;  
removed  
by a  
Tart.

**First Course.**

Soup à la Bonne  
Femme; removed by  
a Turbot; removed  
by a Turkey  
à la Périgoux.

Mutton  
Cutlets  
à la  
Bouissé.

Salmi of  
Partridges,  
with  
Spanish Sauce.

Vol au Vent  
of Scollops  
of Haddocks,  
with Cream.

Casserole of Rice,  
with a  
Hash of Game  
au fumet.

Scollops  
of Filets of  
Young Rabbits  
à la Conti.

Cutlets  
of Filets of  
Fat Chickens  
en Epigramme.

Soup  
à la Beauveau;  
removed by Dory;  
removed by Port.

**Plat au.**

**Second Course.**

Four  
Woodcocks.

Whole  
Truffles,  
with Champagne,  
in a plate.

Madeira  
Wine Jelly,  
garnished with  
Jelly.

Spinach,  
in Consommé,  
garnished  
with Crusts.

Cardons  
d'Espagne,  
with Marrow  
à l'Eau.



Polonaise Cakes,  
garnished  
with  
Comfitures.

Lobster  
Salad.  
(Two large  
Lobsters.)

Four  
Partridges.

**First Course.**

Queen's Soup;  
removed by  
a Loaf of Veal,  
on Surprise.

Small Timbales  
of Saupicon  
à la Mongia.

Fillets of  
Partridges, sautéés  
à la Lacaille.

Three Partridges  
à la Barbarie, with  
Italian Sauce.

Quarter of Veal  
à la Chalmers, with  
Green Haricot.

Turbot, garnished  
with Smelts; remov-  
ed by two Chickens  
à la Condé.

Royal Maitrot;  
removed by  
a Westphalia Ham,  
with Spanish Sauce.

Pork Cutlets  
à la Mirepoix, with  
Spanish Sauce.

Two Chickens  
(Queen's way)  
Aspic liée, and  
pluche of Parsley.

Small Fillets of  
fat Chickens  
à la Pompadour,  
with Italian Sauce.

Small Croquettes  
of Poultry,  
with Velouté.

Brunois Soup;  
removed by  
a Ham  
à l'Essence.

Plateau.

**Second Course.**

Salpés :  
removed by  
a Soufflé, with  
Orange Flower.

Salsifs,  
with  
White Sauce.

Macaroni, Italian  
way, garnished  
with Pastry.

Cream  
Custards.

Madeira  
Wine Jelly.

Hare ;  
removed  
by  
Fondue.

Two fat Chickens,  
one Piqué ;  
removed by  
Ramequins.

Iced  
Raspberry  
Cake.

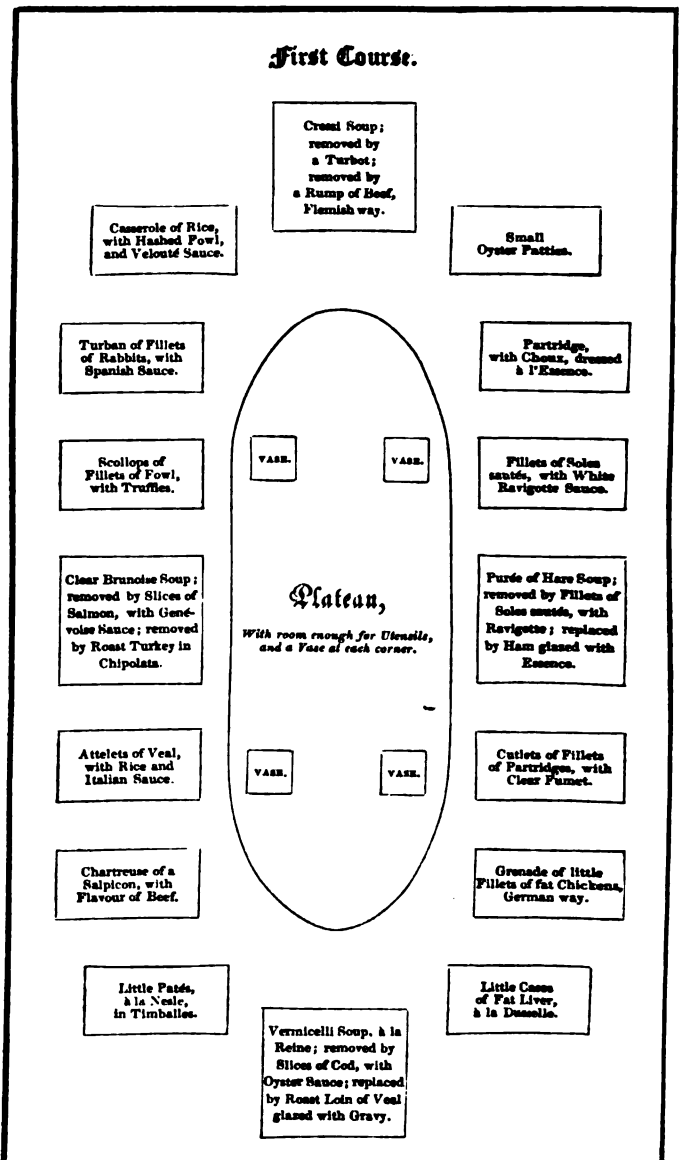
Canapé,  
garnished with  
Marmalade.

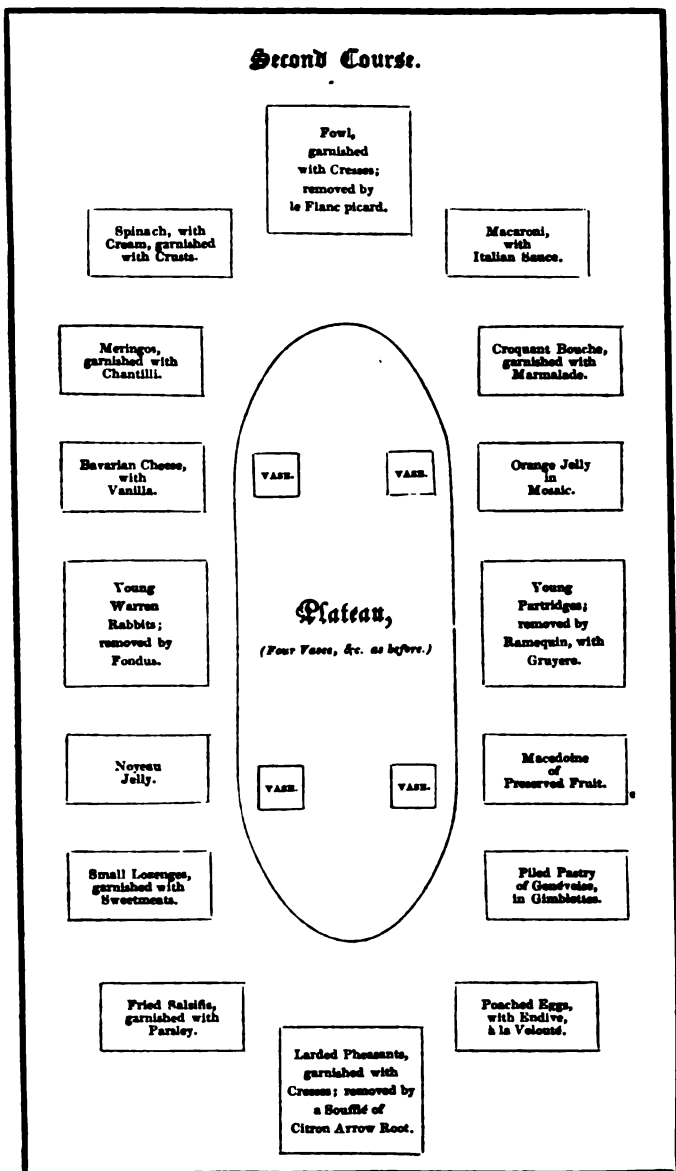
Eggs brouillés, with  
Truffles, garnished  
with Crusts of  
Fried Bread.

Potatoes à la  
Maitre d'Hotel, cut  
into small pieces.



Teal ;  
removed by  
Biscuits  
à la Crème.







<b>First Course.</b>			
Little Bouchées, with Béchamel.	Soup with Nouilles; removed by Larks à la Godard.	Veal au Vent de Quenelles, with Velouté.	
Puddings of Game, with Béchamel.	Cold Past of Pheasants, with Truffles.	Rissoles of a fine Farcoussot of young Rabbit.	
Trout à la Gené- voise; removed by Turkey, with Celery & la Béchamel.	<b>Plat au.</b>	Slices of Cod; removed by a hot vegetable Past.	
Lamb Chops, with Italian Marchale Sauce.		Fausquettes of Filets of Beef gratiné.	
Scallops of Rabbit, with little Peas, gar- nished with Crusts.		Banquette of Fowl, with Cucumbers, garnished with the small Filets.	
Condé Soup, with Crusts; removed by a Rump of Beef glazed garnished with green Cabbage.		Julien Soup; removed by a Roast Beef of Lamb, larded on the Filets and the two Thighs.	
Sauté of Filets of Fowls à l'écarlate with Suprême.		Filets of Macheux, with Maître d'Hotel Sauce, with Cream.	
Rice Veal, with Dauphin's Sauce, with Endive.		Little Granaillon glazed with Macédoine Sauce.	
Turbot; removed by a Capon & la Villeroi.		Filets of Whiting, à la Orlé Navonne; re- moved by a Ham glazed with Garden Beans.	
Scallops of Fowl, with Truffles.		Pâté of Fowl, with Ham.	Queen's Boudine, with Velouté Sauce.
Hot Pâté, with Financière Sauce.		Regency Soup; removed by a Loim of Veal, with Cream.	Little Mazarine Pâté.

\* \* The Soups on the Extremities, and on the Planks, and the Fish on the Countryplanks.

## COFFEE.

See the receipt for preparing it, page 412 : serve with warm milk and cream on a silver salver.

## SUPPER.

The following method of serving a supper for a rout or ball will be found infinitely more agreeable, and far less expensive, than those which have hitherto been practised.

I found that the ladies used to regard with dread those narrow benches which disordered the pleasing arrangement of their dresses, and that those who had the misfortune to be seated in the centre of the forms, found themselves absolutely imprisoned, not being willing to disturb the company seated on either side of them ; and at other times, when the two ends of the seats were filled, they were prevented by decency from clambering over the middle of the benches, for which reasons many persons went without supper, notwithstanding the immense expense which the Amphitryons had incurred for their convenience and gratification.

I ventured, therefore, to suggest to the nobleman whom I had then the honour of serving, that a supper might be given which should suit the taste of every body ; which should satisfy at once the inviter, and the invited ; the guest by the excellence of the repast and the novelty of the arrangement, and the host by the smallness of the expense incurred. My patron approved of my proposal, and brought into fashion the Suppers, directions for preparing which are here given. Those who were present at these balls will, I doubt not, do me the justice to admit that the suppers were admired. In-

deed, more than one lady of quality has in consequence solicited my assistance upon similar occasions.

My plan for a ball is to ornament the sideboard with a basket of fruit, instead of insignificant pieces of pastry, which are at once expensive in making, and objects of ridicule to the connoisseur. Place in their stead, things that can be *eaten*, such as jelly, plates of mixed pastry; and sandwiches of a superior kind; and if the founder of the feast be great and generous, avail yourself of his generosity, and make excellent articles, but never in too great profusion. The chief fault of all cooks is, that they are too profuse in their preparations. The persons who attend a ball given by one of the nobility, are it is to be presumed of the same class, and have the same customs, dining at a late hour, and are not to be tempted even by the most enticing assemblage of aspic of fowls, of lobsters, of fillet of sole, of ham, &c.

Take care not to load the sideboard with any thing but dishes, agreeably, but simply prepared. The lovers of good cheer do not like objects which present a *handed* appearance. Affix a label to each plate, indicating its contents, and you will find that this arrangement will give the guests an opportunity of taking refreshments without being obliged to seat themselves at a table from whence the ladies cannot rise, without disordering their dresses, which to them is a matter of far greater moment than the best supper in the world!

For a simple soirée, I recommend some sandwiches of fowl, of ham, of veal, of tongue, &c., some plates of pastry, and here and there on the table some baskets of fruit. These, judiciously placed on the table, with the lights, will present an agreeable coup d'œil, and will cost

less by three-fourths than a very common supper, where the guests are required to set to work in carving pâtés, hams, fowls, aspics, &c. &c., while at a buffet, furnished as above, neither ladies nor gentlemen need remove their gloves, and can, notwithstanding, satisfy themselves in every way.

For a select ball, I would have more variety in the composition of the articles. Put on the sideboard, in the first place, sandwiches of suprême of fowl, sandwiches with fumet de gibier; sandwiches of fillets of soles; sandwiches of salad, and sandwiches of anchovies, for those who happen to like them. All these things, made with great care, have many admirers; and I am confident that, if it were once customary to adopt them generally, they would never again give place to those ancient suppers, which are only ridiculous signs of the extravagance and bad taste of the givers!

I have known balls where, the next day, in spite of the pillage of a pack of footmen, which was enormous, I have really seen twenty or thirty hams, one hundred and fifty or two hundred carved fowls, and forty or fifty tongues given away! Jellies melted on all the tables; pastry, pâtés, aspics, and lobster salads, all these heaped up in the kitchen, and strewed about the passages, completely disfigured by the manner in which it was necessary to take them from the dishes in which they had been served! And this extravagance had been of use to no human being! for even the servants would not consider it a legitimate repast, were they obliged to dine on the remains of a former day's banquet! This class of persons assimilate no little to cats, enjoying what they can *pilfer*, but very difficult to please in what is *given* to them.

I shall now proceed to detail the manner of preparing

these suppers, which, though they may appear trifling, require much ingenuity and skill to execute properly. Notwithstanding this, many persons, calling themselves cooks, have served them. Yes! they *have* served them, but very badly served have they been; and without the necessary perfection of cooking. There are millions of quacks in all professions.—*Soyez plutôt maçons,\* &c.*

It is necessary, in the first place, to have bread made expressly for the sandwiches of salad, and of fillet of soles, in moulds, so that the cavities usual in the crumb may be close, and the crust that remains not dried up. The bread for the other sandwiches should be made round and long, for these are left with the crust on, and they would not otherwise have sufficient substance, but would bend and not be so good. Take care to rasp the bread; and when you cut it, leave one slice resting close against the other, upright, that it may not dry; and be careful always to take two pieces of bread which fit one another precisely; open them, insert whatever the sandwiches are to be composed of, and join them together. By following this method carefully, your sandwiches will always be per-

\* Perrault, the celebrated French architect, who built the Louvre, not content with following his profession, turned poet, and wrote some verses in so lamentable a style, as to incur the censure of Boileau in his "*Art Poétique*," wherein he says, comparing Perrault to an unskilful doctor, who became an excellent architect;

Laissant de Galien la science suspecte,  
De méchant médecin devient bon architecte;  
Son exemple est pour nous un précepte excellent,  
Soyez plutôt maçon, si c'est votre talent,  
Ouvrier estimé dans un art nécessaire  
Qu'écrivain du commun, et poète vulgaire.

*Boileau, Art Poétique, chant 4.*

fectly closed ; but in any other manner, they will neither join well, nor have a good appearance.

863. *Sandwich of Fillet of Fowl au Suprême.*

Cut off the fillets of as many fowls as will supply the party intended to be given. Twelve fowls will give you sandwiches enough for a large assembly. Twelve au suprême are sufficient. First make the béchamel well seasoned, as directed in the article Béchamel, No. 36 ; mark the fillets in a sauté-pan, with very little butter ; dip the fillets in melted butter, put them in the sauté-pan, powder a little salt over them, and sauté them two hours before you make use of them, to have them quite cold when you cut up.

When you make the sandwiches, slice the fillets as thin as possible, without trimming them. Take them up very thin, and leave them one upon another to prevent their getting dry, for sandwiches should not be made till late in the evening, otherwise the bread will become dry, and they will be good for nothing.

When you begin to make the sandwiches, (which you should not do till towards nine o'clock, to serve up at twelve,) lay two bits of bread side by side, spread upon them a very little of the béchamel ; then put the white of the fowl on one of the bits of bread, with a little salt, and put the other piece on the same way as before, so that they may join well : cut the sandwich in half only.

Serve on silver plates, one sandwich upon another, a little turned, but do not try to innovate or improve by attempting to serve them miroton-way, when the plate is reasonably filled.

Write upon a paper cut in an ornamental manner, the name of the sandwiches, and put it on the edge of the plate.

864. *Sandwich of Fillet of Pheasant au Fumet,*  
(*Game flavour.*)

Take some fillets of pheasant, and mark them in the same manner as in the preceding, in the sauté-pan.

For the game flavour (*fumet de gibier*) you must have a consommé of young rabbits, with which mark a suage of your pheasants, some parings of truffles, a bunch of parsley, green onions, thyme, sweet basil, bay leaves, a clove, &c., and when your consommé of game is well done, reduce a part, and add some spoonful of good béchamel; reduce this sauce well, and set it to cool, to be ready for use the moment it is wanted. It should be observed, that whatever is eaten cold requires an extra degree of seasoning; but as you strew salt over the sandwiches, do not put too much in your sauce, which will be sufficiently salted by the ham employed in the composition. You should always put a small quantity of ham in all your sauces, as no good ones can be made without it.

