

THE
HOUSEWIFE'S GUIDE:
OR,
A Complete System
OF
MODERN COOKERY

PARTICULARLY ADAPTED TO THE

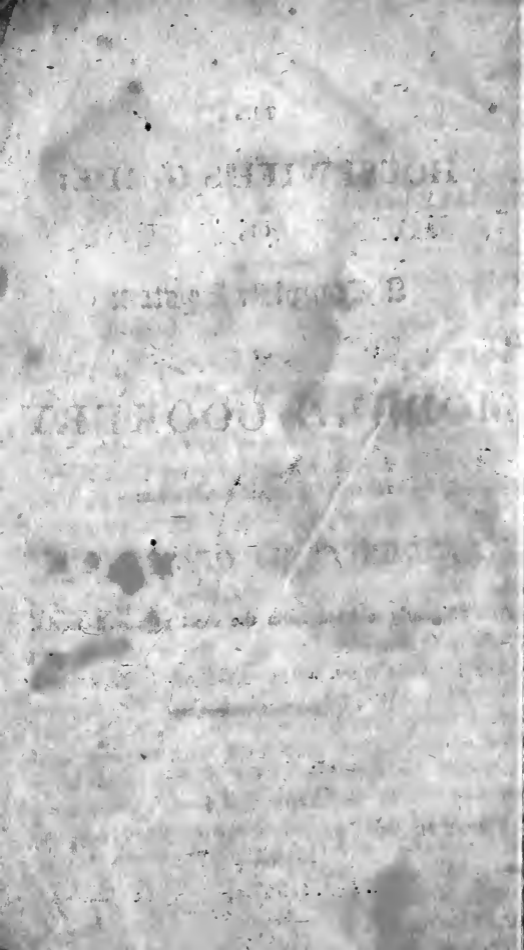
MIDDLE CLASS OF SOCIETY,

And diligently selected from the most approved works.

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MODERN COOKERY.

Observations on Cooking Utensils.

THE various utensils used for the preparation and keeping of food are made either of metal, glass, pottery ware, or wood; each of which is better suited to some particular purposes than the others. Metallic utensils are quite unfit for many uses, and the knowledge of this is necessary to the preservation of health in general, and sometimes to the prevention of immediate dangerous consequences.

The metals commonly used in the construction of these vessels are silver, copper, brass, tin, iron, and lead. Silver is preferable to all the others, because it cannot be dissolved by any of the substances used in food. Brimstone unites with silver, and forms a thin brittle crust over it, that gives it the appearance of being tarnished, which may be accidentally taken with food; but this is not particularly unwholesome, nor is it liable to be taken often nor in large quantities. The discolouring of silver spoons used with eggs, arises from the brimstone contained in the egg. — Nitre or saltpeare has also a slight effect upon silver; but nitre and silver seldom remain long enough together in domestic uses to require any particular caution.

Copper and brass are both liable to be dissolve

by vinegar, acid fruits, and pearl-ash. Such solutions are highly poisonous, and great caution should be used to prevent accidents of the kind. Vessels made of these metals are generally tinned, that is, lined with a thin coating of a mixed metal, containing both tin and lead. Neither acids, nor any thing containing pearl-ash, should ever be suffered to remain above an hour in vessels of this kind, as the tinning is dissolvable by acids, and the coating is seldom perfect over the surface of the copper or brass.

The utensils made of what is called block tin, are constructed of iron plates coated with tin. This is equally liable to be dissolved as the tinning of copper or brass vessels; but iron is not an unwholesome substance, if even a portion of it should be dissolved and mixed with food. Iron is therefore one of the safest metals for the construction of culinary utensils; and the objection to its more extensive use only rests upon its liability to rust, so that it requires more cleaning, and soon decays. Some articles of food, such as quinces, orange-peel, artichokes &c. &c. are blackened by remaining in iron vessels which therefore must not be used for them.

Leaden vessels are very unwholesome, and should never be used for milk or cream, if it be ever likely to stand till it become sour. They are unsafe also for the purpose of keeping salted meats.

The best kind of pottery ware is oriental china because the glazing is a perfect glass, which cannot be dissolved, and the whole substance is so compact that no liquid can penetrate it. Many of the English pottery wares are badly glazed, and as the glazing is made principally of lead, it is necessary to avoid putting vinegar and other acids into them.

Acids and greasy substances penetrate into unglazed wares, excepting the strong stone ware, or into those of which the glazing is cracked, and hence give a bad flavour to any thing they are used for afterwards. They are quite unfit therefore for keeping pickles or salted meats. Glass vessels are infinitely preferable to any pottery ware but oriental china, and should be used whenever the occasion admits of it.

Wooden vessels are very proper for keeping many articles of food, and should always be preferred to those lined with lead. If any substance has ever fermented or become putrid in a wooden cask or tub, it is sure to taint the vessel so as to make it liable to produce a similar effect upon any thing that may be put into it in future. It is useful to char the insides of these wooden vessels before they are used, by burning wood shavings in them, so as to coat the insides with a crust of charcoal.

As whatever contaminates food in any way must be sure, from the repetition of its baneful effects, to injure the health, a due precaution with respect to culinary vessels is necessary for its more certain preservation.

Silver, oriental china, and glass, cannot certainly be applied to more useful purposes, wherever they can be obtained, than those appertaining to culinary service. But as "the world is still deceived by ornament," it is to be feared that it will not be renounced for objects of utility.

General remarks on the state in which various substances used as food are best adapted to the purposes of healthful sustenance.

The properties of animal food in general seem not

to restrict the use of it to any particular season ; and the successive seasons of different kinds of it throughout the year, appear to admit the use of it at all times. The only period when perhaps it may be thought less seasonable than any other, should seem to be in hot weather, as the animals which constitute our butcher's meat are not then in so good a state for food, as they are at other times of the year, and when animal substances of all kinds are very liable to taint. The profuse supply of vegetables too at this season, seems to lessen the occasion for animal food. At all times attention should be paid to the using each kind of animal in its proper season, and under circumstances that may in all respects make it wholesome food. The killing animals by the easiest means, and the not previously ill using them by over driving, or in any other way, materially affects their fitness as food, to say nothing of the inhumanity of barbarous slaughter, and ill usage, which should always be considered.

Hunted animals are improper food, from the heated state in which they die.

The *haut gout*, or in English, taint, is the beginning of putrefaction ; therefore all animal substances in this state are very improper for food, particularly for persons with any tendency to putrid disorders, and for all persons at a time when putrid fevers prevail, as they dispose the blood and juices to receive putrid infection.

As far as regards the general properties of milk, it is in season at all times, and by judicious management might be always supplied in sufficient quantities to be (as would be very desirable) a plentiful source of human sustenance. It is of the best quality

for five or six months after a cow has calved. When she becomes with calf again, her milk will of course fall off again both in quantity and quality. But the impatient greediness of cow-keepers would have calves and milk at the same time, and therefore seldom allows in their dairies a fair interval for the keeping up a successive supply of the best milk.— To keep cows in the healthiest condition, and their milk consequently in the purest state, they should not be confined in houses, nor in yards, but should be at large in fields or in other open places. They should be well fed with wholesome provender, and have access to good water. And they should be kept clean, by occasionally rubbing down, and washing about the feet, legs, and bag, as may be required.

ON DIET.

Food is not more necessary than the abuse of it is injurious to mankind. But accustomed to it by necessity from the first moments of our existence, it is so familiar to us, that we use it without any reflection on the nature of it, or the excessive influence it is capable of, nay certain of having upon us, from its constant use, both physically and morally. So insensible are we indeed upon this subject, that food is principally thought of as a sensual indulgence, however unperceived or unacknowledged this sentiment operates upon us.

That we require food, as vegetables require water, to support our existence, is the primary consideration upon which we should take it. But in our general practice of eating, it cannot be said “we

eat to live," but are living passages or channels, through which we are constantly propelling both solids and fluids for the sake of pleasing our palates, at the severe cost often of our whole system.

The weather has very little serious effect upon a person in health, unless exposed to it in some unusual manner that suddenly checks the customary evacuations, especially perspiration.

Infection, formidable as it sounds, is almost divested of its power over those whose temperance in diet keeps their blood and juices pure; just as the spark which fires tinder dies away without effect upon a moist substance. The closest attendance upon an infected person has been found perfectly consistent with personal safety under such circumstances.