865. *Sandwich of Fillet of Sole à la Ravigotte.*

Take particular care to have very fresh soles; take off the fillets; mark them in a sauté-pan, with a very little butter, a little salt and white pepper; put them into a very quick oven, and be careful they are not too much done; for if so, no substance will remain. Drain them well, and at the moment of making the sandwiches, slice the fillets of sole in two or three pieces, according to their thickness; put them on a plate till you serve them. Arrange them quickly on bits of French bread, which has been baked in steel-moulds. Observe, all sandwiches with a liquid sauce should be made with bread baked expressly without holes in the crumb.

866. *Salad Sauce for Fillet of Soles, serving also for Salad Sandwich.*

For an assemblage of from two to three hundred persons you should have at least forty eggs boiled hard; put the yolks into a mortar with half a quarter of a pound of mustard, which you have first diluted with some warm water and a little salt; pound the eggs with the mustard and half a bottle of tarragon vinegar, six spoonful of Chili vinegar, a very large handful of salt, a little white

pepper in powder, and some Cayenne pepper. When this sauce is well diluted in the mortar, take it out of it and pass it into a large earthen pan through a very clear horsehair sieve; when the sauce is in the pan pour one or two bottles of fine olive oil on it, with great care to prevent its turning. The sauce must be very thick. A little béchamel will give it more consistence, for if it is not kept thick, it will run through the bread, and soil the fingers of the persons who eat it. Observe, this sauce must be very well seasoned, for it serves to season the fillets of sole and the salad: this part of the sandwich is essential; if the sauce is not well made and seasoned, adieu to the sandwich!—

Sandwiches of fillets of sole, and those of salad, ought to be made last, otherwise the sauce would moisten the bread too much. Spread with a silver spoon a little of the sauce on the two sides of the bread, then put the fillets of soles on one side only, over the sandwich, most carefully, and do not cut it after. You must not, however, let any of the meat appear at the sides, which should be neatly trimmed: cut them to an agreeable size, and serve them simply, of the same height the others were served, neither too high nor too low.

#### 867. *Sandwich of Salad.*

You should have for this description of sandwich some cresses and some small salad, (lettuce and coss lettuce will not do, as they contain too much water). Spread the sauce lightly on two sides of the bread, cut the salad off which protrudes, and serve up the sandwich as before. Observe much neatness in the preparing of these sandwiches, and do not confide them to any of the kitchen maids, for I have even seen cooks themselves make them in a ridiculous manner. It is only owing to precision and good arrangement that this sort of supper can take precedence of all others, and therefore extraordinary care is requisite.



868. *Anchovy Sandwich.*

The lovers of relishing dishes like these sandwiches, but very few of them should be made. Spread a little salad sauce on two sides of the bread. This sauce serves as a glue to unite these sandwiches. Wash some anchovies, take out the bones, and put the fillets on one piece of the bread which is to be covered with the other: the pieces of anchovy should not touch each other, as they might then be too salt, unless when eaten to assist wine drinking.

---

Of all things in the world, sandwiches have least need of explanation; every one knows how to make them more or less. That which renders the before-mentioned sandwiches superior is, that they are made with new bread, and especially with the crust, which makes them much less clammy in appearance, and infinitely better tasted.

Plates of pastry for these suppers are to be composed of Genoese pound cake, madeleine of brioches of different forms, garnished meringues, with some plates of petits choux and bread à la Duchesse, but particularly very little puff-paste, as when cold it is not good for much. Finally, let there be very little pastry, unless it is put on one end of the side-board at the beginning.

Every one has an eye to his own interest; the confectioner will advise you to have ornaments on the side-board, while, on the other hand, the cook will recommend to you what he calls pièces montées, large playings of architecture, almost always without any architectural order or proportion, and totally incom-

patible with the charms of the table, for a person cannot cut stone! and their castles, which are always blue, yellow, or red, do not bear the slightest resemblance to the material which composes the palaces of kings, except, perhaps, the kings who hold their sway in Arabian fiction.

I have thus given my ideas of the arrangement of a supper for a large party. The judicious reader will know how to adapt my hints to the providing of a *petit-souper*. Mr. Rogers, the accomplished poet, has written delightfully on this attractive subject. By him we are told that "At the *petits-soupers* of Choisy were first introduced those admirable pieces of mechanism, afterwards carried to perfection by Lorient, the *Confidante* and the *Servante*; a table and a sideboard, which descended, and rose again covered with viands and wines. And thus, the most luxurious Court in Europe, after all its boasted refinements, was glad to return at last, by this singular contrivance, to the quiet and privacy of humble life."

Lo, here, attendant on the shadowy hour,  
 Thy closet-supper, served by hands unseen,  
 Sheds, like an evening star, its ray serene,  
 To hail our coming. Not a step profane  
 Dares, with rude sound, the cheerful rite restrain;  
 And, while the frugal banquet glows revealed,  
 Pure and unbought\*,—the natives of my field,  
 While blushing fruits through scattered leaves invite,  
 Still clad in bloom, and veil'd in azure light!  
 With wine, as rich in years as Horace sings,  
 With water clear as his own fountain flings,  
 The shifting sideboard plays its humbler part,  
 Beyond the triumphs of a Lorient's art.

ROGERS'S *Epistle to a Friend*.

\* — Dapes inemptas.—HOR.

Let me close my disquisition with a line or two more  
from my favourite moralist.

Cease then on trash thy hopes to bind,  
Let nobler views engage thy mind ;  
*Thus* taste the feast by nature spread,  
Ere youth and all its joys are fled ;  
Come taste with me the balm of life.

DR. JOHNSON'S *Epistle to a Friend*.

---

## INDEX.

	Page
<b>AIGRETTES, en, Necks of Mutton, (in Egrets)</b>	91
<b>Allemande, à la, (German fashion.)</b>	
.. Sauce	40
.. Soup	47
<b>Almonds, Feuillatines Pralinés with</b>	386
.. Gimblettes Pralinés with Sweet	398
.. Petits Choux Pralinés (Little Puff Paste Balls) with	404
.. Paste	404
.. Tartlets of	405
.. with Strawberries	405
<b>Amand, Potage au Lait d' (the Lover's Soup)</b>	55
.. Laurel, Milk Soup, with	55
<b>Anchovies, Observations on</b>	287
.. Butter of	35
.. another	263
.. John Dory, with	440
.. Sandwich	290
<b>Andouilles of Eggs (Hog's Puddings)</b>	332
<b>Apples, Observations on</b>	340
.. Charlotte of, mixed with Apricots	330
.. Chartreuse of, and Fruit	339
.. Croquettes stuffed with	379
.. Custard of	332
.. à la Portugaise (Portuguese manner)	17
.. Miroton of	339
.. Sauce	333
.. Soufflé of, with a Rice border	403
.. Suédoise of	379
.. Tart, with Dry Paste	334
.. Tourte of	388
.. Turban of	340
<b>Apricot Cakes, trellised</b>	366
.. Charlotte of Apples mixed with	379
.. Cheese	204
.. Tourte	310
<b>Armagnac, à la, Cutlets of Pigeons</b>	312
<b>Artichokes, Observations on</b>	313
.. à la Barigoule	314
.. Bottoms of	311
.. in Canapés	312
.. à l'Estouffade	313
.. Fried	310
.. à l'Italienne (with Italian Sauce)	311
.. au Naturel (dressed plain)	312
<b>Artichokes, another method</b>	400
.. à la Provençale (Provence fashion)	398
<b>Aspic, à la, Gâteaux</b>	
.. Gimblettes	398

	Page
<b>Asparagus Peas</b> . . . . .	318
.. Purée . . . . .	22
.. Tops of (Les Pointes d'Asperges) . . . . .	30
.. Little Tops of (Petites Pointes d') . . . . .	ib.
.. with White Sauce, called en Bâtonets . . . . .	318
<b>Aspic, clair, Pigeons à la, (with Aspic Sauce)</b> . . . . .	206
.. and Salad of Fillets of Soles, with Montpellier Butter . . . . .	279
.. in Salad . . . . .	310
.. Lié . . . . .	13
.. an Egg Jelly . . . . .	5
<b>Attelets of Oysters</b> . . . . .	294
.. Palates of Beef, à l'Italienne (in the Italian style) . . . . .	74
.. Sweetbreads, à l'Italienne . . . . .	116
.. Sauce for . . . . .	24
<b>Attereaux of Rabbits à l'Italienne (in the Italian style)</b> . . . . .	227
<b>Aurore, à la, Eggs</b> . . . . .	300
.. Fillets of Soles . . . . .	278
.. Trout . . . . .	253
.. Sauce . . . . .	41
.. Soup . . . . .	47
<b>BABA</b> . . . . .	391
<b>Bacon and Eggs (with Green Peas)</b> . . . . .	301
.. French fashion . . . . .	131
.. with Stewed Green Peas . . . . .	326
<b>Bain Marie (Water Bath, See Note)</b> . . . . .	19
<b>Baked Carp farcie (stuffed)</b> . . . . .	238
.. Eels . . . . .	244
.. Pike . . . . .	248
.. French fashion . . . . .	247
.. Piper (with Dutch Sauce) . . . . .	283
.. Trout . . . . .	254
.. Sturgeon . . . . .	267
<b>Balotine, on, Legs of Fowl</b> . . . . .	153
<b>Barbarie, à la, Chickens (with Truffles)</b> . . . . .	159
.. Neck of Veal . . . . .	109
.. Young Partridges . . . . .	183
<b>Bardoux, à la, Fricassée of Chickens</b> . . . . .	172
<b>Barigoule, à la, Artichokes</b> . . . . .	312
<b>Bartavelles or Dishes of red-legged Partridges</b> . . . . .	193
<b>Barley-sugar Cream</b> . . . . .	344
<b>Basket of Petits Choux (with White Sauce)</b> . . . . .	318
<b>Bavarian Cheeses</b> . . . . .	369
.. Iced . . . . .	366
<b>Beans, Observations on</b> . . . . .	315
.. and Bacon . . . . .	317
.. à la Française (French fashion) . . . . .	315
.. (with Poulette Sauce) . . . . .	319
.. à la Lyonnaise . . . . .	314
.. Provençale (in the Provence fashion) . . . . .	315
.. Purée of White Beans (White Beans mashed) . . . . .	21
.. White, à la Maître d'Hotel (Steward's way) . . . . .	315
.. à la Lyonnaise . . . . .	316
.. Purée of . . . . .	ib.
.. Brown . . . . .	ib.
.. Windsor, à la Poulette . . . . .	317

	Page
<b>Beans, Windsor, another method</b> . . . . .	317.
.. with Ham . . . . .	133
<b>Béchamel</b> . . . . .	15
.. <b>Maigre</b> (Bechamel for Lent) . . . . .	16
.. or <b>Velouté</b> (a new method) . . . . .	10
.. <b>Loin of Veal, à la</b> . . . . .	127
<b>Bédeau, en, Noix of Veal</b> (Beadle's Noix of Veal) . . . . .	113
<b>Beef, Attelets of Palates of, à l'Italienne</b> (Italian fashion) . . . . .	74
.. <b>Blanquette, or Fricassée of Palates of</b> . . . . .	73
.. .. with Cucumbers . . . . .	<i>ib.</i>
.. .. with Peas . . . . .	<i>ib.</i>
.. .. with Truffles . . . . .	74
.. <b>Breast of, à la Flamande</b> (in the Flemish fashion) . . . . .	84
.. <b>Croquettes of Palates of, au Velouté</b> (with Velouté Sauce) . . . . .	75
.. <b>Fillets Mignons of, Sautés à la Lyonnaise</b> (small Fillets of, fried in the Lyonese fashion) . . . . .	78
.. <b>Fillets of, marinaded à la broche</b> . . . . .	<i>ib.</i>
.. <b>Gravy</b> . . . . .	4
.. <b>Haché</b> (Beef Hashed) . . . . .	81
.. <b>Inside Slice of, broiled with Sauce Haché</b> . . . . .	<i>ib.</i>
.. <b>Kidney of, with Champagne</b> . . . . .	79
.. <b>Miroton of</b> . . . . .	<i>ib.</i>
.. .. <b>Palates of, à la Ude</b> (Ude's way) . . . . .	75
.. .. <b>Tongue of, with Turnips</b> . . . . .	76
.. .. with <b>Sorrel Sauce</b> . . . . .	77
.. .. <b>Red Tongue, with mashed Turnips</b> . . . . .	<i>ib.</i>
.. <b>Palates of, au Gratin, otherwise en Paupiette</b> . . . . .	75
.. <b>Pickled Tongue of, glazed</b> . . . . .	77
.. <b>Rib of, braized in a Hochepot</b> . . . . .	81
.. <b>Roast</b> . . . . .	80
.. <b>Rump of, glazed</b> . . . . .	82
.. .. braized . . . . .	83
.. <b>Steaks, with Potatoes</b> (French fashion) . . . . .	79
.. <b>Sirloin of, braized</b> . . . . .	80
.. .. roasted . . . . .	84
.. <b>Tongue of, with Sauce haché</b> . . . . .	76
<b>Beurre Noir, Skate au</b> (with Black Butter) . . . . .	288
<b>Bigarade, Sauce à la</b> (Bitter Orange) . . . . .	40
.. <b>Ducklings à la</b> . . . . .	208
<b>Bigarée Calf's Head</b> (party-coloured) . . . . .	129
<b>Biscuits in Cases</b> . . . . .	403
.. <b>Potatoe, and Potatoe Flour</b> . . . . .	324
.. <b>Savoy, Hot</b> . . . . .	401
.. .. <b>Cold</b> . . . . .	402
.. <b>Spoon</b> . . . . .	403
<b>Bisque of Crawfish</b> . . . . .	256
<b>Black Butter</b> (Beurre Noir) . . . . .	288
<b>Blanc for Vegetables and Cardons in General</b> . . . . .	313
<b>Blanquette</b> (See Fricassée.) . . . . .	
.. of <b>Chicken à la Turque</b> . . . . .	164
.. .. with <b>Green Peas</b> . . . . .	174
.. <b>Cucumbers for</b> . . . . .	37
.. of <b>Fowl marbrée</b> . . . . .	150
.. of <b>Palates of Beef</b> . . . . .	73

	Page
<b>Blanquette of Palates of Beef, with Cucumbers</b>	73
.. .. Peas	ib.
.. .. Truffles	74
.. .. Rabbits with fumet (flavour)	217
.. .. Green Peas	ib.
.. .. of Sturgeon, with Green Peas	268
.. .. à la Paysanne (Peasant's fashion)	268
<b>Blond of Veal, or Veal Gravy</b>	4
<b>Boiled Chickens, à la Tartare</b>	158
.. Mackerel	285
.. Peas, plain	327
.. Perch, plain, or Water Suchet	251
.. .. with Dutch Sauce	252
.. Pike, with Dutch Sauce	246
.. Skate, plain	288
.. Trout, plain	254
<b>Bon Beurre, or Savoury Butter</b>	15
.. Femme, Salt Cod à la (Good Wife's way)	272
.. .. Soup à la	54
<b>Borgosse, Soup à la</b>	55
<b>Bouchées, petites, garnished</b>	386
<b>Boudin (See Pudding.)</b>	
.. à la Reine	151
.. Richelieu	68
.. Sefton	ib.
.. of Chicken, à la Ude	176
.. of Fillets of Chicken, à la Reine	165
.. .. à la Richelieu	ib.
.. .. à la Sefton	166
.. of Hare	234
.. Young Partridges	192
.. Rabbits, à la Lucullus	225
.. .. Reine	224
.. .. Richelieu	ib.
.. .. Fillets of, à la Ude	229
.. Whittings, à la Ude	273
<b>Bouillon de Santé, or Wholesome Broth</b>	7
.. for Fish au bleu	250
<b>Bourgeoise, à la, Pudding (Citizen's Wife's way)</b>	351
.. Breast of Mutton, plain	102
.. Veal	113
<b>Bourguignotte, Quails à la</b>	198
<b>Bouveau, Potage à la (Turnip Soup)</b>	62
<b>Brain, Calf's, with Fried Parsley au Beurre Noir (with Black Butter)</b>	120
.. Love Apple Sauce	ib.
.. à la Maître d'Hotel (Steward's way)	119
.. Marinade of	120
.. en Matelotte (in Hotchpot)	119
.. Sheep's do.	96
.. .. à la Maître d'Hotel (Steward's way)	ib.
<b>Braize, Observations on (See Note)</b>	103
<b>Braized Leg of Mutton, otherwise called Gigot de Sept Heures</b>	09
.. Rib of Beef in Hocheplot	81
.. Rump of Beef	83

INDEX.

447

	Page
Braised Surloin . . . . .	80
Bread, Soufflé of . . . . .	354
Breast of Mutton à la Bourgeoise, plain . . . . .	102
.. Beef à la Flamande (Flemish fashion) . . . . .	84
.. .. en Haricot . . . . .	102
.. .. in a Hochepot . . . . .	103
.. Lamb with Green Peas, Brown . . . . .	ib.
.. .. Peas, White . . . . .	104
Bretonne Sauce . . . . .	20
Brill . . . . .	262
Brioche, or Broche Paste . . . . .	389
Brioche au Fromage (Cheese Brioche) . . . . .	392
Broccoli . . . . .	321
Broiled Inside Slices of Beef, with Sauce Haché . . . . .	81
.. Eels, Tronçons of, à la Tartare (in pieces) . . . . .	242
.. John Dory, with Lobster Sauce . . . . .	263
.. Mackerel à la Maître d'Hotel (Steward's way) . . . . .	295
.. Pigeons à la Crapaudine . . . . .	203
.. .. Cutlets of, à la Marechale . . . . .	295
.. Slices of Crimped Salmon, with Caper Sauce . . . . .	263
.. Sheep's Kidneys . . . . .	98
.. Turbot . . . . .	262
.. .. small, with Caper Sauce . . . . .	261
.. Veal Cutlets à la Italienne (Italian fashion) . . . . .	105
.. Whittings . . . . .	272
.. .. Fillets of, à la Maître d'Hotel (Steward's way) . . . . .	274
Broth, Clarified Cream of Eggs with . . . . .	346
.. First . . . . .	1
.. Fowl, or Julienne with Consommé . . . . .	46
.. Game, or Consommé . . . . .	3
.. Scotch . . . . .	61
.. Stock, or First Consommé . . . . .	2
.. with Macaroni . . . . .	60
.. Wholesome, or Bouillon de Santé . . . . .	7
Brouillés, Eggs . . . . .	300
Brunoise, Soup à la . . . . .	47
Butter, Melted (English manner) . . . . .	32
.. .. (French manner) or White Sauce . . . . .	ib.
.. of Anchovies . . . . .	35
.. Crawfish . . . . .	ib.
CABBAGE Soup . . . . .	53
.. .. German . . . . .	54
.. Tendons of Veal with . . . . .	122
.. Partridges dressed with . . . . .	185
.. Lettuce, Sheep's Tongues with . . . . .	93
Cabinet or Chancellor's Pudding . . . . .	350
Caisses, Larks en (in Cases) . . . . .	212
.. Rabbits en . . . . .	219
Cake, Apricot trellised . . . . .	388
.. Compiègn . . . . .	391
.. Manon (Gateaux à la Manon) . . . . .	386
.. Polish . . . . .	385
.. Potatoe . . . . .	323
.. Rice . . . . .	337



	Page
Cake, Tapioca, or Soufflé	355
Calf's Brain, à la Maître d'Hôtel (Steward's way)	119
.. .. en Matelotte (in Hotchpot)	119
.. .. with Fried Parsley, au Beure Noir, (with Black Butter)	120
.. .. with Love Apple Sauce	<i>ib.</i>
.. .. Marinade of	<i>ib.</i>
.. Feet plain	126
.. .. Farcis en Soleil (stuffed Calves' Feet)	127
.. .. Marinade	126
.. .. à la Poulette (Chicken fashion)	127
.. Foot Jelly	363
.. Head, plain	128
.. .. Bigarrée (party-coloured)	129
.. .. à la Chambord	130
.. .. with Love Apple Sauce	128
.. .. du Puits certain	129
Campine, Fowl à la, with raw Onions	143
Canapes, Artichoke Bottoms en	314
Canelons, Sheep's Trotters, en (stuffed)	97
Caper Sauce for Fish	42
.. Carp broiled with	237
.. John Dory	263
.. Skate with (French fashion)	289
.. Slices of crimped Salmon broiled with	261
.. Turbot, small, broiled with	<i>ib.</i>
Capilotade of Plovers	202
Carbonades à la Jardinière (Gardeners' rashers)	91
Cardinal, Chickens à la (Cardinal's Chickens)	159
.. Red Sauce	25
.. Fowl à la	142
Cardon à l'Espagnole (with Spanish Sauce)	302
.. Essence with Marrow	303
.. Blanc for	313
.. with Velouté Sauce	304
.. White Sauce	<i>ib.</i>
.. Cucumbers (Cardon fashion)	320
Carmelite, Soup à la (Carmelite Soup)	49
Carp, Observations on	237
.. au Bleu	238
.. with Caper Sauce	237
.. à la Chambord	239
.. au Court-bouillon (stewed Carp with Court-bouillon)	238
.. Receipt for	<i>ib.</i>
.. Farcie baked (stuffed Carp)	<i>ib.</i>
.. with Matelotte Sauce	240
.. Matelotte of, à la Royale (Royal Matelot of Carp)	<i>ib.</i>
.. .. Marinière (Sea wife's Matelot)	241
.. Petit Patés of Farce (Small Carp Pasties)	242
Carrots à l'Orleans	329
.. Purée of	<i>ib.</i>
.. Soufflé of	<i>ib.</i>
.. Cascade, à la Chantilli	401
Casserole, Potatoe	322
.. Rice	335

	Page
Cassolettes, Rice	336
Cauliflower with Parmesan Cheese	308
.. with Spanish Sauce	<i>ib.</i>
.. White Sauce	307
.. Velouté	308
Celery, Observations on	330
.. à l'Espagnole (with Spanish Sauce)	<i>ib.</i>
.. Purée of (Stewed Celery)	19
.. .. another method	330
.. .. with Grenadins of Veal	112
.. .. with White Sauce	330
.. Sauce (la Sauce de Céleri)	40
.. Turkey with	179
.. with White Sauce	330
Châlons, Cutlets à la	108
Chambord, à la	34
.. Calf's Head,	130
.. Carp	239
.. Pike	249
Champagne, Beef Kidneys with	79
.. Sheep's do.	99
.. Truffles with	331
Chantilli Cream, Cascade à la	401
.. Basket of Petits Choux with	399
Charlotte of Apples mixed with Apricots	340
Chartreuse of Apples and Fruit	330
Cheese (See Fromage.)	
.. Apricot	366
.. Brioches	392
.. Chocolate	368
.. Coffee	369
.. Marasquino	368
.. Orange Flower	<i>ib.</i>
.. Peach	367
.. Pine Apple	<i>ib.</i>
.. Raspberry	<i>ib.</i>
.. Strawberry	<i>ib.</i>
.. Vanilla	368
Cheesecakes	383
.. French	382
Cherry Jelly	362
Chestnuts, Croquettes of, à la Ude	352
.. Tendons of Veal with Purée of	123
Chevalière, Fricassée of Chickens à la	170
Chevreuril, or Saddle of Fawn	134
.. Fillets of Hare, en (Fawn fashion)	234
.. Inside Fillets of Mutton, en	90
Chickens, à la Barbarie, with Truffles	159
.. Blanquette of, à la Turque	164
.. Blanquette of, with Green Peas	174
.. Boudins of, à la Richelieu	165
.. .. Safton	166
.. .. Ude	176
.. Capilotade of	172

	Page
<b>Chickens, à la Cardinal</b>	150
.. à la Conde	156
.. Croquettes of, with Velouté	168
.. Cutlets of, à l'Epigramme (Epigram of Chicken Cutlets)	160
.. Fillets of Fat Pullets, sautés à la Lucullus (Fried Lucullus fashion)	161
.. .. à la Royale	159
.. .. au suprême	161
.. Boudins of Fillets of, à la Reine	165
.. Sauté of Fillets of, à la Tasque	164
.. .. au suprême	165
.. .. Sauce to	162
.. Fricassée of, au naturel (dressed in a plain way)	168
.. .. à la Paysanne (Country Girl's Fricassée)	169
.. .. à la Chevalière (the Knight's Lady's Fricassée)	170
.. .. à la St. Lambert	171
.. .. à la Dauphine	ib.
.. .. à la Bardoux	172
.. Friteau of, Fat Chickens	ib.
.. Galantine of Fat Chickens	175
.. Gratin of Fillets of, with Velouté	174
.. Grenade of Fillets of	176
.. Fat Pullets, à la Givry	158
.. à l'Ivoire (Ivory White)	165
.. with Italienne Paste	157
.. Marinade of, à la Orlie	173
.. .. a la St. Florentin	171
.. Members of, au Soleil, or with Stewed Pickle	173
.. à la Montmorency	156
.. with Nouilles	157
.. Quenelles of, with clarified Consommé	167
.. Risolles of	168
.. Sauté of Fillets of Fat Pullets, à la Turque	164
.. .. fried, au suprême	165
.. Scollops of, with Truffles	162
.. .. Fat Pullets, à la Conti, with Truffles	163
.. .. with Essence of Cucumbers	ib.
.. .. Sauces for the	ib.
.. Soufflé of, à la Crème	174
.. à la Turque (Turkish fashion)	156
.. à la Tartare (Boiled Chickens)	158
.. Turbans of Fillets of, à la Sultane (Sultana's Turbans of Chickens)	177
.. à la Villeroy (Villeroy Chickens)	155
.. Wings of Fat Pullets, à la Dauphine	165
<b>Chingara, Fowl à la</b>	143
.. Fillets of Fowl	149
.. Veal Cutlets	107
<b>Chipolata, Tendons of Veal in</b>	122
<b>Chocolate Cheese</b>	368
.. Cream	342
.. Soufflé of	354
.. and White Vanilla, or Marbled Cream	348



	Page
Consommé, Spinach in . . . . .	364
Conti, à la, Scollops of Fowl with Truffles . . . . .	149
.. .. Rabbits with Truffles . . . . .	218
.. .. .. with Truffles . . . . .	216
.. .. .. another method (See Note) . . . . .	217
Court-bouillon . . . . .	238
.. Carp Stewed with . . . . .	<i>ib.</i>
.. for Fish au bleu . . . . .	250
.. Pike with . . . . .	249
.. Trout Stewed in . . . . .	253
Crapaudine, à la Quails . . . . .	199
.. Young Partridges (Broiled) . . . . .	183
.. Pigeons (Broiled) . . . . .	203
Crawfish, Observations on . . . . .	255
.. Bisque of . . . . .	256
.. Butter of . . . . .	35
.. for Entrées . . . . .	256
.. à la Poulette . . . . .	255
Creams, Observations on . . . . .	342
.. à la Chantilli . . . . .	349
.. Chocolate . . . . .	343
.. Coffee . . . . .	342
.. with Consommé of Game, en petits pots . . . . .	346
.. Dariole à la (Cream Custard) . . . . .	382
.. Egg and Water . . . . .	346
.. Frangipan . . . . .	350
.. à la Geuet, called Barley-sugar Cream . . . . .	344
.. Italian . . . . .	347
.. Lemon . . . . .	342
.. Marbled, White Vanilla, and Chocolate . . . . .	348
.. .. with Coffee . . . . .	<i>ib.</i>
.. à la Neige (in the manner of Snow) . . . . .	347
.. Orange Flower . . . . .	344
.. Pâtissière (Pastry Cream) . . . . .	349
.. .. (Custard) . . . . .	350
.. Pine Apple . . . . .	348
.. au Thé (Tea Cream) . . . . .	344
.. à la Vanille (Vanilla Cream) . . . . .	343
.. .. Eggs and Broth . . . . .	346
.. .. Fowl . . . . .	140
.. .. Fillets of Turbot . . . . .	259
.. .. Soufflé of Chickens . . . . .	174
.. .. Veal, Loin of . . . . .	128
.. .. Neck of . . . . .	108
Cressi Soup . . . . .	46
Crimped Cod with Oyster Sauce . . . . .	270
.. Salmon, slices of, with Lobster Sauce . . . . .	263
.. .. with Caper Sauce . . . . .	<i>ib.</i>
Croques en Bouche . . . . .	387
Croquettes of Chestnuts, à la Ude . . . . .	352
.. Eggs . . . . .	299
.. Fillets of Soles . . . . .	281
.. Fowl, with Velouté Sauce . . . . .	151
.. Nouilles . . . . .	341

	Page
Croquettes of Young Partridges	189
.. Pheasants	196
.. Palates of Beef, Velouté Sauce	75
.. Potatoes	322
.. Rabbits	223
.. Rice	337
.. .. with Apricot Marmalade	339
.. Sturgeon	268
.. Sweetbread	118
Croustade, Larks en (Larks in Paste)	212
Croustades	306
Cucumbers, Observations on	319
.. for Blanquettes (or White Fricassees)	37
.. Blanquette of Palates of Beef, with	73
.. .. Veal with	115
.. Cardon fashion	320
.. Minced Mutton with	75
.. à la Poulette	320
.. Scollops of Fowls with	146
.. .. with Essence of	147
.. .. Chickens, do.	163
.. Stuffed,	319
Cullis, (a Brown Jelly)	8
Currant Jelly with Raspberries	359
.. Red	ib.
.. White	ib.
Custard, Apple	379
.. Cream, or Dariole	382
.. Peach	380
Cutlets of Chickens, à l'Epigramme	160
.. Fillets of Fowl, with Crumbs of Bread à la Maréchale	145
.. Mutton or Chops, with Soubise, or Onion Sauce	85
.. Young Partridges, en Epigramme, with Truffles	188
.. Pigeons à l'Armagnac	204
.. .. Maréchale	205
.. Salmon, Sautés à la Maitre d'Hotel (Steward's manner)	264
.. Veal, à la Chalous	108
.. .. Chingara	106
.. .. Crème	108
.. .. Dauphine	107
.. .. Dreux	ib.
.. .. Financière	108
.. .. Broiled à la Italienne (Italian fashion)	105
.. .. Maintenon	107
.. .. Mirepoix	106
DARIOLE à la Crème (Cream Custard)	382
Darioles, small Timbales for all sort of Entrées	ib.
Daube, Hare en (Stewed Hare)	231
Dauphin, Sweetbreads à la	114
.. Fat Pullets	165
.. Wings of Fowl	159
Dauphine, Chickens à la (Dauphine's Fricassée)	171
.. Veal Cutlets	106
Dory, John, boiled with Lobster Sauce	263

	Page
Dery, John, broiled with Anchovy and Caper Sauce	46
Dreux, à la Fowl	138
.. Legs of Fowl	154
.. Sweetbreads	114
.. Veal Cutlets	107
.. Young Partridges	183
Ducklings à la Bigarade (with Bitter Orange Juice)	208
Ducks, Observations on	207
.. Capilotade of	210
.. with Olives	ib.
.. with Purée of Green Peas	208
.. with Small Green Peas	207
.. Members of, with the Purée of Lentilles	209
.. .. with French Sour-Crout	211
.. with Sour Crout	210
.. Wild, Salmi of (Wild Duck Hashed)	209
.. with Turnips,	207
Dubaril, Fowl à la	141
Duchesse, Pains à la (Duchess Paste)	399
Dusselle, la (Dussell Sauce)	29
Dutch Sauce	32
.. Calves' Ears with Green Dutch Sauce	124
.. Perch Plain, Boiled with	252
.. Pike with	246
.. Boiled Pike with	ib.
EELS, Baked	244
.. Matelotte of	242
.. Tronçons of, Boiled à la Tartare (in pieces)	ib.
.. .. à la Poulette (like a Fricassée of Chicken)	243
Eggs, Observations on	295
.. Andouilles of (Hog's Puddings of Eggs)	299
.. à l'Aurore	298
.. and Bacon	301
.. Brouillés	300
.. les Cocottes of	ib.
.. Croquettes of	299
.. Fric	296
.. à la Maître d'Hôtel (Steward's way)	298
.. au Miroir	297
.. à la Neige (in the manner of Snow)	300
.. Omelette Moëlleuse (Marrow Omelet)	295
.. Omelet with fine Herbs	ib.
.. Small Omelets with Ham	296
.. .. with Sorrel	ib.
.. .. with Sweetmeats	ib.
.. Omelet with Kidney of Veal	ib.
.. Poached	297
.. .. Fried	ib.
.. en Surprise	928
.. à la Tripe	ib.
Egrets or Aigrettes, Neck of Mutton en	91
Empotage, or Suage	6
Endive à la Française (French fashion)	307
.. Minced Mutton with	95

INDEX.