Bad air, want of cleanliness, want of exercise, excessive bodily fatigue, mental uneasiness, and, amongst females, absurdities in dress, are all unfavourable to health, but have not so immediate an influence upon it as our food.

We derive the renewal of our blood and juices, which are constantly exhausting, from the substances we take as food. As our food, therefore, is proper or improper, too much or too little, so will our blood and juices be good or bad, overcharged or deficient, and our state of health accordingly good or diseased.

By aliment, or food, is to be understood whatever we eat or drink, including seasonings; such as salt, sugar, spices, vinegar, &c. Every thing, in short, which we receive into our stomachs. Our food, therefore, consists not only of such particles as are proper for the nourishment and support of the human body, but likewise contains certain active prin-

principles, viz. salts, oils, and spirits, which have the properties of stimulating the solids, quickening the circulation, and making the fluids thinner: thus rendering them more suited to undergo the necessary secretions of the body.

The art of preserving health, and obtaining long life, therefore consists in the use of a moderate quantity of such diet as shall neither increase the salts and oils so as to produce disease, nor diminish them so as to suffer the solids to become relaxed.

The eating too little is hurtful, as well as the eating too much. Neither excess nor hunger, nor any thing else that passes the bounds of nature, can be good for man.

Temperance and moderation in eating and drinking are nature's great preservatives. *The throat has destroyed more than the sword.* Some people are apt to think the more plentifully they eat and drink the better they thrive, and the stronger they grow. But this is not the case. A little, well digested, will render the body more vigorous than when it is glutted with superfluity, most of which is turned to excrementitious not alimentary fluid, and must be soon evacuated, or sickness will follow.

By loading the stomach, digestion is impeded; for the natural juice of the stomach, which is the great medium of digestion, has not then room to exert itself. The stomach therefore nauseates its contents, and is troubled with eructations, the spirits are oppressed, obstructions ensue, and disease is the consequence. Besides, that when thus overfilled, the stomach presses on the diaphragm, prevents the proper play of the lungs, and occasions uneasiness in our breathing. Hence also various ill symptoms

and depraved effects throughout the body, enervating the strength, decaying the senses, hastening old age, and shortening life. Though these bad effects are not immediately perceived, yet they are the certain attendants of intemperance; for it has been generally observed in great eaters, that, though from custom, a state of youth, and a strong constitution, they have no present inconvenience, but have digested their food; suffered surfeit, and borne their immoderate diet well; if they have not been unexpectedly cut off, they have found the symptoms of old age come on early in life, attended with pains and innumerable disorders.

If we value our health, we must ever make it a rule not to eat to satisfy our fulness, but desist while the stomach feels quite easy. Thus we shall be refreshed, light, and cheerful; not dull, heavy or indisposed. Should we ever be tempted to eat too much at one time, we should eat the less at another. Thus if our dinner has been larger than usual, let our supper be less, or rather quite omitted: for there is no man, however careful of his health, who does not occasionally transgress in this way.

The diseases of human bodies often require substances of more active principles than what are found in common aliment, viz. medicines in order to produce sudden alterations. But where such alterations are not immediately necessary, the same effect may be produced by means of regulating the diet, with much greater safety to the body. Abstinence is in short one of the best remedies to which we can resort; and if resorted to in time will entirely cure many disorders, and check the violence of such as cannot be entirely carried off by it.

In all cases where there is an inflammation, and in stomach complaints, it is particularly necessary, and may be safely continued until the symptoms of disease disappear. Where the digestion is habitually weak, a day of abstinence once a week will always be serviceable.

The quality of our food is a subject of greater difficulty than the quantity; moderation is an invariably safe guide in the latter instance; but though always favourable to prevent ill effects from any error in quality, it will not always be effectual.

A prevailing error in the diet of this country is a too great use of animal food. The disease called the sea-scurvy often occurs in every great city in England from this cause; and it is probable that the frequency and fatality of putrid and scarlet fevers may be justly attributed to it also.

No part of our aliment is more important than our beverage. It is essential to moisten and convey our more solid food into the stomach, and from thence to the respective parts of the body. To allay thirst, to dilute the blood, that it may circulate through the minutest vessels, and to dissolve and carry off by the watery secretions the superfluous salts we take in our food. To answer these purposes no liquid is so effectual as pure water, with the exception of some few cases. No other liquid circulates so well, or mixes so immediately with our fluids. All other liquids are impregnated with particles which act strongly upon the solids or fluids, or both; but water being simple, operates only by diluting, moistening, and cooling, which are the great uses of drink pointed out to us by nature.— Hence it is evident that water is in general the best

and most wholesome drink ; but some constitutions require something to warm and stimulate the stomach, and then fermented liquors taken in moderation are proper ; such as beer, ale, cider, wine, &c. the choice and quantity of which depend on the age, constitution, and manner of living of the drinker ; and to have them pure is above all things essential ; as otherwise, instead of being of any benefit, they will be highly detrimental

Drams, or distilled spirituous liquors, the use of which is unhappily very prevalent, are of the most poisonous qualities ; and from their direful effects are the destruction of thousands. From the degree of heat they have undergone in distillation, they acquire a burning and corrosive quality, which makes them as certain to kill as laudanum or arsenic, though not so soon. They contract the fibres and vessels of the body, especially where they are tenderest, as in the brain, and thus destroy the intellectual faculties. They injure the coat of the stomach, and thus expose the nerves, and weaken the fibres, till the whole becomes at last soft, flabby, and relaxed. From hence ensues loss of appetite, indigestion, and diseases that generally terminate in premature death. Spirituous liquors in any way, whether alone, mixed with water, in shrub, noyau, or other liquors, are all slow poisons.

The last thing to be observed concerning liquors is, that the idea of their assisting digestion is a very erroneous one, as wine and all other strong liquors, are as hard to digest as strong food. This is not only evident with respect to persons of weak stomachs and digestion, but also from strong healthy people, who only drink either water or small beer at their

meals, and are able to eat and digest almost double the quantity of what they could if they drank strong liquors.

Observations on Vegetables, and on the manner of dressing them.

Vegetables are, generally speaking, a wholesome diet, but become very prejudicial if not properly dressed.

Cauliflowers, and vegetables of the same species, are often boiled only crisp to preserve their beauty. For the look alone, they had better not be boiled at all, and almost as well for the use, as they are scarcely digestible for the strongest stomach in this crude kind of state. On the other hand, when overboiled, they become vapid, and in a state similar to decay, in which they afford no sweet purifying juices to the body, but load it with a mass of mere feculent matter. A contrary error often prevails respecting potatoes, as it seems an idea that they cannot be done too much. Hence they are popped into the saucepan or steamer, just when it suits the cook, and left doing, not for the time they require, but till it suits her to take them up. By which time perhaps all the nutritious qualities are cooked away, and they taste of nothing but water. Let them be neither under nor over done, and they will not fail to please both a correct eye and taste, as well as to constitute a wholesome species of diet.

A most pernicious practice in the dressing of vegetables, is often adopted by cooks, of putting copper in with them, in the form of halfpence. They probably never reflect on those being copper, but

only use them, as endowed they know not how with the quality of giving a green colour. This is a lazy way of sparing their own pains; for if put into boiling water with some salt in it, and boiled up directly, they will be as beautifully green as the most fastidious person can require.

A little pearl-ash might be safely used on such an occasion, and with equal effect; and in the instance of all the cabbage species, with some further advantage from its alkaline properties, being a corrector of acidity.

Vegetables should be always as freshly gathered as possible.

Where they cannot be obtained fresh, it will revive them greatly to let them lie a good while in cold spring water.

They should neither be so young as not to have acquired their good qualities, nor so old as to be losing them.

Great nicety should always be observed in trimming away all the offal parts, and in washing them well from insects and dirt.

Some salt put into the water they lie in to cleanse, will assist very much in clearing them from insects.

All the utensils used in the dressing of vegetables should be extremely clean and nice; and if any copper vessel is ever used for the purpose, the greatest attention must be paid to its being well tinned.

The scum which arises from vegetables as they boil should be carefully taken off, as cleanliness is essential both to their looking and eating well.

The lid of the saucepan should always be taken

off when they boil, to give access to the air, even if it is not otherwise thought necessary.

To boil Turnips.

Young turnips should be boiled without paring, as the rind will boil soft, and it retains the natural juices; but full grown turnips must be pared till the stringy outside is quite cut away, as that will not boil tender. If the turnips are large, slice them in two the broad way; if small, boil them whole.— Put them into boiling water, and when they are tender enough to admit a fork through them freely, take them up, drain them, and send them to table.

To mash Turnips.

Pare and boil the turnips as above. When they are quite tender, drain the water from them, and bruise them in an earthen pan with a spoon till they are well mashed. Add a little salt, and milk or cream enough to moisten them moderately. Set them over the fire in a saucepan till they are thoroughly hot, but not so as to let them burn.

Observations.

Turnips are sometimes mashed with butter instead of milk, but the latter is the most wholesome as well as delicate.

They will boil very well with beef, mutton, or lamb, but are best boiled by themselves.

To boil Carrots.

Carrots should be well washed and brushed, and if there are any specks in them, as there will be sometimes in the winter, they should be cut out. They should not be boiled in much water, and are generally put in when it boils. Large carrots will require full two hours boiling, smaller ones in proportion.— When taken up, wipe the peels off with a clean

coarse cloth, and send them to table either cut into slices or whole, at pleasure.

Observations.

It is very usual to scrape large carrots before they are boiled : but though this may save some trouble, as sooner done than wiping the peels off afterwards, when they get to this size, they neither look nor eat so well as the other way. They have a shabby ragged appearance, and are drier and less pleasant.

To boil Parsnips.

Parsnips must be clean washed, and boiled in the same manner as carrots, but they will not require boiling so long. An hour and a quarter will boil a large parsnip well. Wipe off the peels, and serve them up either whole, or cut into slices, according to the occasion on which they are used.

To mash Parsnips.

Boil them as above, and when they are soft enough to admit a fork through them, take them up and scrape off the outside quite clean. Then scrape them very fine into a saucepan, with new milk or cream enough to make them of a good thickness, and stir them over the fire, being very careful not to let them burn. Mix in a piece of butter and some salt, and serve them up.

To boil Spinage.

Pick every leaf of the spinage separately off the stalks, wash it well in two or three waters, and drain it in a colander. It does not require much water to dress it in, but should be put in when the water boils, with a small handful of salt, pressed down in the saucepan with a spoon. Let it boil quick till quite tender, then pour it into a colander, and afterwards press it dry between two wooden trenchers.

Lay it neatly into a dish, cut it through with a knife length-wise down the middle, and again cross-wise in different places, so as to divide it into proper sized pieces to help out at table.

To boil Cabbage.

Cut off all the outward offal leaves of the cabbage, and lay it in water. If small, cut it in two, if large, into four parts; put it into plenty of boiling water, with some salt in it, and sprinkle a little more salt on the cabbage. Make the saucepan boil up as quickly as possible, and when the cabbage is about half done take it up, put it directly into another saucepan of boiling water, and keep it boiling very fast till the stalk is quite tender. Drain it in a colander, and send it to table.

Observations.

As the strong flavour of cabbage requires being well refined by cookery, it will be found a very superior way of dressing it, to boil it in two waters, rather than continue it in the water, rank as it becomes, into which it is first put. It will be an advantage also in the dressing of cauliflowers, and every thing of the cabbage species.

To boil Brocoli.

Cut off the stalk from brocoli so as to leave a nice head, and such part of the stalk only as will boil tender. Trim it of the leaves, but not of the small branches, as they make the head look fuller and better. When well washed, put the brocoli into boiling water with some salt in it, and boil it up very quick. As soon as the stalk is quite tender it is done enough. Take it up with a tin slice, to avoid breaking the heads.

To boil Asparagus.

Cut off as much of the white end as will leave the asparagus about six inches long. Scrape the remaining white part very clean, and throw them as they are done into a pan of fresh water. After soaking some time, tie them up in small even bundles, put them into boiling water and boil them up quick. When the heads are tender, which may be tried with a small fork, take up the asparagus directly; as, if overboiled, the heads will break off. Have a toast ready to dip into the water; then lay it into the dish, and the asparagus upon it, with the white ends outward. Pour some melted butter over the heads, and send it to table.

To boil Cauliflowers.

Cut off the stalk close at the bottom of the head, and let the cauliflower soak at least an hour in fresh water to cleanse. Put it into boiling water, or milk and water if convenient, boil it up quick, and skim the saucepan well. When the stalk is quite tender, which may be proved with a fork, take it up and drain it carefully to prevent its breaking. Serve it up in a dish by itself.

To boil green Pease.

Pease should not be boiled in more water than just enough to cover them well. Put them in when the water boils, with a few sprigs of mint tied together; boil them up immediately, and keep them boiling very fast. They require being thoroughly done. Drain them and serve them up either with a piece of butter stirred in among them, or with melted butter in a tureen. Garnish them with the sprigs of mint laid round the dish, as many persons like to eat them with the peas.

To boil Beans.

It is best not to shell beans till just before they are wanted for dressing. They require boiling in a good deal of water, and must be put in when it boils; with some salt and a bunch of parsley. Boil them up directly, and keep them boiling very quick.— They must be done extremely well. To taste one is the surest way of knowing when they are done enough. Drain them off; garnish the dish with the parsley chopped, and serve them up with a tureen of melted butter.

To boil Artichokes.

Twist off the head of the artichokes close to the bottom, lay them into water directly, and let them soak till they are quite clean. Put them into a saucepan of cold water. Moderate sized artichokes will require doing for an hour after the water boils. But a certain way of knowing when they are done enough is to draw out a leaf. If it comes out easily they are sufficiently boiled. Serve them up with as many small cups of melted butter as there are artichokes.

To boil Red Beet-Root.

Let the beet-root be well washed, and boiled in a moderate quantity of water, putting it into the water when cold. It requires long boiling; a large root will take an hour and a half after the water boils. Serve it up hot with melted butter to eat with it, or cold, and eat it with vinegar, or slice it into sallads.

To boil Mangel Wurzel, or German Beet.

The root of this plant has lost all estimation in this country, except for fattening cattle, but is much used in France. The leaves are used in the summer

and autumn to boil as greens, or as spinage. The stalks of the leaves are also drest in the manner of asparagus, as those of the white beet above.

To boil Turnip tops.

Turnip tops are the shoots which come out in the spring from the old turnip roots. Drest like sprouts, they make a very nice sweet greens, and are esteemed great purifiers of the blood and juices.

To boil Sea Cole.

This must be boiled very nice and tender, and served upon toast like asparagus, with melted butter over it.

To stew Cucumbers.

Pare and divide a cucumber in two the long way, and once across. Put it into a stewpan with some sliced onion, a little pepper, some salt, and a piece of butter. Stew it very gently till sufficiently done; then take it out, thicken the liquor with a little flour, and pour it upon the cucumber. If the liquor should have stewed away very much, add a few spoonfuls of cream instead of the flour. As all cucumbers are not equally juicy, this may happen without any fault in the cook.

Stewed Spinage with Cream.

Boil the spinage till nearly done enough, then squeeze all the water from it, and put it into a stewpan, with a piece of butter and some salt. Stir it over the fire till the butter is well mixed in with it, then add as much cream as will make it of a moderate thickness, shake it for a minute or two over the fire, and then serve it up with sip-pets of fried or toasted bread.

Stewed Spinage with Sorrel.

Take spinage and sorrel, in the proportion of

three-fourths of spinage to one of sorrel. Pick and wash these very nicely, cut them a little, and put them into a stewpan, with two or three spoonfuls of water. Keep stirring these over the fire till they begin to soften and become liquid. Then leave it to stew at a distance over the fire for an hour or more, stirring it every now and then. Thicken it with a little flour. When it is quite done, add some pepper and salt, and serve it up.

Observation.

This is an excellent sauce to all kinds of meat, or to eat with potatoes. Almost any kind of cold vegetables add well to this stew. They should be put in just long enough to heat, and mixed in properly with the spinage before it is served up.

To stew Sorrel.

Prepare and stew sorrel alone, in the same manner as the spinage and sorrel above. Add the same thickening and seasoning.

To stew red Cabbage.

Trim off all the coarse outside leaves of the cabbage, then cut it small and wash it well. Add one or two onions, according to the size of them, sliced thin, some pepper and salt, and stew them altogether over a slow fire, with some gravy, till the cabbage is very tender. A few minutes before serving it up, thicken it with a piece of butter rolled in flour, and add some good vinegar to the taste.