455

	Page
<b>Entrée, Musette of Mutton (Mutton Bagpipe) with</b>	92
.. Noix of shoulder of Veal with	126
.. with Veal Gravy	306
.. .. Velouté	307
<b>English Fashion, Fruit Tart</b>	408
.. Hashed Mutton	94
.. Melted Butter	32
.. Mock Turtle	59
.. Pancakes	356
<b>Entrées of Crawfish</b>	256
.. Oyster Sauce, for	293
.. Rice for	335
<b>Extremets, Rice for</b>	ib.
<b>Epigramme, Chicken Cutlets à la</b>	160
.. Cutlets of, Young Partridges with Truffles	180
<b>Epinard. (See Spinach)</b>	
<b>Escallopes of Filets of Pheasants with Truffles</b>	196
<b>Espagnole, grand, Spanish Sauce</b>	8
.. Cardons (Thistle Heads) with	302
.. Cauliflowers with	308
.. Celery with	330
.. for Game	9
.. Purée of Game à la,	189
.. Salmi Sauce for Hashes	35
.. .. of Young Partridges (Spanish hash of)	190
.. .. of Old Partridges	181
.. .. of Pheasants (Spanish hash of)	194
.. .. Woodcocks	200
.. Salsifis with	309
.. Tendons of Veal, with Cabbage Lettuce	122
<b>Estouffade, Artichokes à l'</b>	311
<b>FARCES, or FORCED-MEATS.</b>	
.. Boudins à la Richelieu (Richelieu Puddings)	68
.. .. Seston	ib.
.. Calves' Ears Farced and fried	123
.. Feet, Farcies en Soleil	127
.. of Carp	69
.. .. Baked	238
.. .. Petits Patés (Small Carp Pasties)	242
.. Fowl à la Crème	67
.. .. Gratin for	68
.. Godiveau, de, for Mazarin Pasties	70
.. Green Marble	ib.
.. Hare or Turkey, stuffing for	71
.. Leg of Mutton Farcie or Stuffed	100
.. Panadas for Farces in general	64
.. Partridges, for	67
.. .. Gratin for	68
.. Pies, for	71
.. Quenelles of Fowl	65
.. .. of Partridges	67
.. .. of Rabbits	66
.. .. of Veal	64
.. .. of Whittings	69



	Page
<b>Farces of Rabbits, Gratings for</b> . . . . .	68
.. Richelieu, Boudins, à la	<i>ib.</i>
.. à la Sefton	<i>ib.</i>
.. Sausages, for	72
.. of Sheep's Trotters	98
.. Turkey, for	70
.. Veal for	64
.. Whittings for	69
<b>Faubonne, Soupe à la</b> . . . . .	48
<b>Fawu, Saddle of, or Chevreuil</b> . . . . .	134
.. Fashion, Inside Fillets of Mutton marinated	90
.. Fillets of Hare en Chevreuil	234
<b>Feuillantines garnished</b> . . . . .	387
.. Pralines (with Almonds)	386
<b>Fillets of Fish.</b>	
.. Mackerel, à la Ste. Menhoul	286
.. .. Sautés, à la Maître d'Hotel (Fried with Steward's Sauce)	<i>ib.</i>
.. .. with Ravigotte	<i>ib.</i>
.. Pike (See Note)	250
.. Piper, à la Orlic	284
.. .. à la Sefton	283
.. .. à la Maître d'Hotel (Steward's sauce)	284
.. Soles, à l'Aurore	278
.. .. Croquettes of	281
.. .. à la Orlic	277
.. .. Paupiettes of	276
.. .. Salad of, and Aspic	279
.. .. Sandwich of, à la Ravigotte	438
.. .. Salad Sauce for	438
.. .. Sautés with Ravigotte, à la Crème	277
.. .. Timballes of, à la Vénétienne (in the Venetian style)	278
.. .. à la Turque (in the Turkish fashion)	282
.. .. Vol au Vent of, with Cream Sauce	278
<b>Fillets of Game.</b>	
.. Hare, with the blood	233
.. .. en Chevreuil (Roebuck fashion)	234
.. Young Partridges, Sauté of, with the Game flavour	187
.. .. à la Sefton	188
.. Pheasants, Escallopes of, with Truffles	196
.. .. Sandwich of, au Fumet (Game flavour)	437
.. Young Rabbits à la Orlic	214
.. .. en Lorgnettes (Eye-Glass shape)	221
.. Rabbits à la Pompadour (with Pompadour Sauce)	226
.. .. à la Maréchale	<i>ib.</i>
.. .. à la Udo	229
.. .. Turbans of, à la Sultane	215
<b>Fillets of Meat.</b>	
.. Beef, marinated, à la Broche	78
.. Mignons of Beef, Sautés à la Lyonnaise, (small Fillets fried Lyons way)	<i>ib.</i>
.. Inside of Mutton, à la Maréchale	90
.. .. Marinaded au Chevreuil (Roebuck fashion)	<i>ib.</i>
.. .. with Purée of Sorrel	<i>ib.</i>

	Page
Fillets of Veal, small, or Grenadins, with Purée of White Celery	112
.. Poultry.	
.. Chicken, Boudins of, à la Reine . . . . .	165
.. .. .. à la Richelieu . . . . .	<i>ib.</i>
.. .. .. à la Sefton . . . . .	166
.. .. Gratin of, with Velouté . . . . .	174
.. .. Grenade of . . . . .	176
.. .. Turbans of, à la Sultane . . . . .	177
.. .. of fat Chickens au Suprême . . . . .	161
.. .. Fowls, au Suprême, (Sandwich of) . . . . .	437
.. .. Sautés au Suprême (Fried in the most finished style)	146
.. .. Cutlets of, with Crumbs of Bread à la Marechale	145
.. .. à la Chingara . . . . .	149
.. .. fat pullets à la Royale . . . . .	159
.. .. .. Sautés à la Lucullus (Fried Lucullus' way)	161
.. .. Sauce for the same . . . . .	162
.. .. Sauté à la Turque (Fried Turkish fashion) . . . . .	164
.. .. Sauté au Suprême . . . . .	165
Financière, à la, Pigeons (Stewed) . . . . .	205
.. Ragout . . . . .	33
.. Sweetbreads . . . . .	114
.. Veal Cutlets . . . . .	168
Flemish Wafers . . . . .	406
Florentin, St., Marinade of Chickens à la . . . . .	171
Flounders, Miroton of, à l'Italienne (Italian fashion) . . . . .	289
Fowls, Observations on . . . . .	135
.. Blanquette of, marbrée . . . . .	150
.. Boudins of, à la Reine . . . . .	151
.. .. .. à la Richelieu . . . . .	68
.. .. .. à la Sefton . . . . .	<i>ib.</i>
.. à Campine (with raw Onions) . . . . .	143
.. en Caneton (Duckling fashion) . . . . .	152
.. à la Cardinal . . . . .	142
.. with Cauliflowers . . . . .	144
.. à la Cendre . . . . .	141
.. à la Chingara . . . . .	143
.. à la Conde . . . . .	137
.. au Consommé (Boiled in Broth, generally termed au Gros .. Sel, with Coarse Salt) . . . . .	135
.. à la Conti, with Truffles . . . . .	149
.. à la Crème . . . . .	140
.. Croquettes of, with Velouté Sauce . . . . .	151
.. Cutlets of Fillets of, with crumbs of bread, à la Maréchale	145
.. à la Dreux . . . . .	138
.. à la Dubaril . . . . .	141
.. Farce of, à la Crème . . . . .	67
.. .. for Gratins . . . . .	68
.. Fillets of, Sautés au Suprême . . . . .	146
.. .. .. à la Chingara . . . . .	149
.. au Gros Sel (with Coarse Salt) . . . . .	136
.. Hachi, or minced à la Pöele ( <i>See Note</i> ) . . . . .	136
.. Polonoise, (Polish fashion) . . . . .	152
.. Legs of, en Caneton (in the Duckling fashion) . . . . .	152
.. .. en Balotine . . . . .	153

	Page
<b>Fowls, à la Dreux</b> . . . . .	154
.. Orlie . . . . .	153
.. Mirepoix, . . . . .	141
.. with Olives . . . . .	139
.. Green Oysters, . . . . .	ib.
.. Pies, cold or hot, either dressed or in Timballes . . . . .	373
.. Potage, Consommé of (Fowl Soup) . . . . .	45
.. Poularde au Ris (Fowl with Rice) . . . . .	138
.. Quenelles of . . . . .	65
.. Risolles of . . . . .	168
.. Scollops of, à la Conti, with Truffles . . . . .	149
.. with Cucumbers . . . . .	146
.. with Essence of ditto . . . . .	147
.. with Purée of Green Peas . . . . .	149
.. with Truffles . . . . .	148
.. with Tarragon Sauce . . . . .	144
.. Tartare (Boiled) . . . . .	143
.. Turque (Turkish fashion) . . . . .	138
.. Villeroi . . . . .	136
.. Dauphin . . . . .	150
.. Wings of, à la St. Laurent . . . . .	145
<b>Française, à la, (French fashion)</b> . . . . .	
.. Beans . . . . .	315
.. Beefsteaks with Potatoes . . . . .	79
.. Cheesecakes . . . . .	304
.. Endive . . . . .	307
.. Melted Butter . . . . .	32
.. Pancakes . . . . .	356
.. Peas . . . . .	325
.. Skate with Capar Sauce . . . . .	288
.. Spinach . . . . .	305
<b>Frangipan</b> . . . . .	350
.. Tourte (Tart) . . . . .	378
<b>Fricandeau, Observations on</b> . . . . .	111
.. aux différentes Purées (with different sorts of Purées) . . . . .	110
.. another method . . . . .	112
<b>Fricassée of Chickens, à la Bardoux</b> . . . . .	172
.. Chevalière . . . . .	170
.. Dauphine . . . . .	171
.. St. Lambert . . . . .	ib.
.. au Naturel, or Plain, . . . . .	168
.. à la Paysanne (Peasant's way) . . . . .	169
.. of Palates of Beef . . . . .	73
.. with Peas . . . . .	ib.
.. with Cucumbers . . . . .	ib.
.. with Truffles . . . . .	74
.. of Sturgeon à la Paysanne (Peasant's manner) . . . . .	268
.. with Green Peas . . . . .	ib.
<b>Fried Artichokes</b> . . . . .	312
.. Eggs . . . . .	297
.. Poached . . . . .	ib.
.. Potatoes . . . . .	321
.. Salsifis . . . . .	309
.. Sheep's Trotters . . . . .	97

INDEX.

459

	Page
Fried Calf's Brain, in Parsley au Beurre Noir (with Black Butter)	120
.. Ears farced	123
.. Fillets of Mackerel, sautés à la Maître d'Hotel (Steward's way)	286
.. Fillets of Fat Pullets, à la Lucullus	161
.. Mutton Cutlets with Essence (sautés à l'Essence)	89
.. Skates, small	289
.. Tench	252
.. Whittings	275
.. Young Partridges à blanc, or White Compots of	184
.. .. Rabbits en Friteau	218
Friteau of fat Chickens	172
.. .. Young Rabbits	218
Fromage (Cheese) Apricot	366
.. Brioches	392
.. Chocolate	368
.. Coffee	369
.. Marasquino	368
.. Orange Flower	ib.
.. Peach	ib.
.. Pine Apple	367
.. Raspberry	ib.
.. Strawberry	ib.
.. Vanilla	368
Fumet, Cutlets of Pheasants with	196
.. Quenelles of young Partridges with	192
.. Mince of Rabbits with	216
.. Scollops of ditto with	217
GALATINE of Fat Chickens	175
Game, to make Cold or Hot Pies of, either Dressed or in Timballes	373
Gateaux à la Manon (Manon Cakes)	386
.. d'Artois, or Choux in Biscuits	400
Geese, Apple Sauce for	17
Genet, Crème à la, called Barley-sugar Cream	344
Génoise Sauce, Pike with	245
.. Red Mullet with	284
.. Trout with	253
.. Paste	406
Genoise Sauce	16
German Cabbage Soup	54
Giblets, Haricot of Turkey	180
Giblottes of Rabbits	220
.. White	ib.
Gigot de Sept Heures, or Braized Leg of Mutton	99
Givry, Fat Pullets à la	158
.. Young Partridges	184
Glaze	36
Glazed, Rump of Beef	82
.. Tronçons of Eels larded and	244
Godard, la.	34
Godiveau, Faros de (Forcemeat for Mazarin Pastes)	70
Gratin, au, Fillets of Chicken with Velouté	174
.. Turbot, with Velouté	259
.. Larks	211
.. Palates of Beef, or en Paupiette	75

	Page
Gratin, au, Quails . . . . .	198
.. Rabbits . . . . .	222
.. Rice . . . . .	338
.. Tapioca . . . . .	351
.. Whittings . . . . .	275
Grenade of Fillets of Chickens . . . . .	176
Grenadins of Veal, with Purée of White Celery . . . . .	112
Gravy, Beef . . . . .	4
.. Brown Thickening . . . . .	8
.. Clarified . . . . .	7
.. Veal Gravy, or Blond of Veal . . . . .	4
.. White Roux, (White Thickening). . . . .	7
HACHE', ( <i>Hashes</i> .) . . . . .	
.. of Beef . . . . .	81
.. Inside Slice of Beef Broiled, with Sauce Haché . . . . .	ib.
.. of Fowl, à la Polonoise (Polish fashion) . . . . .	152
.. Mutton, English fashion . . . . .	94
.. Partridges (Salmi à l'Espagnole) . . . . .	190
.. Pheasants (Salmi à l'Espagnole) . . . . .	194
.. .. à la Polonoise (Polish fashion) . . . . .	195
.. Sauce (Salmi Sauce à l'Espagnole) . . . . .	35
.. Wild Duck (Salmi) . . . . .	209
Ham, Westphalia, à l'Essence (with Essence) . . . . .	132
.. Receipt to make a better than those of Westphalia . . . . .	132
.. with Madeira . . . . .	133
.. .. Windsor Beans . . . . .	ib.
.. .. Small Omelets . . . . .	296
Hare, Observations on . . . . .	231
.. Roudins of (Hare Puddings) . . . . .	234
.. Civet of Served as Soup . . . . .	232
.. en Daube (Stewed) . . . . .	231
.. Fillets of, en Chevreuil (Roebuck fashion) . . . . .	234
.. .. with the Blood . . . . .	233
.. Pain of (Hare Bread). . . . .	234
.. Potted . . . . .	232
.. Roasted . . . . .	234
.. Stuffing for . . . . .	71
.. Soup . . . . .	235
.. .. another method . . . . .	236
Haricot Brun (Brown Haricot Sauce) . . . . .	31
.. Vierge (White Haricot Sauce) . . . . .	ib.
.. Ox's Tail, with . . . . .	82
.. Mutton Cutlets, Haricoed Brown . . . . .	88
.. .. Plain Haricot of . . . . .	102
.. of Turkey Giblets . . . . .	180
.. .. Pinions . . . . .	ib.
.. Tendons of Veal in White . . . . .	122
Herbs, Bunch of ( <i>See Note</i> ) . . . . .	3
.. Omelet with fine . . . . .	295
.. Sauce, or White Ravigotte . . . . .	14
.. Veal Cutlets à la Vénitienne aux Fines Herbes ( <i>Venetian way</i> .. with Minced Herbs) . . . . .	106
Hochepot . . . . .	37
.. Mutton, Breast of in . . . . .	103

INDEX.

461

	Page
Hochepot, Ox's Tail . . . . .	62
.. Soup . . . . .	<i>ib.</i>
Hollandoise verte (Green Dutch Sauce) . . . . .	32
INSIDE Fillets, the, of Mutton à la Maréchale . . . . .	90
.. .. marinaded au Chevreuil (Fawn fashion) . . . . .	<i>ib.</i>
.. .. with Purée of Sorrel . . . . .	<i>ib.</i>
Isinglass, the manner of melting . . . . .	345
Italian Pastes . . . . .	51
Italienne, à la (Italian fashion).	
.. Artichokes . . . . .	313
.. Attelets of Palates of Beef . . . . .	74
.. .. Sweetbreads . . . . .	117
.. Attereau of Rabbits . . . . .	227
.. Chickens . . . . .	157
.. Cream . . . . .	347
.. Cutlets . . . . .	87
.. Miroton of Flounders . . . . .	289
.. Pastes . . . . .	51
.. Sauce, White . . . . .	11
.. .. Brown . . . . .	11
.. Truffles . . . . .	42
.. .. another method . . . . .	331
.. Veal Cutlets broiled . . . . .	105
JAM, Tartlets of . . . . .	405
Jardinière à la Carbonades (Gardener's rashers) . . . . .	91
.. Potage (Gardeners' Soup) . . . . .	61
.. Tendous of Veal . . . . .	120
Jellies, Observations on . . . . .	358
.. Aspic, an Egg Jelly . . . . .	5
.. Calf's Foot . . . . .	363
.. Cherry . . . . .	362
.. Cullis, a Brown Jelly . . . . .	8
.. Currant, Red . . . . .	359
.. .. White . . . . .	<i>ib.</i>
.. .. with Raspberries . . . . .	<i>ib.</i>
.. Lemon . . . . .	360
.. Macedoine of Fruit . . . . .	365
.. Madeira Wine . . . . .	364
.. Marbled . . . . .	365
.. Meat for Pies . . . . .	6
.. Miroton of Peaches, à la Ude (Ude's fashion) . . . . .	362
.. Mosaic . . . . .	360
.. Orange . . . . .	359
.. of Peaches . . . . .	362
.. of Pine-Apples . . . . .	<i>ib.</i>
.. Raspberry . . . . .	359
.. Red Currant . . . . .	<i>ib.</i>
.. Strawberry . . . . .	358
.. White Currant . . . . .	359
Julienne, Potage à la (Julien Soup) . . . . .	46
.. .. with Consommé of Fowl . . . . .	46
KIDNEYS, Beef, with Champagne . . . . .	79
.. .. Sheep's, broiled . . . . .	98
.. .. with Champagne . . . . .	99

	Page
Kidneys, Veal, Omelet with . . . . .	296
LAIT d'Amand, Potage au (the Lover's Soup) . . . . .	55
Lamb, Breast of, with Green Peas, Brown . . . . .	103
White . . . . .	104
.. Pluck of, à la Pascaline (with Pascaline Sauce) . . . . .	104
.. a Roast Beef of . . . . .	ib.
Lambert, St., Fricassée of Chickens, à la . . . . .	171
Larks, Caissets of . . . . .	212
.. en Croustade (Larks in Paste) . . . . .	ib.
.. au Gratin . . . . .	211
.. Hot raised Pies of . . . . .	212
Laurent, St., Sheep's tails with Purée of Green Peas à la . . . . .	95
Wings of Fowl à la . . . . .	145
Lazagnes au Consommé (Flat Macaroni) . . . . .	50
Leg of Mutton boiled . . . . .	101
.. Pork . . . . .	131
Legs of Fowl en Balotine . . . . .	153
.. .. Caneton (Duckling fashion) . . . . .	152
.. .. à la Dreux . . . . .	153
.. .. Orlie . . . . .	ib.
.. Rabbits à la Maintenon . . . . .	224
Lemon Cream . . . . .	342
.. with Potatoo Soufflé . . . . .	353
.. Jelly . . . . .	360
Leveret, Boudins of (Leveret Puddings) . . . . .	234
.. Civet of, served as Soup . . . . .	232
.. en Daube (stewed) . . . . .	231
.. Fillets of en Chevreuil (Roebuck fashion) . . . . .	234
.. with the Blood . . . . .	233
.. Pain of (Leveret Bread) . . . . .	234
.. Potted. . . . .	232
.. Roasted . . . . .	234
.. Stuffing for . . . . .	71
.. Soup . . . . .	235
.. another method . . . . .	236
Liver, Calf's, Larded and Roasted . . . . .	125
.. Scollops of, with Fine Herbs . . . . .	ib.
Livernaise Sauce . . . . .	36
Lobster Sauce . . . . .	291
.. another . . . . .	26
.. John Dory boiled with . . . . .	263
.. Turbot and . . . . .	261
.. Slices of crimped Salmon with . . . . .	263
.. Scollops of, in the Shell . . . . .	290
.. Salad . . . . .	291
.. Small Timballes of, with Velouté Sauce . . . . .	290
Loin of Veal roasted . . . . .	127
.. à la Béchamel . . . . .	ib.
.. à la Crème . . . . .	128
Lorgnettes, Fillets of young Rabbits en (Eye-glass shape) . . . . .	231
Love Apple Sauce . . . . .	39
.. Calf's Brain with . . . . .	120
.. Calves' Ears with . . . . .	124
.. Calf's Head with . . . . .	128

INDEX.

463

	Page
Lover's Soup (Potage au Lait d'Amand) . . . . .	55
Lozenges garnished . . . . .	386
Lyonaise and Purée of Onion, Brown . . . . .	20
.. French Beans, à la . . . . .	314
.. White Beans, à la . . . . .	316
.. Salt Cod, à la . . . . .	272
MACARONI, Flat (Lazagnes au Consommé)	50
.. with Consommé, or Stock Broth . . . . .	<i>ib.</i>
.. Timballe for . . . . .	376
Macedoine Sauce . . . . .	24
.. of Fruit . . . . .	365
Mackerel, boiled . . . . .	285
.. boiled à la Maître d'Hotel (Steward's way)	<i>ib.</i>
.. Fillets of, à la Ste. Menhault . . . . .	286
.. Fillets of, sautés, à la Maître d'Hotel (Steward's way)	<i>ib.</i>
.. with Ravigotte . . . . .	<i>ib.</i>
.. Soft Roes of, in Gases . . . . .	287
.. Timballe of, Lord Sefton's way . . . . .	286
Madeira, Ham with . . . . .	133
.. Wine Jelly . . . . .	364
Madeleine-Cake . . . . .	406
Maigre, Observations on (See Note) . . . . .	16
.. Béchamel (for Lent) . . . . .	<i>ib.</i>
.. Maître d'Hotel (Steward's Sauce Meagre)	14
.. Sorrel (dressed Meagre way) . . . . .	18
Maintenon, à la, Mutton Cutlets . . . . .	89
.. Rabbits, Legs of . . . . .	224
.. Sheep's Tongue . . . . .	94
.. Veal Cutlets . . . . .	107
Maître d'Hotel, à la (Steward's way).	
.. Calf's Brain . . . . .	119
.. Cod, Scollops of, with Cream Sauce . . . . .	270
.. Salt . . . . .	<i>ib.</i>
.. Eggs . . . . .	298
.. Mackerel broiled . . . . .	285
.. Fillets of Sautés . . . . .	286
.. Pike . . . . .	247
.. Cutlets of Sautés . . . . .	264
.. Salmon . . . . .	264
.. Sheep's Brains . . . . .	96
.. White Beans . . . . .	315
.. Whiting, Fillets of, broiled . . . . .	274
.. Perch . . . . .	251
Manselle Sauce . . . . .	42
Marasquino Cheese . . . . .	368
.. Meringues . . . . .	395
Marbled Cream, with coffee . . . . .	348
.. Farce, Green . . . . .	70
.. Red . . . . .	71
.. Cream, White-Vanilla and Chocolate . . . . .	348
.. Jellies . . . . .	365
Maréchale, à la, Fowls, Fillets of Cutlets of, with Bread Crumbs	145
.. Mutton, inside fillets of . . . . .	90
.. Pigeons, cutlets of broiled . . . . .	205



	Page
Maréchale, à la, Pike, filets of . . . . .	248
.. Rabbits, ditto . . . . .	226
.. Turbot, ditto . . . . .	258
.. Sauce, à la . . . . .	43
Marinated, à la broche, filets of Beef . . . . .	78
Marinière, à la, Carp . . . . .	241
Marinade of Calf's Brains . . . . .	120
.. Feet . . . . .	126
.. Chickens', à la St. Florentin . . . . .	171
.. .. Orlie . . . . .	173
.. Veal, tendons of, au soleil (Pickled) . . . . .	122
Marmalade, Apricot, with Croquettes of Rice . . . . .	339
Marrow Omelet (Omelette Moëlluse) . . . . .	295
.. Cardons à la Essence, with . . . . .	303
Mashed Beans or Purée of White Beans . . . . .	21
Matelotte, en (in Hotchpot). . . . .	
.. Calf's Brain . . . . .	119
.. Carp . . . . .	240
.. .. à la Royale . . . . .	<i>ib.</i>
.. .. Marinière . . . . .	241
.. Eels . . . . .	242
.. Pike . . . . .	247
.. Sheep's Brains . . . . .	96
.. Salmon . . . . .	266
Mayonnaise . . . . .	28
Mazarine, Pâtés à la, Farce de Godiveau for . . . . .	70
Meagre, ( <i>See</i> Maigre). . . . .	
Menhault, Ste. Breasts of Mutton, à la . . . . .	92
.. Filets of Mackerel, à la . . . . .	286
.. Neck of Veal, à la . . . . .	109
Meque, Pain de la, (Mecca Paste) . . . . .	400
Meringues, dry . . . . .	394
.. Marasquino, with Sugar . . . . .	395
Mincéd Chickens, à la Polonoise . . . . .	173
.. Fowl, à la Polonoise . . . . .	152
.. Herbs, Veal Cutlets with, à la Vénitienne (Venetian fashion) . . . . .	106
.. Mutton with Cucumbers . . . . .	95
.. .. Endive . . . . .	<i>ib.</i>
.. Rabbits with Fumet . . . . .	216
Mirepoix, Fowl, à la, otherwise à la Cendre . . . . .	141
.. Veal Cutlets . . . . .	106
.. .. Neck of, à la Crème . . . . .	108
Miroir, Eggs au . . . . .	297
Miromesnil, Soles à la . . . . .	279
Miroton of Apples . . . . .	322
.. Beef . . . . .	79
.. Flounders, à la Italienne (Italian sauce) . . . . .	289
.. Filets mignons of Beef sautés à la Lyonnaise (small .. Filets of Beef fried Lyons way) . . . . .	78
.. Peaches, or Jelly of, à la Ude . . . . .	362
.. Sorrel Sauce . . . . .	77
.. Spinach . . . . .	<i>ib.</i>
.. Tongue with Turnips . . . . .	76
.. Red Tongue with Mashed Turnips . . . . .	77

INDEX.

465

	Page
Mock Turtle (English fashion) . . . . .	59
Moëlleuse, Omelette, (Marrow Omelet) . . . . .	295
Mongias, à la, Fowl . . . . .	140
. . . . . Young Partridges . . . . .	191
Montmorenci, à la, Chickens (Montmorency Chickens) . . . . .	156
. . . . . Fowls . . . . .	137
. . . . . Turkey . . . . .	179
. . . . . Young Partridges . . . . .	183
Montpelier Butter, Aspic and Salad of Fillet of Soles with . . . . .	279
Mosaic Jelly . . . . .	360
Mullet, Red, with Génévoise Sauce . . . . .	284
Mushrooms, Purée of, or White and Brown Mushroom Stew . . . . .	21
. . . . . with Mutton Cutlets . . . . .	88
Mussels with Parsley . . . . .	219
Mutton, Breast of, à la Ste. Menhoul (St. Menhoul's Breasts of Mutton) . . . . .	92
. . . . . à la Bourgeoise (Plain Breast of Mutton) . . . . .	102
. . . . . en Haricot (Haricoad Breast of Mutton) . . . . .	ib.
. . . . . in a Hochepot . . . . .	103
. . . . . Brains, Sheep's, en Matelotte . . . . .	96
. . . . . à la Maître d'Hotel (the Steward's way) . . . . .	ib.
. . . . . Cutlets, or Chops, with Soubise, or Onion Sauce . . . . .	85
. . . . . a much better method, à la Soubise . . . . .	86
. . . . . à la Minute (Chops at a minute) . . . . .	87
. . . . . à la Italienne (in the Italian fashion) . . . . .	ib.
. . . . . with Purée of Mushroom . . . . .	88
. . . . . en Haricot brun (Haricoad brown) . . . . .	ib.
. . . . . Sautés à l'Essence (Fried with Essence) . . . . .	89
. . . . . à la Maintenon . . . . .	ib.
. . . . . Cutlet Soup, or Scotch Broth . . . . .	61
. . . . . Carbonades à la Jardinière (Gardeners' Rashers) . . . . .	91
. . . . . Fillets, inside, à la Maréchale (with Marshal Sauce) . . . . .	90
. . . . . marinaded au Chevreuil (as Roe-buck) . . . . .	ib.
. . . . . with Purée of Sorrel . . . . .	ib.
. . . . . Hashed, English fashion . . . . .	94
. . . . . Haricot, à la Bourgeoise (plain Haricot of Mutton) . . . . .	103
. . . . . Kidneys (Sheep's) broiled . . . . .	98
. . . . . with Champagne . . . . .	99
. . . . . Leg of, braized, called also Gigot de Sept Heures . . . . .	ib.
. . . . . Farcie (stuffed) . . . . .	100
. . . . . Boiled . . . . .	101
. . . . . Musette (Mutton Bag-pipe) with Endive . . . . .	92
. . . . . Minced, with Cucumbers . . . . .	95
. . . . . Endive . . . . .	ib.
. . . . . Neck of, en Aigrettes . . . . .	91
. . . . . with Parsley . . . . .	ib.
. . . . . Saddle of, or Roast Beef of . . . . .	101
. . . . . Roasted . . . . .	ib.
. . . . . Tongues, Sheep's, with Turnips . . . . .	93
. . . . . with Cabbage Lettuces . . . . .	ib.
. . . . . Tails, Sheep's, with Purée of Green Peas . . . . .	95
. . . . . à la St. Laurent . . . . .	95
. . . . . Trotters, Sheep's, à la Poulette . . . . .	96
. . . . . en Canelons (stuffed) . . . . .	97
. . . . . fried . . . . .	ib.
. . . . . Farce of . . . . .	98

	Page
<b>NEIGE, Eggs à la</b> (in the manner of Snow)	366
.. Another method	347
<b>Nougat</b>	392
<b>Nouilles</b>	23
.. Croquettes of	341
.. Potage aux	55
.. Fat Pullets with	157
<b>OLIVES, Duck with</b>	210
.. Eowl with	130
<b>Omelet, with fine Herbs</b>	295
.. Moëlleuse (Marrow Omelet)	295
.. Kidney of Veal	296
.. Soufflé	355
<b>Omelets, Small with Ham</b>	296
.. .. Sorrel	ib.
.. .. Sweetbreads	ib.
<b>Onions, Putée of, or Soubise (Stewed Onions)</b>	19
.. .. Brown and Lyonnaise	20
.. Mutton Cutlets with	85
.. Fowl à la Campine, with Raw Onions	143
.. Rabbits and	228
<b>Orange Flower, Cheese</b>	368
.. .. Cream	344
.. .. Soufflé	353
.. Jelly	359
.. Bitter, or Sauce à la Bigarade	40
.. .. Ducklings with	208
<b>Orleans, Carrots, à la.</b>	329
<b>Orlie, Chickens, à la Marinade of</b>	173
.. Fowl, Legs of	153
.. Piper, Fillets of	284
.. Rabbits young, Fillets of	214
.. Soles, Fillets of	277
.. Whittings, Fillets of	273
<b>Ox Tail, Hochepot of</b>	82
<b>Oyster Sauce</b>	41
.. Cod with	269
.. .. Crimped with	270
.. Boiled Turkey with	180
.. Patties small, Lord Seston's way	293
<b>Oysters, Green, Fowl with</b>	139
.. Scollops of	292
<b>PAIN de la Méque (Mecca Paste)</b>	400
.. à la Duchesse. (Duchess Paste)	399
<b>Palates of Beef</b>	73
.. Blanquette, or Fricassée of, with Cucumbers	ib.
.. .. Peas	ib.
.. .. Truffles	74
.. Attelets of, à l'Italienne (Italian way)	ib.
.. Croquettes of, au Velouté	75
.. au Gratin	ib.
.. Miroton of, à la Ude	ib.
<b>Panades</b>	64
<b>Pancakes, English fashion</b>	356

INDEX.

467

	Page
<b>Pancakes</b> , French fashion . . . . .	356
<b>Paniers</b> , petits, garnished with Jam . . . . .	387
<b>Parmesan</b> , Cauliflower with . . . . .	308
<b>Parsley</b> , Green of (Verd de Persil). . . . .	29
.. Neck of Mutton with . . . . .	91
.. Mussels with . . . . .	291
<b>Partridges</b> , Observations on . . . . .	181
.. Young, à la Barbarie . . . . .	183
.. Boudins of young Partridges . . . . .	192
.. <b>Bartavelles</b> , or dishes of red-legged Partridges . . . . .	193
.. Young, à la Droux . . . . .	183
.. <b>Compote</b> of young Partridges, à blanc (Fried White) . . . . .	184
.. .. <b>Brown</b> . . . . .	185
.. <b>Dressed</b> with Cabbage . . . . .	ib.
.. <b>Croquettes</b> of . . . . .	189
.. <b>Cutlets</b> of, in Epigram, with Truffles . . . . .	188
.. <b>Fauce</b> of Gratings for . . . . .	68
.. Young, à la Crapaudine (Boiled Partridges) . . . . .	183
.. <b>Dishes</b> of red-legged Partridges, or Bartavelles . . . . .	193
.. à l'Espagnole (Spanish Partridges whole) . . . . .	181
.. .. <b>Purée</b> of Game (Spanish Purée of Game) . . . . .	189
.. .. <b>Salmi</b> of young Partridges (Spanish Hash of Partridges) . . . . .	190
.. .. à la Givry . . . . .	184
.. .. à la Monglas . . . . .	191
.. .. à la Montmorenci . . . . .	182
.. .. <b>Purée</b> of, à l'Espagnole (Spanish Purée of Game) . . . . .	189
.. <b>Quenelles</b> of . . . . .	67
.. .. with Fumet . . . . .	192
.. .. à la Sefton . . . . .	ib.
.. <b>Sauté</b> of Fillets of, with the Game flavour . . . . .	187
.. .. à la Sefton . . . . .	188
.. <b>Salmi</b> of, à l'Espagnole (Spanish Hash of Partridge) . . . . .	190
.. <b>Soufflé</b> of . . . . .	189
.. in surprise . . . . .	192
.. whole à l'Espagnole (Spanish Partridges) . . . . .	181
<b>Pascaline</b> . . . . .	40
.. <b>Lamb's Pluck</b> à la . . . . .	104
<b>Paste</b> , Observations on . . . . .	370
.. <b>Almond</b> . . . . .	404
.. .. <b>Tartlets</b> of . . . . .	ib.
.. .. with Strawberries . . . . .	405
.. <b>Apple Tart</b> with dry . . . . .	403
.. <b>Brioche</b> . . . . .	389
.. <b>Brisée</b> . . . . .	370
.. <b>Chickens</b> with Italian . . . . .	157
.. à la Duchesse . . . . .	399
.. <b>Genévoise</b> . . . . .	406
.. <b>Gimblettes</b> . . . . .	395
.. <b>Italian</b> . . . . .	51
.. <b>Larks</b> in . . . . .	212
.. <b>Mecca</b> . . . . .	400
.. for Hot Raised Pies . . . . .	374
.. <b>Puff Paste</b> . . . . .	377

	Page
Paste, for Tourtes, or Tarts	376
.. .. ditto	403
.. Royal, or au Choux	397
.. Hot-Water	376
Pasties, small Carp	242
Pastry (Hot and Cold), Observations on	370
.. Apple Tart	379
.. Apricot ditto	ib.
.. Cold Pie en Timballe	372
.. .. either of Fowl or Game, either Dressed, or in Timballes	373
.. .. Consommé for	374
.. of Confitures, Peach, Plum, Apple, Apricot, or otherwise	379
.. Tourte à la Frangipane	378
.. Hot Pies, either of Fowl or Game, either Dressed or in Timballes	373
.. Paste for Hot Raised Pies	374
.. .. for Tourtes and Tarts	376
.. Puff Paste	377
.. Pâte Brisée	370
.. Tourte of Peach	379
.. .. of Plum	ib.
.. Timballe of Macaroni	376
.. Hot-Water Paste	375
Patties, petits, of all sorts	381
Paupiettes of Filets of Soles	276
.. Whiting	274
Paysanne, Fricassée of Chickens à la (Peasant's way)	169
.. Compoite of Pigeons à la	203
Peach Cheese	367
.. Custard	350
.. Jelly and Miroton of, à la Ude	362
Peas, Observations on	325
.. Plain boiled	327
.. in general	ib.
.. and Bacon (Pois au Lard)	39
.. .. French fashion	131
.. Green Stewed with Bacon	326
.. Blanquette or Fricassée of Palates of Beef with	73
.. Chickens, Blanquette of, with Green Peas	174
.. Duck with small Green Peas	207
.. .. Purée of ...	208
.. Fowl, Scollops of, with Purée of Green Peas	149
.. Green in White Sauce	38
.. .. à l'Espagnole (in Spanish Sauce)	39
.. .. à la Paysanne (Peasant's way)	327
.. Lamb, Breast of, with Green Peas, Brown	103
.. .. White	104
.. Purée of	49
.. .. made very Green	ib.
.. Quails with	197
.. Rabbits, Blanquette of, with Green Peas	217
.. Sheep's Tails with Purée of Green Peas	95
.. Sturgeon, Blanquette of, with Green Peas	268

INDEX.