French Beans with Cream.

Prepare young beans as for boiling, and boil them in plenty of water with salt in it, till rather more than half done, then drain them dry. Beat up the yolks of three eggs with a quarter of a pint of cream, put them with two ounces of fresh but-

ter into a stewpan, and set it over a slow fire. When hot, put in the beans, with a spoonful of vinegar, and simmer them till quite tender, stirring the mixture to keep it from curdling or burning.

To stew Endive.

First trim off all the green part of the endive, then wash and cut it into pieces, and scald it till about half done. Drain it well, chop it a little, put it into a stewpan with a little strong gravy, and stew it gently till quite tender. Season it with some pepper and salt, and serve it up as sauce to any kind of roasted meat, or it eats well with potatoes.

To stew Celery brown.

Strip off all the outward leaves, and cut off the heads of the celery so low as to leave only the best part remaining. Wash these well; if the celery is very large, it may be parted in two down the middle; if small, it will be better whole. Put it into a stewpan with gravy enough to cover it, and stew it gently till quite tender, by which time the gravy will be nearly stewed away. Add a little more gravy, a piece of butter rolled in flour, some pepper and salt, simmer it again for ten minutes, and then serve it up.

To stew Carrots with Cream.

Half boil some carrots, wipe off the skins very clean, part them down the middle, and once across, or slice them and put them into a stewpan with a few spoonfuls of weak broth, as much cream, some pepper and salt. Stew them gently till very tender, but not to break them. Add a small piece of butter rolled in flour, about ten minutes before served up.

Stewed Parsnips with Gravy.

Boil the parsnips in milk and water, or milk alone, till something more than half done. Slice or divide them into two down the middle, or across, stew them gently with some good gravy, seasoned with pepper or salt, till quite done, adding, five minutes before they are taken up, a piece of butter rolled in flour.

Potatoes in Cream or Gravy.

Half boil some potatoes, drain them, peel them nicely, and cut them into neat slices. Put them into a stewpan with some cream, fresh butter, and salt, of each a proportion to the quantity of potatoes; or some good gravy, with pepper and salt.—Stew them very gently till well done, but be careful not to let them break.

To stew Onions.

Peel some large onions, flour them moderately, and give them a gentle frying of a light brown colour. Put them into a stewpan with some good broth, Cayenne pepper and salt. Stew them over a very slow fire till thoroughly done. They will require about two hours. Serve them up with sippets of toasted or fried bread. They will eat with macaroni, or with potatoes either boiled or roasted.

In the spring, when all kinds of fresh vegetables are particularly grateful and wholesome, as cleansing the body from obstructions that may have been occasioned by a long winter; there are many little early shoots of herbs, &c. we are apt to neglect, both in the gardens and in the fields, which, well boiled in plenty of good river or spring water, are both very salutary and pleasant. Of these there are, Corn Salad, the young buds growing on the stalks

of cabbage or colewort plants, Parsley, Mint-tops, Penny-royal, Borage, Succory, Nettle-tops, Tops of the wild hop, Red dock, Dandelion, Comfrey, &c.

Carrots and parsnips should have the tops cut off close, be cleaned from the rough earth, and kept in a dry place. Lay a bed of dry sand upon the floor about two or three inches thick, put the roots upon it close together, with the top of one to the bottom of the next, and so on. Cover the first layer with sand two inches thick, and then lay another layer of roots, and go on thus till the whole store is laid up. Lay some dry straw pretty thick over the whole.

ON SALADS.

Salads are proper to be eaten at all times and seasons of the year, and are particularly to be recommended from the beginning of February to the middle or end of June. They are in greater perfection, and consequently more powerful, during this period than at any other season, in cleansing, opening obstructions, and sweetening and purifying the blood. For the frequent eating of herbs prevents that pernicious and almost general disease, the scurvy, and all windy humours which offend the stomach.

Then again from the middle of September till December, and indeed all the winter, if the weather be mild and open, all green herbs are welcome to the stomach, and very wholesome. For though herbs have not so much vigour, nor are so opening and cleansing in the winter as in the spring, yet all such herbs as do grow, and continue fresh and green, do also retain their true natural virtues and qualities,

and being eaten as sallads, and seasoned as they ought, have in a degree the same operations as at other seasons of the year.

Onions both young and full grown, shalots, garlic, and chives, are all used as seasonings to salads; and red beet-root, boiled and cold, is often sliced into them.

Our usual sa'lads are indeed pretty much limited to what is specifically called small salading, lettuce, celery, and endive. These are all excellent in their kind; but to prefer them to the exclusion of every thing else, is a prejudice.

Salads of all kinds should be very fresh, or, if not to be procured thus, should be well refreshed in cold spring water.

They should be very carefully washed and picked, and drained quite dry in a clean cloth.

In dressing small herbs or lettuces, it is best to arrange them, properly picked and cut, in the salad dish, then to mix the sauce in something else, and pour it to the salad down the side of the dish, so as to let it run to the bottom, and not to stir it up till used at table. This preserves the crispness of the salad.

With celery and endive the sauce should be poured upon them, and the whole well stirred together to mix it equally.

Lettuce, endive and celery may be eaten with salt only, and if well chewed, which all salads should be, often agree better than when mixed with seasonings.

EXCELLENT WHOLESOME SALADS,
THE USE OF WHICH WILL BE VERY CONDUCTIVE TO
KEEPING THE BODY IN HEALTH.

Salad 1.

Take spinage, parsley, sorrel, lettuce, and a few onions, then add oil, vinegar, and salt, a good quantity of each to make it of a high taste and relish, but let the salt rather predominate above the other ingredients.

Salad 2.

Take lettuce, spinage-sops, pennyroyal, sorrel, a few onions, and some parsley, and season them as above with oil, vinegar and salt.

Salad 3.

Take lettuce, sorrel, spinage, tops of mint and onions, seasoned as above.

Salad for the Winter.

Take young tender colewort plants, sorrel, lettuce, endive, celery, parsley, full-grown onions, which are better to cut and eat with salads in the winter than young ones, and season them well with salt, oil and vinegar.

Another Salad for the Winter.

Take lettuce, spinage, endive, celery, and cut half a clove of garlic amongst it. Season it well with oil, vinegar and salt.

Observation.—This sallad is very warm and wholesome. All these aromatic warm silds are particularly proper for phlegmatic and weakly persons, as they have the properties of warming the stomach, and diffusing warm juices through the blood.

To supply the want of Oil in Salads.

Melt good butter thick, and pour it upon the

salad, in the same proportion as oil. Or use some sweet thick cream in the same manner and proportion. The latter is most to be recommended of the two.

ON VEGETABLES IN GENERAL.

This head comprises the vegetables which are principally used in cookery, the manner of preparing them for table, and of preserving such of them as can be kept for the winter.

Of Peas, both green and dried.

Green peas are in season for three months, viz. June, July, and August. To judge of their quality it is necessary to taste them. If they taste sugary and are tender, they may be depended on as fresh gathered and newly shelled.

Green peas are used with all kinds of meats, make excellent ragouts, and are served, both rich and meagre, as entremets.

To make Pease Porridge.

The peas, when boiled, must be pulped through a colander, and then heated in a saucepan with some butter, chopped parsley, and chives, and seasoned with pepper and salt.

Dried pease with streaked Bacon.

Lay the bacon in water for a while, to take out some of the salt, then boil it with the peas and some water. Add to them two carrots or parsnips, as many onions, and a bunch of sweet herbs. When the peas are done enough, pulp them through a colander or sieve, and serve them up over the bacon.

To stew French Beans.

Choose very young tender French Beans, break off the tops and ends, wash them, boil them in wa-

ter, and drain them. Melt a piece of butter in a saucepan with some chopped parsley and chives, and when it is ready put in the beans, give them two or three shakes over the fire, then add a dust of flour, some salt, and a little good broth, and stew them till the liquor is gone. When they are to be served up, stir the yolks of three eggs mixed with some milk, and a dish of verjuice or vinegar; thicken it a few minutes over the fire, and serve it up as an entremet.

When they are to be served up rich, put cull's and veal gravy, instead of eggs and milk.

Of Beans.

Beans are generally skinned before they are dressed, but if to be dressed with the skins on, they must be boiled in water for ten minutes to take off the acrimony of them. The method of preparing them afterwards is the same either way. Put them into a saucepan with some butter, a bunch of parsley, chives, and a little savory. Shake them over the fire, then put in a pinch of flour, a piece of sugar the size of a walnut, and moisten them with broth. When done enough, thicken them with three yolks of eggs, and a little milk. Serve them up as an entremet.

Of Cabbages.

White cabbages, savoys, and Milan cabbages, are all dressed in the same manner. They are generally used to put in the pot, after tying them round with packthread, that they may not mix with the meat.

Of Cauliflowers.

Cauliflowers are used to garnish some kinds of entrees, and as entremets.

Of Carrots and Parsnips, which are often specified by the name of roots.

Carrots and parsnips are put into all kinds of soup, into braises, and into cullises. They are used also in entrees of meat called hodge podge, and ragou'd as a garnish to small entrees.

Of Chervil, Sorrel, and Beet, both white and green.

All these herbs are excellent in making of soups and ragouts, and may be preserved in the summer for the winter. When they are prepared in a proper manner they lose nothing of their original flavour. The method of doing this is so easy as to require but little attention.

Of Onions.

Onions are of great service in the kitchen when used with mederation, particularly in soups, gravies, and cullises.

The small white onion is the most in esteem for making ragouts. When used for this purpose, do not peel them, but merely cut off the head and the root. Scald them in water for a quarter of an hour, then put them into fresh water, peel off the first skin, and stew them in some broth.

When sufficiently done, add two spoonfuls of cullis to thicken the sauce; season them with judgment, and serve them up with whatever is thought proper.

Of Leeks.

These are only used in the kitchen to put into the pot. They give a good flavour to the broth.

Of Celery.

Celery, when very white and tender, is eaten with a sauce of salt, pepper, oil, vinegar, and mustard: It is used also to put into the pot, but it must be in a small quantity only, because the flavour is strong,

and would prevail above all other vegetables.

When it is wanted for ragouts to serve with meat, soak it some time in water to wash it well, then boil it half an hour, and put it afterwards into fresh water. Press it well, and stew it with some good broth and cullis. Season it properly, and be very careful to take off the fat. Serve it up with any kind of meat that is most approved.

Of Radishes, and Turnip Radishes.

Radishes and turnip radishes are of no other use in the kitchen than to serve raw, as a very common corner dish at the beginning of a dinner, by the side of soup.

Of Turnips.

Turnips are used to put into the pot, and likewise make good soup.

When to be used as a garnish round a dish of soup, cut them neatly, give them a short scald in water to take off the strong taste, and then dress them in broth, adding some gravy to give them a colour.

Of Cabbage and Roman Cos lettuce.

It is unnecessary here to enter into any detail respecting the different natures of the cabbage and Roman lettuce: it is enough that they are both eaten in salads, when they are both fine and tender. They are used also in ragouts, and sometimes for garnishing soups.

Cabbage lettuce, with Forced Meat.

Scald eight or twelve cabbage-lettuce, according to the size of them, half an hour in water, then put them into fresh water and press them well with the hands. Strip off the leaves of the lettuce, and lay those of each one separate. Tie up each parcel

of leaves with some forced meat in the middle of it, and stew them with a little braise. When they are sufficiently done, drain and press them in a linen cloth, dip them in a matter made with flour, white wine and a spoonful of oil, and a little salt, and fry them of a beautiful light brown, or rub them over with a little beaten eggs or crumbs of bread, and then fry them.

Stuffed in this manner, and broiled, they serve to garnish entrees of meat.

Of Asparagus.

The largest asparagus are esteemed the best. They are eaten in various ways. Ragouts are made of them as garnish to entrees of meat and of fish, and to soups. They are also served with a sauce as an entrement.

Of Cucumbers.

The cucumber is known to every body as of the same species as the melon and the gourd.

In using cucumbers, they should be pared, the inside taken out, and then cut in pieces.

Of Mushrooms and Morels.

The best mushrooms are those which are cultivated in beds, and they may be had fresh all the year.

It is not the same with morels, and the mushroom which grow in the woods, are found at the foot of trees, in the months of March and April. To have these all the year it is necessary to dry them. After taking off the end of the stalk, wash them and boil them for a moment in water. When they are drained, put them in a very cool oven to dry. Keep them when done, in a dry place. Soak them

in warm water for use.—Cultivated mushrooms may be dried in the same manner.

Observations.

It is an observation meant to apply equally both to English and French cookery, that the mixing animal juices in preparations of vegetables is not to be recommended. The different modes of cookery desirable for each, makes the mixing them together during the cooking to be avoided, where the health is to be consulted. The approbation of the French manner of dressing vegetables must therefore be understood as confined to the doing them thoroughly, and preserving the natural juices, not to the mixing them with animal juices. An alteration in this respect may easily be made by substituting butter and flour, yolks of eggs and cream, or some mushroom or walnut catsup, instead of them.

SOUPS, PORRIDGES, &c. FROM THE FRENCH.

To prepare Broth for all kinds of Soups.

The meat must be sound and healthy in every respect, and fresh killed, that it may give the more and the better flavour to the broth. The most juicy pieces should be used for this purpose, such as the flank, the rump, the ribs, the middle of the leg, the under part of the sirloin, &c. The best pieces to serve at table are the rump and brisket of beef.—Veal must not be put into broths but on occasions of illness. Let the meat be done first with nothing but water, and when it is well skimmed, put in some salt. Then add all sorts of vegetables, well picked, scraped, and washed, viz. celery, onions,

carrots, parsnips, leeks, cabbages, &c. &c. Boil the broth gently till the meat is done enough, then strain it through a napkin or seive, and keep it for use as it may be wanted.

Cabbage Soups.

Cut some cabbages in halves, wash them well, and blanch them a few minutes in scalding water, then tie up each half separate with a slice of streaked bacon, cut with the rind on. Lay them into a stewpan, sufficiently apart one from the other to prevent their being broke, with some broth prepared as above, and stew them gently. When the bacon and cabbage are done enough, simmer the soup with some more of the same broth, and some crusts of bread. Serve up the soup with the cabbage and bacon round it, or in it at pleasure. Put very little salt into the soup, on account of the bacon.

Soup with small white Onions.

Blanch some small white onions in scalding water, peel off the first skin, and stew them in a little broth. When ready, lay them in a row round the edge of the dish intended for the soup. To keep them in their place, put a thin slip of bread rubbed with some white of egg round the rim of the dish, and set the dish over a stove for a moment to fasten the bread. Use slips of bread in this manner, to keep all kinds of garnishing to soups in the proper place.

Soup with Cucumbers.

Pare and cut the cucumbers, then stew them with some good broth, and veal gravy to colour them. When they are done enough, heat the soup with the liquor they were stewed in, and season it with salt. Serve up the soup garnished with the

cucumbers. These will be a proper garnish for almost any kind of soup.

Herb Soup.

Put some sorrel, lettuce, chervil, and purslain, well picked and washed, into a saucepan with a carrot, a parsnip, and a little celery cut into thin slips. Stew them with some good broth, and a little veal gravy. When they are well done and properly seasoned with salt, heat the soup over a slow fire, and serve it up with the herbs in it without any garnishing.

OBSERVATIONS ON THE CHOICE OF ANIMAL FOOD.

In the use of animal, as of all other kinds of food, its beneficial or injurious effects very materially depend on the choice of it, and the manner of preparing it. There are peculiar constitutions, and particular states of health, or rather particular diseases and periods of life, when animal food is highly detrimental; and others again when it is essentially necessary; but it is the general use of it, not these exceptions, that is here to be considered. As a part of our habitual diet, the main points to be attended to are the kinds of animal food, and the modes of dressing it which are most to be recommended. A choice of kind will, however, be of but little consequence if the animals subject to this choice are not sound and healthy. It is desirable therefore to avoid the flesh of all such as are fatted in confinement, or upon improper substances, which never can make wholesome food. Oil cakes and rank vegetables, with want of air and exercise, produce flesh the sight of which alone will evidence the truth of the assertion that it is unwholesome.

That animals will eat rancid fulsome food, and grow fat upon it, is no testimony in its favour.—Hunger and custom will induce the eating of revolting substances, both in the brute and human race; and growing fat is by no means always a sign of health. Is it so amongst mankind? or is it not more frequent that an increase of bulk is only symptomatic of grossness of habit, tending to fever, apoplexy, and other dreadful diseases, induced by improper and too much diet, and want of air and exercise.