469

	Page
Peas, Sweetbreads, Scollops of, with Green Peas	116
.. Veal, Tendons of, with Green Peas, Brown	121
.. .. .. White	122
Perch, plain Boiled, or Water Suchet	251
.. à la Maître d'Hotel (Steward's way)	<i>ib.</i>
.. with Dutch Sauce	252
Perigieux, Turkey à la, with Truffles	179
Persil, Verd de (Green of Parsley)	24
Pheasants, Observations on	194
.. Croquettes of	195
.. Cutlets of, with Fumet	196
.. Escallopes of Fillets of, with Truffles	<i>ib.</i>
.. Hache of, à la Polonoise (Polish fashion)	195
.. Salmi of, à l'Espagnole, (Hashed Spanish fashion)	184
.. Soufflé of	195
Pie, (See Paté, and Tourte)	
.. Cold, en Timballe	372
.. .. of Fowl or Game, either dressed, or en Timballe	373
.. .. Consommé for the inside of	374
.. Hot, of Fowl or Game, either dressed or en Timballe	373
.. .. raised Lark	212
.. .. Rabbit	221
.. Rabbit	230
.. Pigeon	206
.. Meat Jelly for	6
.. Farce for	71
Pigeons, Observations on	202
.. Cooked in all ways	206
.. à l'Aspic clair, with Aspic Sauce	<i>ib.</i>
.. Compoete of	202
.. .. à la Paysanne	203
.. à la Crapaudine	<i>ib.</i>
.. Cutlets of, à la d'Armagnac	204
.. .. à la Maréchale	205
.. à la Financière (Pigeons Stewed)	<i>ib.</i>
.. Pie	206
.. au Soleil (in sunshine)	204
.. à la Toulouse	205
Pike, Baked	248
.. .. French way	247
.. Boiled, with Dutch Sauce	246
.. with Sauce à la Matelotte	247
.. à la Chambord	249
.. with Court Bouillon	<i>ib.</i>
.. .. Dutch Sauce	246
.. .. Gènevoise Sauce	245
.. .. à la Polonoise (Polish manner)	244
.. Fillets of, à la Maréchale	248
.. .. Maître d'Hotel	247
.. .. Turque (Turkish fashion)	248
Piper, Baked, with Dutch Sauce	283
.. Fillets of (Lord Seston's way)	<i>ib.</i>
.. .. à la Maître d'Hotel (Steward's Sauce)	284
.. .. à la Orlie	<i>ib.</i>

	Page
Plaice .. .. .	289
Plats, little, decorated .. .. .	388
Plovers, with Bourguignotte Sauce .. .. .	201
.. Capilotade of .. .. .	303
Poté, Observation on ( <i>Note</i> ) .. .. .	136
Poivrée, or Sharp Brown Sauce .. .. .	13
Polonoise, à la, (Polish fashion) .. .. .	
.. (Polish Sauce) .. .. .	37
.. Cakes (Polish fashion) .. .. .	385
.. Chickens, minced .. .. .	173
.. Fowls .. .. .	152
.. Pheasants .. .. .	195
.. Pikes .. .. .	245
Pompadour, Sauce à la .. .. .	29
.. Filets of Rabbits à la. .. .. .	226
Pork, Leg of .. .. .	131
.. Roast, Apple Sauce for .. .. .	17
Portuguese, Apples à la (Portuguese fashion) .. .. .	332
Potage, à la Bouveau (Turnip) .. .. .	62
.. Clermont .. .. .	45
.. Consommé of Fowl .. .. .	ib.
.. Jardinière .. .. .	61
.. Julienne .. .. .	46
.. Regence (Regent's) .. .. .	62
.. Reine (Queen's, a new Receipt) .. .. .	51
.. with Cabbage .. .. .	53
.. au Lait d'Amand (the Lover's Soup) .. .. .	55
.. Nouilles .. .. .	54
Potatoes, Beef Steaks with (French fashion) .. .. .	79
.. Biscuits of, and Potatoe Flour .. .. .	324
.. Cakes of .. .. .	323
.. Casserole .. .. .	322
.. Croquettes .. .. .	ib.
.. Fried .. .. .	321
.. à la Maitre d'Hotel (Steward's manner) .. .. .	ib.
.. Purée of .. .. .	322
.. Soufflé .. .. .	323
.. with Lemon .. .. .	353
Potted Hare .. .. .	232
Poularde au Ris (Fowl with Rice) .. .. .	138
Poulette, à la, Calves' Feet (Chicken manner) .. .. .	127
.. Crawfish .. .. .	255
.. French Beans .. .. .	314
.. Windsor Beans .. .. .	317
.. .. another method .. .. .	ib.
.. Sheep's Trotters .. .. .	96
.. Tronçons of Eels (Fricassée of Chicken fashion) .. .. .	243
Pralines, Gimblettes (with Sweet Almonds) .. .. .	398
.. Petits Choux (Little Puff-Paste Balls, with Sweet Almonds) .. .. .	ib.
Pudding ( <i>See</i> Bowdin) .. .. .	
.. à la Bourgeoise (Citizen's Wife's way) .. .. .	351
.. Cabinet or Chancellor's .. .. .	350
.. à la Reine .. .. .	151
.. à la Richelieu .. .. .	68

INDEX.

471

	Page
Padding, à la Sefton . . . . .	68
Puddings of Chickens à la Ude . . . . .	176
.. Fillets of Chicken à la Reine . . . . .	165
.. .. à la Richelieu . . . . .	ib.
.. .. à la Sefton . . . . .	166
.. Hare . . . . .	234
.. Hog's Puddings of Eggs (Andouilles) . . . . .	299
.. Young Partidges . . . . .	192
.. Rabbits à la Lucullus . . . . .	225
.. .. à la Reine . . . . .	224
.. .. à la Richelieu . . . . .	ib.
.. .. Fillets of, à la Ude . . . . .	229
.. Whittings, à la Ude . . . . .	273
<b>Puff-Paste</b> . . . . .	377
.. Balls with Sweet Almonds (Petits Choux Pralinés) . . . . .	398
<b>Puits certain, Calf's Head du</b> . . . . .	129
.. d'Amour garnished with Jam . . . . .	385
<b>Pullets, fat, with Nouilles</b> . . . . .	157
.. with raw onion . . . . .	143
.. Fillets of fat, à la Royale . . . . .	159
.. .. Sauté of, à la Turque (Turkish fashion) . . . . .	164
.. .. fried au Suprême . . . . .	165
.. Scollops of fat, à la Coati, with Truffles . . . . .	163
.. Wings of fat, à la Dauphine (Dauphin fashion) . . . . .	165
<b>Purée, (See Stew).</b> . . . . .	
.. of Asparagus . . . . .	22
.. Carrots . . . . .	329
.. Celery . . . . .	19
.. .. another method . . . . .	330
.. .. Grenadins of Veal with . . . . .	112
.. Chestnuts . . . . .	22
.. of Game, a l'Espagnole (Spanish fashion) . . . . .	189
.. Green Peas . . . . .	49
.. .. new and dry . . . . .	22
.. .. Duck and . . . . .	208
.. .. Sheep's Tails . . . . .	95
.. Fricandeau aux Differentes Purées (with different sorts) . . . . .	110
.. .. another method . . . . .	112
.. Lentilles with members of Duck . . . . .	209
.. Mushrooms (White and Brown Mushroom Stew) . . . . .	21
.. .. Mutton Chops or Cutlets with . . . . .	88
.. Onions, or Seubise . . . . .	19
.. .. Brown and Lyonnaise . . . . .	20
.. Potatoe . . . . .	322
.. Rice, different sorts of . . . . .	50
.. Sorrel . . . . .	18
.. .. Inside Fillets of Mutton with . . . . .	90
.. Turnip, White . . . . .	328
.. .. Brown . . . . .	ib.
.. White Beans (mashed) . . . . .	91
.. .. another method . . . . .	316
<b>QUAILS, Observations on</b> . . . . .	196
.. à la Bourguignotte . . . . .	198
.. Compo of . . . . .	197
.. .. White . . . . .	ib.



	Page
Quails, à la Crapaudine . . . . .	199
.. au Gratin . . . . .	198
.. with Peas . . . . .	197
Quenelles, Observations on . . . . .	65
.. of Chickens, with clarified Consommé . . . . .	167
.. of Fowl . . . . .	65
.. of Partridges . . . . .	67
.. .. à la Sefton . . . . .	193
.. young Partridges, with Fumet (flavour) . . . . .	192
.. Rabbits . . . . .	66
.. .. another method . . . . .	222
.. Veal . . . . .	64
.. Whittings . . . . .	69
.. .. another method . . . . .	273
RABBITS, Observations on . . . . .	214
.. Attereux à l'Italienne . . . . .	227
.. Blanquette of, with Green Peas . . . . .	217
.. Boudins à la Reine (Queen's Rabbit Puddings) . . . . .	224
.. .. à la Richelieu . . . . .	<i>ib.</i>
.. .. à la Lucullus . . . . .	225
.. En Caisses (in Cases) . . . . .	219
.. Croquettes of . . . . .	223
.. Fillets of Young Rabbits en Lorgnettes (Eye-glass shape) . . . . .	221
.. .. à la Ude (Ude's fashion) . . . . .	229
.. .. à la Mareschal . . . . .	226
.. .. à l'Orlie . . . . .	214
.. .. à la Pompadour . . . . .	226
.. Giblottes of . . . . .	220
.. .. white . . . . .	<i>ib.</i>
.. Gratin of . . . . .	222
.. à la Italienne . . . . .	227
.. à la Lucullus . . . . .	225
.. Legs of, à la Maintenon . . . . .	224
.. Mince of, with Fumet . . . . .	216
.. and Onions . . . . .	228
.. Pie . . . . .	230
.. Hot raised Pie of . . . . .	221
.. Quenelles of . . . . .	222
.. à la Reine . . . . .	224
.. à la Richelieu . . . . .	<i>ib.</i>
.. Rissoles of . . . . .	225
.. Scollops of, with Truffles à la Conti . . . . .	216
.. .. with Fumet . . . . .	217
.. .. à la Conti . . . . .	218
.. Soup . . . . .	228
.. Soufflé of . . . . .	223
.. Turban of Fillets of, à la Sultana . . . . .	215
.. à la Vénitienne (Venetian fashion) . . . . .	219
.. Young Rabbits, en Friteau (fried) . . . . .	218
Ragout à la Chambord . . . . .	34
.. Godard . . . . .	<i>ib.</i>
.. Financière . . . . .	33
.. of Plovers, à la Bourguignotte . . . . .	201
Ramequins, Common, or Welsh Rabbits . . . . .	383
.. à la Sefton . . . . .	383

	Page
Rashers, Gardeners' (Les Carbonades à la Jardinière)	91
Raspberry Jelly	359
.. with currant	<i>ib.</i>
Ravigotte, White, or Herb Sauce	14
.. Calves' Ears with	124
.. of Cream, Fillets of Soles Sautés with	277
.. Sandwich of, with	438
.. Fillets of Mackerel, with	286
Regence, Potage, à la (Regent's Soup)	62
Reine, à la (Queen's way) Boudin of Fowl	150
.. Rabbits	224
.. Vernicelli	51
Remoulade, Common and Green	27
Rib of Beef braized in a Hochepot	81
Rice, Observations on	335
.. Cake	337
.. Casserole of	335
.. Cassolettes of	336
.. Croquettes of	337
.. .. with Apricot marmalade	339
.. .. stuffed with Apples	<i>ib.</i>
.. Gratiné (Gratin of Rice)	338
.. Soufflé of	<i>ib.</i>
.. Turban of	339
Richelieu, à la, Boudins (Richelieu Puddings)	68
.. of Chicken meat	165
.. of Rabbits	224
Risoles of Fowls	168
.. Rabbits	225
Roast Beef	80
.. of Lamb	104
.. Mutton	101
.. Hare	234
.. Pork, Apple Sauce for	17
.. Sturgeon	267
Robert, Sauce	36
Roes, soft, of Herrings in Cases	282
.. of Mackerel in cases	287
.. .. Timballe of, Lord Sefton's way	286
Roux, White, (white thickening)	7
Royal Paste	397
Royale, à la, Matelotte of Carp	240
.. Fillets of fat Pullets	159
Rump of Beef Braized	83
.. Glazed	82
SADDLE of Mutton, or Roast Beef of Mutton	101
.. Roasted	100
Salad of Fillets of Soles, with Montpellier Butter and Aspic	279
.. Lobster	291
.. Salmon	264
.. with Salsifis or Aspic	310
.. Sandwich	439
Salmi Sauce, à l'Espagnole (Spanish Sauce for Hashes)	35
.. of Young Partridges, à l'Espagnole (Spanish Hash of Partridges)	190
.. Pheasants à l'Espagnole (Spanish Hash of Pheasants)	194

	Page
<b>Salmi, Woodcocks (Hashed)</b> . . . . .	199
.. .. . à l'Espagnole (Spanish fashion) . . . . .	200
.. .. . Wild Duck (Hashed) . . . . .	209
<b>Salmon, Observations on</b> . . . . .	263
.. .. . with Gènevoise Sauce . . . . .	266
.. .. . with Matelotte Sauce . . . . .	ib.
.. .. . Cutlets of, Sautés à la Maître d'Hotel (Steward's way) . . . . .	264
.. .. . Crimped, Slices of, broiled with Capar Sauce . . . . .	263
.. .. . with Lobster Sauce . . . . .	ib.
.. .. . Salad . . . . .	264
<b>Salsifis, Fried</b> . . . . .	309
.. .. . in Salad, or Aspic . . . . .	310
.. .. . with Spanish Sauce . . . . .	309
.. .. . Velouté . . . . .	ib.
<b>Sandwich, Anchovy</b> . . . . .	440
.. .. . of Fillets of Fowl au Suprême . . . . .	437
.. .. . Pheasant au Fumet. (Game Flavour) . . . . .	437
.. .. . Soles à la Ravigotte . . . . .	438
.. .. . of Salad . . . . .	439
.. .. . Salad Sauce for . . . . .	438
<b>Sausages, Farce for</b> . . . . .	72
<b>Sautés, Observations on</b> . . . . .	149
.. .. . of Fowls, Fillets of au Suprême (Fried in finished style) . . . . .	146
.. .. . Young Partridges, Fillets of, with the Game flavour . . . . .	187
.. .. . à la Sefton . . . . .	188
.. .. . Fat Pullets, Fillets of à la Turque (Turkish fashion) . . . . .	164
.. .. . fried au Suprême . . . . .	165
.. .. . Salmon, Cutlets of, à la Maître d'Hotel (Steward's way) . . . . .	264
.. .. . Soles, Fillets of, with Ravigotte à la Crème . . . . .	277
.. .. . Mutton Cutlets, à l'Essence (Chops fried with Essence) . . . . .	89
.. .. . Mackerel, Fillets of, à la Maître d'Hotel (Steward's way) . . . . .	286
<b>Savoury Butter</b> . . . . .	15
<b>Savoy Biscuits Cold</b> . . . . .	402
Hot . . . . .	401
<b>SAUCE, Apple, for Geese and Roast Pork</b> . . . . .	17
.. .. . Allemande, à l' (German Sauce) . . . . .	9
.. .. . Asperges, les Pointes d' (Asparagus tops) . . . . .	30
.. .. . Les Petits Pointes d' (Little Asparagus tops) . . . . .	ib.
.. .. . Aspic lié . . . . .	13
.. .. . Attelets, for . . . . .	24
.. .. . Aurore, à l' (Aurore Sauce) . . . . .	41
.. .. . Bitter Orange (Sauce à la Bigarade) . . . . .	40
.. .. . Bon Beurre (Savoury Butter) . . . . .	15
.. .. . Bourguignotte . . . . .	ib.
.. .. . Brown Italian . . . . .	11
.. .. . Haricot . . . . .	31
.. .. . Sharp, or Poivrée . . . . .	13
.. .. . Buttes of Crawfish . . . . .	35
.. .. . Anchovies . . . . .	ib.
.. .. . of Celery . . . . .	40
.. .. . Capar, for Fish . . . . .	42
.. .. . Chambord, la . . . . .	34
.. .. . of Cucumbers . . . . .	38
.. .. . Dusselle, la, (the Dussell) . . . . .	29