To be well fleshed, rather than fat, is the desirable state of animals destined for slaughter. There will always be with this a sufficient proportion of fat, and labouring to produce mere is only increasing that part of animal substance, which, from its gross indigestible nature, is not proper for human diet, unless in a very limited degree.

Venison, which in its domestic state is never fattened like other animals, game, and every wild animal proper for food, are of very superior qualities to the tame, from the total contrast of circumstances attending them. They have a free range of exercise in the open air, and choose their own food, the good effects of which are very evident in a short delicate texture of flesh found only in them. Their juices and flavour are more pure, and their fat, when it is in any degree, as in venison, and some other instances, differs as much from that of our fattened animals, as silver and gold from the grosser materials.

Supposing all animal flesh good of its kind, there is yet a decided preference in the choice of it. Mutton, beef, venison, game, wild rabbits, fowls, turkies, and various small birds, are preferable to lamb, veal,

pork, young pigs, ducks, geese, and tame rabbits.

Beef and mutton are much easier of digestion and more nutritious than veal and lamb, from being of a more mature substance, particularly if not killed till of a proper age. Nothing comes to perfection under a stated period of growth, and till it attains this it will of course afford inferior nutriment. If the flesh of mutton and lamb, beef and veal, are compared, they will be found of a different texture, and the two young meats of a more stringy indivisible nature than the others, which makes them harder of digestion. Neither are their juices so nourishing when digested; as any one at all in the habit of observing what is passing within and about them will readily perceive from their own experience. Lamb and veal leave a craving nausea in the stomach, not felt after most other animal foods.

Veal broth soon turns sour by standing, owing to the sugar of milk contained in the blood of a calf; and the same change takes place in a weak stomach. Persons in the habit of drinking strong liquors with their meals cannot competently judge of such an effect, as these liquors harden all kinds of animal food, and therefore little distinction can be perceived amongst them.

Pork is a strong fat meat, and unless very nicely fed, only fit for hard-working persons. Young pigs are liable to all the objections in a greater degree, than there are against lamb and veal; they are fat, luscious, and afford no nutriment. Ducks and geese are of a coarse oily nature, and only fit for very strong stomachs. Tame rabbits are of a closer heavier texture than the wild, and hence very inferior to them. Pigeons are of a hot nature, and must therefore be sparingly used.

It is unnecessary to add any thing further to what has been already said respecting venison, game, and other wild animals.

Fowls and turkeys are of a mild proper nature for food, but the fattening them in confinement is equally prejudicial to them as it is to the animals cited above. If left at large, well fed with good barley, and with clean water to drink, they will be little inferior to game. Barley is preferable to barley meal, as retaining all the natural qualities of the grain in greater perfection than when ground; and as these animals are provided with grinders in the gizzard, the concocting their own food is more nourishing and wholesome for them. These, like other animals, should be suffered to attain their full growth, to have them in the best state for nutriment.

Fish is less nourishing than flesh, because it is gross, phlegmatic, cold, and full of watery superfluities; but under certain restrictions may be safely used as a part of our general diet. It is bad for cold phlegmatic constitutions, and best suited to such as are hot and choleric.

The white kind of fish, which contain neither fat nor oil, such as whittings, turbot, soles, skate, haddock, flounders, doree, smelts, graylings, and others of the same nature, are preferable (as easier of digestion,) to salmon, trout, mackarel, eels, lampreys, herrings, sprats, &c.

Shell-fish, such as oysters, muscles and cockles, are very far from being easy of digestion, although it is the idea, that they are particularly proper for invalids; an error that cannot fail to prove very injurious to them.

Lobsters, crabs, cray-fish, prawns, and shrimps,

very often occasion surfeits, which end in St. Anthony's fire. Persons have sometimes suffered these effects from eating the smallest portion of the last named shell-fish.

The following rules relative to fish may be found useful.

1. Those which are well grown, nourish better than the young.

2. Sea-fish are wholesomer than fresh water fish. They are hotter and not so moist, and more approaching to flesh meat.

3. Of all sea and river fish, those are the best which live in rocky places; next to those, in gravelly or sandy places, in sweet clear running water, where there is nothing offensive. Those which live in pools, muddy lakes, marshes, or in any still muddy water, are bad.

4. Of all fish, whether sea or river, those are best which are not too large, and have not hard dry flesh, but are crisp and tender, taste and smell well, and have many scales and fins.

5. All fresh fish should be eaten hot, and less eaten of fish, than of flesh meat.

6. It should not be eaten very often, and never after great labour and exercise; for then fish easily corrupts; neither should it be eaten after other solid food.

7. Fish and milk are not proper to be eaten at the same meal; nor should eggs be used with fish, unless salt fish.

8. Salt fish should not be used without soaking it well in water, and changing the water two or three times, according as the fish is more or less salt. Then not eaten very often, unless to weak stomachs. But if eaten without these pre-

cautions it produces gross humours and bad juices, in the body; occasions thirst, hoarseness, sharpness in the blood, and many other bad symptoms, and is therefore improper food for all constitutions except very strong labouring people. Even in them it will be attended with exceeding bad effects if they feed upon it constantly, as may be seen in sea-faring people. All kinds of salted and dried fish also are included in what is here said

Observations on the Dressing of Animal Flesh.

The most judicious choice of animal foods will be of little avail if the manner of preparing them is not equally judicious. The greatest error in the cooking them is to over-do them: their qualities are then entirely changed, they cease to be nourishment, as it is impossible to digest them into chyle. They are literally therefore only put into the stomach to be pressed out of it by an unnatural exertion, which at last throws this oppressive load into the rest of the system, from whence it will not pass off, without leaving some injury behind it. And this, perpetually repeated, ends at last in acute or chronic diseases, no less certainly than constant friction upon a stone, will at length wear it away, though it will be a long time before any impression upon it is perceived. Not that our organs resemble stone; there is an elasticity in them that will rebound after a shock many times, but if these occur in continued succession, they will give way at last, and feebly if ever return to their wonted office. Similar effects arise from drinking, but generally with a more rapid progress, from the extension and collapse of the vessels being more sudden

and violent. The power of the stomach to throw indigestible substances out of it, falls under the most common observation in the evacuation of cherry and plum stones, &c.

Plain cookery in the exact medium between under and over-doing, is the point to be attained to render our food salutary.

The mixture of a great variety of ingredients should be avoided, for even if good in themselves when separate, they are often rendered indigestible by being compounded one with another. As we must eat every day, there is opportunity enough for all things in turn, if we will only have the patience to wait for it.

Much seasoning, with spices, contributes to make animal food indigestible. Spices become so themselves by much cookery. It is safer always to use them either just before serving up the dish, or adding them at the time of eating it.

Beef and pork long salted, and ham, bacon, tongues, Bologna sausages, hung-beef, &c, are very indigestible, and particularly improper for weak stomachs, though they will often crave them.

Boiled flesh is preferable, particularly for weak stomachs, to roasted. Boiling extracts more of the rank strong juices from it, and renders it more diluted, lighter, easier of digestion, though not so nutritive.

Roasting leaves it fuller of the strong nutritive juices, harder to digest, and requiring more dilution with some small liquors, to soften the greater rigidity and crispness of the fibres.

The flesh of young animals is best eaten roasted.

Fried and broiled meats are difficult to be digested, though they are very nourishing. Weak stomachs had better avoid them.

Hashing is a very bad mode of cookery. It is doing over again what has been already done enough, and makes the meat vapid and hard. What would have been good nourishment in the cold meat is thus totally lost, as the juices which are all drawn into the gravy, are spoiled by this second cookery exposing them too long to the fire.

OBSERVATIONS ON BROTHS, SOUPS AND GRAVIES.

The taking of animal food in broths is not advisable, unless in a very weak state of the stomach, under circumstances that require some animal nutriment. When the stomach is very feeble, it becomes necessary to take only such food as is in a state of solution. But it is quite the contrary with a person in health, who is best nourished by food dissolved in the stomach. Hence arises the importance of not taking any thing which has undergone, beyond a certain degree, the changes produced by the powerful and continued action of fire.