	Page
Sauce, Dutch	32
.. Green (Hollandoise verte)	32
.. Egg	28
.. Epinards, Verd d' (Green Extract of Spinach)	ib.
.. Génévoise, for Pika	245
.. Genoese	16
.. Godard, la	34
.. Green Dutch	32
.. Glaze	36
.. Haricot brun (Brown Haricot Sauce)	31
.. .. vierge (White Haricot Sauce)	ib.
.. Italienne, with Truffles (Italian Sauce with Truffles)	42
.. Lobster	26
.. Loyal Apple	39
.. Lucullus, à la (The Sauce of Lucullus)	26
.. Maître d'Hotel (The Steward's Sauce)	14
.. .. maigre, (Steward's Sauce meagre)	ib.
.. Matelotte, à, for Entrées	17
.. .. for Fish	ib.
.. Macedoine, la	24
.. Mayonnaise, la	28
.. Melted Butter, English manner	32
.. Manselle, la	42
.. Maréchale, à la (The Marshal's Sauce)	43
.. Observations relative to	ib.
.. Oyster	41
.. Pascaline, la	40
.. Persil, verd de (Green of Parsley)	29
.. Pluche	15
.. Polonoise, la (Polish Sauce)	37
.. Pompadour, à la	29
.. Ravigotte, White or Herb Sauce	14
.. .. à la Ude (Ude's Herb Sauce)	ib.
.. Red Cardinal	25
.. Rémolade, common and green	27
.. Robert	36
.. Shrimp	275
.. Spanish Sauce (Grand Espagnole)	8
.. .. with Game	9
.. .. for Hashes (Salmi Sauce à l'Espagnole)	35
.. for Sturgeon	25
.. Tarragon, or Pluche	15
.. Toulouse, la	41
.. Tournée	9
.. Velouté	10
.. .. ou Béchamel. N.B. A new method	ib.
.. Verd d'Epinards (Green Extract of Spinach)	28
.. Verd du Persil (Green of Parsley)	29
.. White Italian	11
.. .. sharp	12
.. .. Ravigotte, or Herb Sauce	14
.. .. Haricot	31
.. .. or French melted Butter	32
.. Wasterfisch (Sauce for Perch)	41

	Page
Scollops of Calf's Liver with Fine Herbs . . . . .	125
.. Chickens with Truffles . . . . .	162
.. .. Essence of Cucumbers . . . . .	163
.. Sauce to the same . . . . .	ib.
.. Cod, en bonne Morue . . . . .	269
.. .. à la Maître d'Hotel (Steward's way) . . . . .	270
.. Vol au Vent of, with Cream Sauce . . . . .	270
.. of Fowls à la Conti, with Truffles . . . . .	149
.. .. with Cucumbers . . . . .	146
.. .. with Essence of Cucumbers . . . . .	147
.. .. with Purée of Green Peas . . . . .	149
.. .. with Truffles . . . . .	148
.. Lobster in the Shell . . . . .	290
.. Oysters . . . . .	292
.. Rabbits with Fumet (Flavour) . . . . .	217
.. .. à la Conti . . . . .	218
.. .. with Green Peas . . . . .	217
.. Scotch, of Veal . . . . .	116
.. Sweetbreads with Green Peas . . . . .	ib.
Scotch Broth or Mutton Cutlet Soup . . . . .	61
.. .. another way . . . . .	116
Sea Dragon . . . . .	287
.. Kale . . . . .	321
Sefton, à la, Boudins (Sefton Puddings) . . . . .	68
.. Chicken Boudins . . . . .	166
.. Mackerel, Timballe of Soft Roes of . . . . .	286
.. Oyster Patties small . . . . .	293
.. Partridges, Sauté of Fillets of . . . . .	188
.. .. Quenelles of . . . . .	192
.. Piper, Fillets of . . . . .	283
.. Ramequins (Welsh Rabbits) . . . . .	383
Semolina with Consommé . . . . .	52
Shad . . . . .	257
Sheep's Brains en Matelotte . . . . .	96
.. .. à la Maître d'Hotel (Steward's way) . . . . .	ib.
.. Kidneys Broiled . . . . .	98
.. Tails à la St. Laurent . . . . .	95
.. .. with Purée of Green Peas . . . . .	ib.
.. Tongues au Gratin . . . . .	94
.. .. with Cabbage Lettuces . . . . .	93
.. .. à la Maintenon . . . . .	94
.. .. with Turnips . . . . .	93
.. Trotters en Canelons, or Stuffed . . . . .	97
.. .. Farce . . . . .	98
.. .. Fried . . . . .	97
.. .. à la Poulette (Pullet manner) . . . . .	96
Sirloin of Beef Braized . . . . .	80
.. Roasted . . . . .	84
Skate Plain Boiled . . . . .	288
.. au Beurre Noir (with Black Butter) . . . . .	ib.
.. with Caper Sauce (French Fashion) . . . . .	ib.
.. Small, Fried . . . . .	289
Slices, Inside, of Beef Boiled with Sauce Haché . . . . .	81
Smelts . . . . .	288
Soleil, au (with Stewed Pickles) . . . . .	173

	Page
Soleil, au, Calves' Feet Farces (Stuffed Calves' Feet)	127
.. Chickens, Members of	173
.. Pigeons	204
.. Veal, Tendons of (Pickled Tendons of Veal)	122
Soles, Observations on	276
.. Aspic and Salads of Fillets of, with Montpellier Butter	279
.. Croquettes of Fillets of	281
.. Fillets of, with Cream Sauce	278
.. .. à l'Aurore	<i>ib.</i>
.. .. à la Orlie	277
.. .. Sandwich of, à la Ravigotte	438
.. .. Sautés with Ravigotte à la Crème (with Ravigotte of Cream)	277
.. .. Salad Sauce for	438
.. .. à la Turque (Turkish fashion)	282
.. à la Miromesnil	279
.. Paupiettes of Fillets of	276
.. Timballes of Fillets of, à la Vénitienne	278
.. Vol-au-Vent of Fillet of, with Cream Sauce	<i>ib.</i>
.. with Water Suchet	276
Sorrel with Small Omelets	296
.. Sauce with Miroton of Tongue	77
.. Purée of (Stewed Sorrel)	18
.. .. with inside Fillets of Mutton	90
.. Petites Noix of Shoulders of Veal with	125
.. en Maigre (Dressed Meagre way)	18
Soubise, or Purée of Onions	19
.. with Mutton Cutlets	85
.. .. another and preferable method	86
Soufflés, Observations on	353
.. of Bread	354
.. Carrots	329
.. Chickens à la Crème	174
.. Chocolate	354
.. Coffee	354
.. Omelet	355
.. Orange Flower	353
.. Young Partridges	189
.. Pheasants	195
.. Potatoes	323
.. .. with Lemon	353
.. Rice	338
.. Ground Rice	354
.. Tapioca, Cake of	355
Soup, au Lait d'Amand, (the Lover's Soup)	55
.. Aurore, à l' (Aurora Soup)	47
.. Brunoise, la (Brunois Soup)	<i>ib.</i>
.. Bonne-Femme, à la (Good Woman's Soup)	54
.. Borgosse, a la (Burgoss Soup)	55
.. Clermont, a la (Clermont Soup)	45
.. Cressi Soup	46
.. Condé, a la (the Conde's Soup)	48
.. Carmelite, à la (the Carmelite's Soup)	49
.. Cabbage	53

	Page
<b>Soup, Fowl</b>	45
.. Faubonne, à la (Faubonne Soup)	48
.. Green Peas	49
.. .. made very Green	ib.
.. Garbure, with Brown Bread	53
.. Good Woman's Soup (Soupe à la Bonne-Femme)	54
.. Gardeners' Soup (Potage à la Jardinière)	61
.. Hare	235
.. .. another receipt	236
.. .. Civet of Hare served as	232
.. Hochepot	62
.. Julienne, à la (Julien Soup)	40
.. .. with Consommé	46
.. Italian	51
.. Jardinière, à la (Gardeners' Soup)	61
.. Lait d'Amand, au (the Lover's Soup)	55
.. Macaroni, with Consommé or Stock Broth	50
.. Milk, with Almond Laurel	55
.. Mutton Cutlet, or Scotch Broth	61
.. Naturel, au, or Soupe de Santé (Soup of Health, or Plain Soup)	45
.. Nouilles, au (Soup with Nouilles)	55
.. Peas, Green, Purée of	49
.. .. made very Green	ib.
.. Rabbit	228
.. Rice	50
.. Cream	52
.. .. with different Sorts of Purées	50
.. Reine, à la, Vermicelli (Vermicelli Soup in the King's fashion)	51
.. .. Potage (Queen's Soup. N.B. A New Receipt)	ib.
.. Regence, à la (Regent's Soup)	62
.. Soupe de Santé, or au Naturel (Soup of Health or Plain Soup)	45
.. Semolina with Consommé	52
.. Spring	61
.. Scotch Broth	ib.
.. Turnip Soup (à la Bouveau)	62
.. .. Broth	51
.. Turtle. NB. A Receipt most carefully revised	56
.. .. Mock, English fashion	59
.. Vermicelli	50
.. à la Reine	51
<b>Sour Crout, Duck with</b>	211
.. .. Members of Duck with French	211
<b>Spanish manuer (à l'Espagnole).</b>	
.. Spanish Sauce, grand	8
.. .. with Salsifis	309
.. Cardons (Thistle Heads with)	302
.. Cauliflowers with	308
.. Celery with	330
.. for Game	9
.. Purée of Game in the	189
.. Salmi Sauce for Hashes in the	35
.. Young Partridges in the	190
.. Whole Partridges. (Spanish Hash of)	181

	Page
Spanish, Salmi of Pheasants (Spanish Hash of)	194
.. Salmi of Woodcocks	200
.. Tendons of Veal with Cabbage Lettuce	122
Spinach in Consommé	304
.. with Cream	305
.. Croustades of	306
.. French fashion	305
.. Tongues, Miroton of, with	77
Spring Soup	61
Stew, ( <i>See Purée</i> ).	
Steward's way, ( <i>à la Maître d'Hotel</i> ).	
.. Calf's Brains	119
.. Cod, Scollops of with Cream Sauce	270
.. .. Salt	<i>ib.</i>
.. Eggs	298
.. Mackerel broiled	283
.. Fillets of Sauté	286
.. .. Pike	247
.. .. Salmon, cutlets of Sautés	264
.. Sheep's Brain	96
.. White Beans	315
.. Whiting Fillets of broiled	274
.. Perch	251
Stewed Green Peas with Bacon	326
.. Hare ( <i>en Daube</i> )	231
.. Pigeons, <i>à la Financière</i>	205
.. .. Brown or Compote of	202
.. .. <i>à la Paysanne</i> ( <i>Peasant's manner</i> )	203
.. Pickle, Members of Chicken with	173
Stock Broth ( <i>Consommé</i> )	
.. First Broth	1
.. First Consommé, or Stock Broth	2
.. Consommé, or Stock Broth of Poultry	3
.. .. or Broth of Game	<i>ib.</i>
.. .. or Broth of Rabbits	4
.. Veal Gravy, or Blond of Veal	<i>ib.</i>
.. Beef Gravy	<i>ib.</i>
.. Clarified Broth or Consommé	7
.. .. Gravy	<i>ib.</i>
Stuffed Calves' Feet ( <i>Farcie en Solsil</i> )	127
.. Carp ( <i>Farcie baked</i> )	238
Sturgeon, baked	269
.. Blanquette of, with Green Peas	268
.. .. or White Fricassée of, <i>à la Paysanne</i> ( <i>Peasant's way</i> )	268
.. Croquettes of	<i>ib.</i>
.. Roast	267
.. Sauce for	25
.. <i>à la Uds</i>	267
Suage, or <i>Empotage</i>	6
Sultane, <i>à la</i> , Turban of Fillets of Chickens	177
.. .. Rabbits	215
.. Vol au Vent, for	381
Surprise, en, Eggs	298
Sweetbreads <i>à la Dauphine</i> ( <i>the Dauphine's way</i> )	114



	Page
Sweetbreads à la Dreux . . . . .	114
.. à la Financière . . . . .	<i>ib.</i>
.. Attelets of, à l'Italienne . . . . .	117
.. Croquettes of . . . . .	118
.. Rissole of . . . . .	119
Sweetmeats, Small Omelets with . . . . .	296
TAIL, Ox's, in Hochepot . . . . .	82
Tails, Sheep's, with Purée of Green Peas . . . . .	95
.. .. à la St. Laurent . . . . .	<i>ib.</i>
Tapioca, gratine (gratined) . . . . .	351
.. Soufflé or Cake of . . . . .	355
Tarragon Sauce, Fowl with . . . . .	144
Tart (See Tourte.)	
.. Apple with Dry Paste . . . . .	404
.. Fruit, English fashion . . . . .	408
.. Paste for . . . . .	403
Tartare, Chickens à la (Boiled Chickens) . . . . .	158
.. Fowl à la (Boiled Fowl) . . . . .	143
.. Tronçons of Eels Broiled à la (Eels Broiled in pieces) . . . . .	242
Tartlets of Almond Paste . . . . .	404
.. .. with Strawberries . . . . .	405
.. Jam . . . . .	<i>ib.</i>
Tea Cream (Crème au Thé) . . . . .	344
Tench, Fried . . . . .	252
Teudons of Veal with Cabbage Lettuce, à l'Espagnole (with Spanish Sauce) . . . . .	122
.. with the Purée of Chestnuts . . . . .	123
.. in Chipolata . . . . .	122
.. in Haricot Vierges . . . . .	<i>ib.</i>
.. en Marinade, dites au Soleil (Pickled) . . . . .	<i>ib.</i>
.. à la Jardinière (Gardeners' manner) . . . . .	120
.. with Green Peas, Brown . . . . .	121
.. .. White . . . . .	122
Thickening, Brown . . . . .	8
.. White (White Roux) . . . . .	7
Thistle Heads (Cardons)	
.. à l'Espagnole (with Spanish Sauce) . . . . .	302
.. à l'Essence, with Marrow . . . . .	303
.. with Velouté Sauce . . . . .	304
.. White Sauce . . . . .	<i>ib.</i>
Timbales, small, for all sorts of Entrées, or for Darioles with cream of . . . . .	
.. every Flavour . . . . .	382
.. .. of Lobsters, with Velouté Sauce . . . . .	290
.. for Macaroni . . . . .	376
.. of Soft Roes of Mackerel, Lord Sefton's way . . . . .	286
.. Cold Pie, en . . . . .	372
.. Cold or Hot Pies, either of Fowl or Game, either Dressed, or in . . . . .	373
.. of Fillets of Soles à la Vénitienne (Venetian way) . . . . .	278
Tongue, Beef, with Sauce Haché . . . . .	76
.. Miroton of, with Sorrel Sauce . . . . .	77
.. with Spinach . . . . .	<i>ib.</i>
.. with Turnips . . . . .	76
.. Red Miroton of, with Mashed Turnips . . . . .	77
.. Sheep's with Cabbage Lettuces . . . . .	93
.. .. au Gratin . . . . .	94

	Page
Tongue, Sheep's, à la Maintenon	94
.. with Turnips	93
Toulouse Sauce	41
.. Pigeons à la	205
Tournée sauce	9
Tourte ( <i>See</i> Tart.)	
.. des Confitures, Peach, Plum, Apple, Apricot, or otherwise	379
.. à la Frangipane	378
.. Paste for	376
Tripe, Eggs, à la (Tripe manner)	298
Tronçons of Eels broiled à la Tartare (in pieces)	242
.. Larded and Glazed	244
.. à la Poulette (like a Fricassée of Chickens)	243
Trotters, Sheep's, en Canelons (Sheep's Trotters Stuffed)	297
.. Farce of	98
.. Fried	97
.. à la Poulette	96
Trout Baked	254
.. plain Boiled	<i>ib.</i>
.. Stewed in Court-bouillon	253
.. with Gênoise Sauce	<i>ib.</i>
.. Fillets of, à l'Aurore	<i>ib.</i>
Truffles, Observations on	330
.. Blanquette of Palates of Beef with	74
.. with Champagne Wine	331
.. Chickens à la Barbarie with	159
.. Scollops of Chickens with	162
.. Fowl, Scollops of, with	148
.. .. à la Conti	149
.. à l'Italienne (Italian way)	331
.. .. another way	42
.. Cutlets of Young Partridges in Epigram, with	188
.. Escallopes of Fillets of Pheasants with	196
.. Scollops of Fat Pullets with, same as à la Conti	216
.. .. Another method	163
.. Turkey, à la Périgueux with	179
Turban of Apples	334
.. Chickens	177
.. Fillets of Rabbits, à la Sultane (the Sultana's)	215
.. Rice	339
Turbot, Observations on	258
.. Broiled	262
.. with Caper Sauce	261
.. Fillets of, with Maréchale Sauce	258
.. .. à la Crème	259
.. Gratin of Fillets of, with Velouté Sauce	<i>ib.</i>
.. with Lobster Sauce	261
.. Petites Timballes of Fillets of, à la Vénitienne	260
.. Small, Broiled, with Caper Sauce	261
.. Vol au Vent d'Escalopes de Turbot, au bon Beurre (Scallops of Turbot with Butter Sauce)	260
Turkey with Celery Sauce	179
.. à la Périgueux with Truffles	179

	Page
Turkey Farm-yard, à la Montmorenci . . . . .	ib.
.. Boiled, with Oyster Sauce . . . . .	180
.. Giblets, Haricot of . . . . .	180
.. Pinions, Haricot of . . . . .	ib.
.. Stuffing for . . . . .	71
Turnips, Broth of . . . . .	51
.. Duck with . . . . .	207
.. Glazed (Pear fashion) . . . . .	328
.. Purée of White . . . . .	ib.
.. Purée of Brown . . . . .	ib.
.. with Sauce Blanche (White Sauce) . . . . .	ib.
.. Sheep's Tongues with . . . . .	93
.. Soup of . . . . .	62
.. Mashed, Tongue with . . . . .	77
Turque, à la (Turkish fashion.) . . . . .	
.. Fowl . . . . .	138
.. Santé of Fillets of Fat Pullets . . . . .	164
.. Fillets of Pike . . . . .	248
.. Soles . . . . .	282
Turtle, Mock (English fashion) . . . . .	69
.. Soup, a Receipt most carefully revised . . . . .	56
UDE, à la, (Ude's manner.) . . . . .	
.. Beef Miroton of Palate of . . . . .	75
.. Chestnuts, Croquettes of . . . . .	352
.. Chicken Boudins of (Ude's Chicken Puddings) . . . . .	176
.. Peaches, Jelly and Miroton of . . . . .	362
.. Rabbits Fillets of . . . . .	229
.. Sturgeon . . . . .	267
.. Whittings, Boudins of (Ude's Puddings of Whittings) . . . . .	273
VANILLA Cheese . . . . .	368
.. Cream (Crème à la Vanille) . . . . .	343
.. White, with marbled Cream and Chocolate . . . . .	348
Veal Gravy, or Blond of Veal . . . . .	4
.. à la Bourgeoise (Plain) . . . . .	113
.. Grenadins of, with Purée of White Celery . . . . .	112
.. Blanquettes of, with Cucumbers . . . . .	115
.. . . . . à la Paysanne (Peasant's way) . . . . .	116
.. Kidney of, with Omelet . . . . .	296
.. Cutlets, broiled à l'Italienne (the Italian way) . . . . .	105
.. . . . . à la Chalons . . . . .	108
.. . . . . Chingara . . . . .	107
.. . . . . Dauphine . . . . .	106
.. . . . . Dreux . . . . .	107
.. . . . . Financière . . . . .	108
.. . . . . Maintenon . . . . .	107
.. . . . . Mirepoix . . . . .	106
.. . . . . Vénitienne, dites aux Fines Herbes (Venetian fashion with minced Herbs) . . . . .	ib.
.. Fricandeau à ux différentes Purées (with different sorts of Purées) . . . . .	110
.. Neck of, à la Barbare . . . . .	109
.. . . . . Crème or Creamed . . . . .	100
.. . . . . Ste. Mermoult . . . . .	109
.. . . . . Mirepoix . . . . .	108

	Page
<b>Veal, Noix of, en Bédeau (Beadle's Noix of Veal)</b> . . . . .	118
.. Shoulder of, with Endive . . . . .	126
.. the Petit Noix of, with Sorrel . . . . .	125
.. Loin-of, roasted . . . . .	127
.. Loin of, roasted à la Crème, or Creamed . . . . .	128
.. .. à la Bechamel . . . . .	127
.. Quenelles of . . . . .	64
.. Scotch Scollops of . . . . .	116
.. .. Sauce for . . . . .	117
.. Sweetbreads à la Dauphine . . . . .	114
.. .. Dreux . . . . .	ib.
.. .. Financière . . . . .	ib.
.. .. Attelets of, à l'Italienne (Italian fashion) . . . . .	117
.. .. Rissole of . . . . .	119
.. Scollops of Sweetbreads, with Green Peas . . . . .	116
.. .. Small cases of . . . . .	118
.. Tendons of, with Cabbage-lettuce, à l'Espagnole (with Spanish Sauce) . . . . .	122
.. .. in Chipolata . . . . .	ib.
.. .. with the Purée of Chestnuts . . . . .	123
.. .. à la Jardinière (Gardeners' way) . . . . .	120
.. .. en Haricots Veirges . . . . .	122
.. .. with Green Peas, Brown . . . . .	121
.. .. White . . . . .	122
<b>Vegetables, Observations on</b> . . . . .	302
.. and Cardons, Blanc for . . . . .	313
<b>Vert d'Epinards (Green Extract of Spinach)</b> . . . . .	28
.. de Persil (Green of Parsley) . . . . .	29
<b>Verte, Hollandoise (Green Dutch Sauce)</b> . . . . .	32
<b>Velouté Sauce</b> . . . . .	10
.. or Béchamel, a new method . . . . .	ib.
.. Cardons with . . . . .	304
.. Chickens with . . . . .	168
.. Croquettes of Fowl with . . . . .	151
.. Croquettes of Palates of Beef au . . . . .	75
.. Gratin of Fillets of Chickens with . . . . .	174
.. Cauliflower with . . . . .	308
.. Endive with . . . . .	307
.. Timballes of Lobster with . . . . .	290
.. Salsifis with . . . . .	309
.. Gratin of Fillets of Turbot with . . . . .	252
<b>Veal, Haunch of</b> . . . . .	134
.. Neck of . . . . .	ib.
.. Saddle of-Fawn, or Chevreuil . . . . .	ib.
<b>Vénitienne, à la (Venetian fashion).</b> . . . . .	
.. Rabbits . . . . .	219
.. Petites Timballes of Fillets of Turbot . . . . .	260
.. Timballes of Fillets of Soles . . . . .	278
.. Veal Gutlets . . . . .	106
<b>Vermicelli, à la Reine</b> . . . . .	51
.. Soup . . . . .	51
<b>Villeroy, Chickens à la (Villeroy Chickens)</b> . . . . .	150
.. Fowls à la . . . . .	135
<b>Vol au Vent</b> . . . . .	386

	Page
<b>Vol au Vent d'Escalopes de Turbot, au Bon Beurre (Scollops of Turbot</b>	
with Butter Sauce)	260
for Sultan	381
of Fillets of Soles with Cream Sauce	278
<b>WAFERS, Elemish</b>	406
<b>Wasterfisch (Sauce for Perch)</b>	41
Perch à la	250
<b>Watersuchet, or Perch, Plain Boiled</b>	251
Soles with	276
<b>White Beans, Purée of (White Beans Mashed)</b>	21
à la Maître d'Hotel (Steward's way)	315
à la Lyonnaise	316
Purée of	ib.
<b>White Celery, Purée of, with Grenadins of Veal</b>	112
Currant Jelly	359
Fricassées	37
Gimblettes of Génoise	407
and Brown Mushroom Stew, or Purée of	21
Ravigotte Herb Sauce	14
Roux (White Thickening)	7
Sauce, or French Melted Butter	32
Sharp Sauce	12
Italian Sauce	11
Sauce, Green Peas in	38
Cardons with	304
Asparagus with, called en Batonets	318
with Celery	330
Vanilla and Chocolate	348
<b>Whitings (Broiled)</b>	272
(Fried)	275
with Gratin	ib.
Boudins of, à la Ude	273
Fillets of, à la Orlie	273
Broiled à la Maître d'Hotel (Steward's way)	274
Quenelles of	274
Paupiettes of Fillets of Whitings	274
<b>Wild Duck, Salmi of, or Hashed</b>	209
<b>Windsor Beans, à la Poulette</b>	317
another method	ib.
<b>Wings of Fowls, à la St. Laurent (St. Laurence's way)</b>	145
Dauphin	150
<b>Woodcocks, Salmi of</b>	199
à l'Espagnole (Spanish fashion)	200
Croustade of, Purée of	ib.
à la Lucullus	201
<b>YOUNG Partridges à la Barbarie</b>	183
à la Crapaudine	ib.
à la Dreux	ib.
à la Givry	184
à la Montmorency	182
Compote of, à blanc (Partridges Fried White)	184
Brown	185
Sauté of Fillets of, with Game Flavour	187

INDEX.

485

	Page
Young Partridges, Cutlets of, in Epigram, with Truffles . . .	188
.. Fillets of, à la Sefton . . . . .	<i>ib.</i>
.. Croquettes of . . . . .	189
.. Soufflée of . . . . .	<i>ib.</i>
.. à la Monglas . . . . .	191
.. in Surprise . . . . .	192
.. Quenelles of, with Fumet . . . . .	<i>ib.</i>

THE END.

---

London: W. CLOWES, Stamford Street.

*British and Foreign Library, Old Bond Street,  
April, 1829.*

**MESSRS. EBERS & CO.**

HAVE JUST PUBLISHED THE FOLLOWING WORKS.

I.

**THE ITALIAN CONFECTIONER;**

Or, COMPLETE ECONOMY OF DESSERTS. Containing the Elements of the Art, according to the most modern and approved practice. By G. A. JARRIN, Confectioner, New Bond Street. The Fourth Edition, corrected and enlarged.

"M. Jarrin, on the decoration of the Table, deserves to be perused by all those who wish to learn the ornamental Art, and by those influenced by the kindest sympathies of nature.

"M. Jarrin is, in fact, the very prince of Compotes, Caramel, and Comfits, unrivalled in his doctrine of Gum Pastes, and an invaluable Guide on Ices, Biscuits, Cakes, Creams, Drops, and Jellies; the abundance of his lore appears in his remarks on Sugar generally; on the especial point of Paste in its varieties; on Marmades and Ratafias, Syrups, Prawlings, Macaroons, and Wafers, Spirits and Preserves."—*Blackwood's Magazine, May, 1828.*

II.

**FAMILY COOKERY:**

A NEW SYSTEM of FAMILY COOKERY. By Mrs. NEELEY.

III.

**MR. EBERS'S SEVEN YEARS OF THE KING'S THEATRE.** With Portraits of eminent Female Performers. 8vo. Price 18s.

"With the information and experience derived from his management during the seven years 1821—1827, Mr. Ebers has come to the task of authorship as the chronicler of his own times in the King's Theatre; and this task he has executed, not merely with ability, but with so much spirit, so much liveliness, and so much judgment, as to produce a work which must rank among the most entertaining and interesting of the day—a work, not merely valuable for the curious information with which its pages are pregnant, but highly amusing, from the anecdotes and *morceaux piquants* of personal history with which it is embellished."—*Literary Gazette.*

IV.

**The CHRISTMAS BOX for 1829;** an Annual Present for Young Persons. Edited by T. CROFTON CROKER, Esq. Embellished with upwards of Eighty Wood Engravings, executed under the superintendence of Mr. BROOKS; and containing Original Contributions by the most eminent Female Writers of the day, and amongst others, Miss Edgeworth, Mrs. Hemans, Miss Mitford, Miss Jewsbury, Mrs. Hofland, Mrs. Markham, &c. 6s. elegantly done up, with gilt edges.

BOOKS LATELY PUBLISHED.

V.

In 2 vols. beautifully printed by Whittingham, with Characteristic Embellishments, 18s. boards,

**SAYINGS and DOINGS at KILLARNEY; or, the LEGENDS of the LAKES.** By T. CROFTON CROKER, Esq. M.R.I.A.

"These volumes are, indeed, quite novel and original in their genus: they are as admirable guides to all the natural beauties of Killarney, as if they were expressly written to be carried in the tourist's hands, to point out the picturesque scenery; but they are, at the same time, so entertaining as literary companions, that the reader may sit by his own fire-side, and reap almost as much amusement from them as if he were actually on the spot. Thus, for the closet or for the country, for the arm-chair or for the adventurer, our popular Author is equally calculated to be a favourite with his genuine 'Legends,' and characteristic 'Sayings and Doings.'"—*Literary Gazette*, Dec. 20, 1828.

VI.

**COMMENTS on CORPULENCY, LINEAMENTS of LEANNESS, MÉMS. on DIET, and DIETETICS.** By W. WADD, Esq. F.L.S., Surgeon Extraordinary to the King.

"We must now conclude, heartily recommending this pleasant book as a *bonne bouche* to the profession; as a dispeller of 'blue devils' to readers in general; and as a cheering companion for the lusty and sedentary for the hilarious fire-side of approaching Christmas."—*Literary Gazette*, Dec. 13, 1828.

VII.

**The SORROWS of ROSALIE.** A Tale. One vol. foolscap 8vo. Third Edition. Price 7s. 6d.

"The Poem under this title is, we understand, the production of the Hon. Mrs. George Norton, wife of the member for Gullford, and daughter of the late Mr. Thomas Sheridan. If genius were hereditary, as experience has shown it is not, we should be inclined to say, that this poem proves its authoress to be the worthy child of her accomplished father; but without inquiring into the source from whence it is derived, it is clear that the work before us is an extraordinary effort for so young a person."—*Times*, Dec. 26, 1828.

VIII.

**The FAIRY MYTHOLOGY; illustrative of the Romance and Superstition of various Countries.** By THOMAS KEIGHTLEY, Esq. Second Edition. In 2 vols.

"The Fairy Mythology is meant to be a popular rather than a profound work, and to this end has been written in such a pleasing style and manner as will, we are convinced, render it a great favourite with all true lovers of Poetry and Romance; to say nothing of the antiquarian, who will find in it a light to direct him as he wanders through the labyrinth of Eld!"



## LIBRARY.

### TERMS OF SUBSCRIPTION

TO

#### Messrs. EBERS & CO.'s BRITISH AND FOREIGN LIBRARY.

SUBSCRIBERS paying 10*l.* 10*s.* the Year—6*l.* 6*s.* the Half Year—or 3*l.* 12*s.* 6*d.* the Quarter, are allowed 15 Volumes in Town, and 30 in the Country; *the immediate perusal of all New Works*; to have purchased for them any Publication of General Interest, not previously added to the Library; and are entitled to the use of the ILLUSTRATIVE LIBRARY, containing a Splendid Collection of Picturesque and Architectural Views, Maps, &c. as described in a separate Catalogue.

Subscribers paying 5*l.* 5*s.* the Year—3*l.* 3*s.* the Half Year—or 1*l.* 16*s.* the Quarter, are allowed 12 Volumes in Town, and 24 in the Country; and are entitled to any two of the New Works in the Library.

Subscribers paying 4*l.* 4*s.* the Year—2*l.* 12*s.* 6*d.* the Half Year—or 1*l.* 11*s.* 6*d.* the Quarter, are entitled to 8 Volumes in Town, and 16 in the Country, including two New Publications in the octavo and duodecimo sizes.

*Each Quarto Volume to be reckoned as Two.*

Books sent to Subscribers to all parts of the United Kingdom or the Continent, and in any quantity, by paying a proportionate Subscription.

Subscribers have the liberty of choosing any Books from the Library, as described in the Catalogues, but (except of the first Class) are not allowed to retain in their possession more than two of the Newest Works at one Time.

---

### CONDITIONS AND REGULATIONS,

*To which all Subscribers are bound to accede.*

1. *The Subscription, &c. to be paid at the time of Subscribing, and at the commencement of every subsequent Term, and a Deposit made, if required.*

2. *The Expense of the Box or Bag, and Catalogues, Carriage to and from the Library, Packing, Postage, &c., to be defrayed by the Subscriber.*

3. *If a Subscriber (through any cause whatever) should detain a Book or Books beyond the Time subscribed for, the Subscription will continue open, and must be paid till such Books are returned.*

4. *If a Subscriber lends a Book to a Non-Subscriber, he forfeits his Subscription; neither is it allowable to transfer Books to other Subscribers.*

5. *If a Book be written in, torn, or damaged, whilst in the possession of a Subscriber, that Book, or the Set (if part of one), to be paid for.*

[The very great injury caused by Persons writing their remarks, and otherwise wilfully damaging even the most valuable Works, has determined the Proprietor to enforce this Rule.]

6. *New Books are not allowed to be kept longer than One Week by Subscribers in Town, or a fortnight if in the Country; and Books from the Catalogue are expected to be exchanged once a Fortnight if in London, or once a Month in the Country; but it is most earnestly requested that they may, in all cases, be returned as soon as read, for the general accommodation. Subscribers, however, are not allowed to exchange Books twice on the same Day.*

To prevent disappointment, Subscribers are particularly requested to send a List of 10 or 20 Nos. from the Catalogue; and when residing in the Country, to write by Post, on sending off their Boxes, specifying the Books they wish in return. They are also particularly requested to direct, that great care may be taken in packing their Boxes, as well as in conveying Books to and from the Library when in Town; for which purpose proper BAGS have been provided, which may be had on application at the Library.

The Library opens at Nine, and closes at Seven precisely.





102