All broths made of meat should be clear and not glutinous, considered only as a mixture of meat and water, which renders them easier of digestion and proper to create good blood. The addition of the grains above mentioned are not objectionable, like the animal gluten so largely contained in the shanks, feet and other bones often used in broths, &c.

The dressing animal and vegetable substances together is not desirable, on account of the different manner of cookery they require. When vegetables therefore are added to preparations of

animal food, it is best to dress them separately, and add them a little before, or at the time of serving the dish. Onions may be excepted from this rule, and dressed with the meat.

The meat used for broth should be fresh killed, and otherwise good. The pieces selected for it should be such as contain good juices, and are not fat. Mutton, beef and fowls are preferable to veal, and no two kinds of meat should be used together.

In making broth, the kettle should be of such size as to hold water enough for the meat to swim freely. It should be put into the water when it is cold or just luke-warm.

When it boils, take off the lid of the kettle that the steam and fumes may pass away, and the air have a free influence upon it.

By the access of the air, and having sufficient water, the meat is cleansed from the gross impurities which the best meat is not exempt from.

A clear brisk fire must be kept up, that there may be no interruption in the boiling, which would deaden the whole preparation, make it heavy upon the stomach, and gross nourishment. Nor should it boil too long; for animal food over done in whatever way it is drest, is heavy and ungrateful to the stomach, and would be ungrateful also to the palate, if it were not perverted by our bad habits.

To soups and gravies, which differ very little but in name, there are many more objections than to broths. The ingredients they are made of are sometimes of a very bad quality in themselves, or made bad by the manner of using them, and are mixed together in the strangest manner.—

Meats of different kinds, fresh with salted meat ; fish with meat ; fish of two or three different kinds, with sinews, gristles, and bones of all descriptions, are jumbled together in endless varieties. Though animal gluten, extracted from the three latter ingredients, is sometimes used medically, it is equally improper for common food as any other medicine. The little that is extracted from the bones of joints of meat in proper cookery, is too trifling to be included in what is here said. It is the long stewing or digesting down these things, as is frequently practised for broths, soups, and gravies, that is mischievous. Every thing should be kept to its proper use.

Then to colour soups and gravies, sugar, butter, and flour, are compounded and burnt in various ways, all admirably calculated to spoil them completely.

The last, and not the least ingenious contrivance to mar the kindly productions of nature in this process, is to draw gravies by broiling or frying, stewing, drying, or boiling. Every particle of pure juice and genuine flavour must be thus destroyed, and if it were not for the new flavour given by spices, catsup, &c. it would scarcely be possible that such a composition should be eaten.

Gravy, from good gravy meat, drawn simply by gentle stewing, not continued too long, and with no other mixture than a little flour and butter to thicken it, and a moderate seasoning, may be used on occasions by persons of strong stomachs, and accustomed to good exercise. If the natural taste is not entirely lost, a gravy like this will

stand a comparison with the others, and soon obtain a preference.

A proper Broth.

Take lean juicy mutton or beef, or well grown juicy fowl, and put it into water, either cold or just warm, sufficient to swim it freely; this will be about three pints of water to a pound of meat. Let it boil gradually, but when once it boils it must be kept boiling briskly, or it will become flat by subsiding again to a less powerful process. Take off the pot-lid when the pot boils, to evaporate the steam and fumes of the meat. Add some salt at first, and whole rice, or Scotch or pearl barley, if agreeable. If ground rice or oatmeal be used, they must not be put in quite so soon, and should be first mixed with a little of the broth. Vegetables prepared separately, may be added on serving, or a little sooner. It must boil in proportion to the quantity; about an hour and a half after it begins to boil will be sufficient for two or three quarts of broth.

Mutton Broth.

Cut a nice piece of the best end of a neck of mutton, part of the remainder into steaks, and put the whole into a kettle, with three quarts of water, some turnips, carrots, celery, onions, leeks, all cut small, and a little bunch of herbs. As soon as it boils skim it clean, and when the whole piece of mutton is almost done enough, take it out. Stew the remainder till the juices are drawn from the meat, then strain off the liquor and skim it. To this add a little turnip and carrot cut into dice, some leeks, celery and parsley cut small, and some leaves of the marigold flower, the piece of mutton, a little ground rice, and a season-

ing of salt. Simmer the whole together till done enough, then serve it up with toasted bread to eat with it.

Chicken Broth.

Cut two or three good sized chickens into pieces, and truss a whole one as for boiling. Put these into a kettle with water in proportion, to make a mild broth, and let them boil gently till the whole chicken is done enough, then take it out and stew the rest till they are quite stewed down. Strain off the broth through a coarse seive, and put into a clean stewpan, with some chives and parsley chopped, some young carrots cut small, a quart of young peas, or two cabbage lettuces nicely shred. Set it upon the fire till the vegetables are tender, then put in the whole chicken, and as soon as it is thoroughly heated, add a seasoning of Cayenne pepper and salt, and serve it up.

Observations.

The skirt or cock-white of beef makes excellent gravy, preferable even to beef. The other gravies are not recommended.

To draw Gravy.

To two pounds of gravy beef well notched with a sharp knife, allow two good-sized onions, and the same of whole carrots. Put them into a stewpan, without any water, and stew them over a gentle fire till the gravy is entirely drawn from the meat. Add a quart of boiling water, and set it on again to stew for three hours. Strain off the gravy, and keep it for use. The fat must not be taken-off till the gravy is wanted.

Gravy for Poultry.

Take a pound of gravy beef and score it across

in various places. Flour it a good deal, and put it into a stew-pan, with a tolerable sized piece of butter, ready melted. Fry the beef, turning it on every side, that it may be browned all over. Then put in three pints of boiling water, a little whole pepper, two or three cloves, a bunch of sweet herbs, and a pretty good piece of crust of bread. Cover this close, and let it boil till reduced to a pint. Strain it off, and put in some salt. Thicken it, if required, with a little flour and butter.

Essence of Ham.

Cut the lean of a ham into slices, beat them well, and lay them in a stew-pan with carrots, parsnips, and onions sliced. Cover the pan, and set it over a slow fire till the ham begins to stick to the pan. Dredge a little flour over it, turn it, and moisten it with some veal gravy. Add a leek or two, a little parsley, some mushrooms and truffles, and three or four cloves, with some bread crumbs. Stew these very gently for three quarters of an hour. If a little more moisture should seem wanting, put in a little broth while it is stewing. Strain off the liquor and keep it for use.

Fish Gravy.

Put as much skate, or as many small eels or flounders cut into pieces as there will be gravy wanted, into a saucepan with water enough to cover them. Add some sweet herbs, a little whole pepper and mace, a piece of lemon peel, and a very little horse-radish. Stew these till the fish is drawn down, putting in when about half done, a crust of bread toasted brown. Strain it off, thicken it with a piece of butter and flour, and flavour it well with essence of anchovy; or,

if preferred, stew two anchovies with it.

A mock Turtle Soup.

Scald the hair off a calf's head, but do not skim it. Boil it for half an hour, and before it is cold cut it into small square pieces; put these into a stew-pan with some strong broth, made of six pounds of gravy beef, a knuckle of veal, turnips, carrots, onions, and celery. After stewing some time, add a bunch of sweet herbs, a few leaves of sage, a thin slice or two of lean ham, or four anchovies. Boil the whole together till the head becomes tender, then strain it through a fine seive. Season the soup with salt, white pepper, Cayenne pepper, Madeira wine, and lemon juice, and thicken it with flour and butter. Put in a part of the head wiped clean, and some force-meat and egg-balls. Give it a good boil for a few minutes, and serve it up.

Chicken Soup.

Prepare four well-grown chickens, truss one as for boiling, and keep it back till wanted. Cut the other three into pieces, and put them into a saucepan with water enough in proportion to the size of the chickens, to make a good soup. Stew these completely down, then strain off the broth through a hair seive, and put it into the saucepan with some young carrots cut small, some parsley, chives, and onions chopped, a pint and a half of young peas, and the trussed chicken.—Boil these till the chicken is sufficiently done, then serve up the soup with that in it, adding seasoning to the taste.

A Scotch Leek Soup.

Prepare a sheep's head, either by cleaning the skin very nicely, or taking it off, as preferred.—

Split the head in two, take out the brains, and put them into a kettle with a good proportion of water, a large quantity of leeks cut small, and some pepper and salt. Stew these very slowly for three hours. Mix as much oatmeal as will make the soup pretty thick, very smooth with cold water, pour it into the soup, and continue stewing it till the whole is smooth and well done, then serve it up.

A Potato Soup.

Cut a pound and a half of gravy beef into thin slices, chop a pound of potatoes and an onion or two, and put them into a kettle with three quarts of water, half a pint of blue peas, and two ounces of rice. Stew these till the gravy is quite drawn from the meat, strain it off, take out the beef, and pulp the other ingredients through a coarse seive. Add the pulp to the soup, cut in two or three roots of celery, simmer it in a clean saucepan till this is tender, season it with pepper and salt, and serve it up with fried bread cut into it.

A Family Soup.

Wash the roots of a tongue in cold salt and water, and put them into a saucepan, with a scrag of mutton, or other odd pieces of meat, some turnips, carrots, onions, parsnips, and a root of celery. Add water in proportion to the meat, and let it stew very slowly for some hours till the gravy is drawn from the meat. Strain off the soup, and let it stand till cold. The kernels and soft parts of the tongue and carrots must be saved. When the soup is to be used, clear off the fat, put in the kernels and soft parts of the tongue, slice in the carrots, and add some fresh turnips and onions cut small, a few spoonfuls of rice,

half boiled, or some oatmeal, and pepper and salt to the taste. Stew these till the fresh vegetables are tender, and then serve it up with toasted bread to eat with it.

OBSERVATIONS ON ROASTING.

The first requisite for roasting is to have a strong steady fire, or a clear brisk fire, according as the joint of meat, or whatever else it may be which is to be laid down to it, shall require. A cook who does not attend to this, might as well attempt to govern the state as to roast animal substances. She is quite incompetent to her business if she does not manage the fire judiciously.

All roasting should be done open to the air, to ventilate the meat from its own fumes; otherwise it is in fact baked.

The meat must be put down at such a distance from the fire as to heat it through gradually, or it will be dry or burnt on the outside, long before the inside is properly done. It should be brought nearer by degrees, as necessary.

It is better not to sprinkle meat with salt till almost done, as it contributes to draw out the gravy. Basting with a little salt and water when the meat is first laid down, is sometimes practised, but is liable to the same objections as the former.

When the meat is quite done, it is best to take it up, as every moment beyond doing it enough does it an injury. If it cannot be sent to table immediately, a tin cover may be warmed and put over it, leaving a small vent for the fumes of the meat to go off. This, though not desirable, is a less evil than keeping it at the fire. Setting it over a chafing dish of coals, or any expedient

that dries it is very bad. Heat is not the only desirable quality in food; and a dinner may by ingenious devices be kept hot, till every other recommendation that it should have is annihilated for the sake of that one.

With respect to the time required for roasting, the old rule of a quarter of an hour to a pound, is a pretty fair one for some joints, though it will not do for all. In cold weather rather more time must be allowed than when it is mild or hot.— Nothing but practice can perfect a cook in these discretionary kinds of cookery, but learners may be assisted by directions that will give general ideas upon the subject, and must find out by experience when to follow or when to deviate from them. The time specified will be for temperate weather. A little longer or shorter time must be allowed, as the weight of the meat may vary from that which is here given.

Roasting Mutton.

A leg of eight pounds will require two hours and ten minutes.

A shoulder of seven pounds, an hour and three quarters.

A chine of ten or eleven pounds, two hours and a half.

A loin, rather more than an hour and a half.

A neck, an hour and a half.

A breast, an hour.

The weight of the three last joints is not specified; for as they seldom vary materially in thickness, the difference of weight scarcely makes any difference in the time they require in roasting.

Roasting Beef.

A sirloin, of from twenty-five to thirty pounds, will require four hours.

A part of it, from twelve to fifteen pounds, two hours and three quarters, or three hours.

A piece of ribs of the same weight, much the same time. A sheet of paper should be tied over the thin part, or it will burn before the thick part is done enough.

A rump, four hours.

Roasting Veal.

A fillet of veal, of from twelve to fourteen pounds, will require three hours and twenty minutes. This is usually stuffed, either in the place of the bone, when that is taken out, or under the flap.

A loin, two hours and a half.

A shoulder, two hours and twenty minutes.

A neck, near two hours.

A breast, an hour and a half.

These directions suppose joints of a common size. If they are very thick, an allowance must be made for it. Veal is seldom very small, but when it does happen to be so, rather less time must be allowed.

Roasting Lamb of a moderate size.

A quarter will require two hours.

A leg, an hour and forty minutes.

A shoulder, an hour and twenty minutes.

Ribs, or jigget, an hour and a half.

A loin, an hour and twenty minutes.

A neck, an hour and ten minutes.

A breast, three quarters of an hour.

Roasting Pork.

A leg of seven pounds will require two hours all but a few minutes. The skin should be scored across in narrow stripes, either before it is laid down, or about half an hour after it is down. A

stuffing of sage and onion, chopped, may be put in at the knuckle. A leg of pork is sometimes half boiled, then the skin taken off, and the joint roasted, strewing it as it is done with sage chopped very small, mixed with bread crumbs, pepper and salt.

A loin of five pounds, an hour and twenty minutes. This should be scored as above.

A spare-rib of eight or nine pounds, an hour and three quarters.

A griskin of six or seven pounds, an hour and a quarter.

A chine, if parted down the back-bone so as to have but one side, two hours; if not parted, full four hours.

To Roast a Pig.

Stuff the belly of the pig with a stuffing made of bread crumbs, some sage leaves, and two shallots chopped small, a little pepper and salt, and a piece of butter mixed together with two eggs, and then sew it up. When it is spitted, rub it over with a soft brush dipped in sweet oil, and roast it gently. It will take about an hour and a half. When it is done, cut off the head, and part that and the body in two down the middle. Put the brains and the stuffing into a saucepan with some good gravy, give them a boil, and serve up the pig with the sauce under it. Lay the two parts of the head one on each side of the dish, and the ears one at each end of it. Some currants, very clean washed, rubbed, and dried, should be served with it in a tureen.

To roast a Haunch of Venison.

Wipe the venison well in every part, and take off the skin from the upper side, rub a piece of

butter over the fat, and dredge it with a little flour. Butter a large sheet of writing paper well, lay it over the fat, put on two or three more sheets of paper, and tie them well on with thin twine. Lay it down to the fire at a considerable distance, bring it very gradually nearer, as required. A large haunch should be allowed four hours, not to hurry it in the doing. Keep it well basted: about ten minutes before it is to be taken up, cut the string and drop off the paper, sprinkle it with salt, and froth it well with butter and flour. Serve it with gravy in one tureen, and currant jelly melted with some port wine in another; or with currant jelly alone not melted, which is far the best.

Shoulder and neck of venison may be dressed and served in the same manner. A shoulder will take about two hours and a half roasting, and a neck not quite two hours.

ROASTING POULTRY, GAME, &c.

Observations.

No directions scarcely, however minute, nor even plates, can enable a person to truss poultry or game, who has never seen any thing of the kind done. Nor is it to be supposed that any body will attempt for the first time what must be seen to be well understood, but under some practical instruction. It would therefore be a useless labour to endeavour to give instructions for it, that must necessarily be tedious, as this very circumstance would occasion their not being attended to. A single glance only at a poulterer's shop will teach a person of any readiness much

more of trussing than the most laboured description.

To roast a Turkey.

Fill the crop with a piece of crum of white bread, or stuffing, or sausage meat, or force meat. If large, it will take full an hour and a half to roast it; if small, an hour; and middle sizes in proportion. Serve it up with a little gravy in the dish, some more in one tureen, and bread sauce in another.

Observations.

For basting turkey, and birds in general, nice drippings answer quite as well as butter; for it gives no unpleasant flavour whatever, if prepared as it ought to be. All birds should be floured, to froth them well, some minutes before they are taken up.

To roast Fowls.

A small chicken will not require above twenty minutes; a well grown fowl, half an hour; and a large one three quarters of an hour. Serve these like turkey, with gravy and bread sauce; unless small chickens are served with asparagus, and then bread sauce will not be wanted.

To roast a Goose.

Stuff it with soft sage and onions. A young full-grown goose will require an hour, or very little more, to roast it. If not young, rather longer time must be allowed. Serve it up with gravy and apple sauce. A green goose will not require above three quarters of an hour roasting. This is not always staffed. Serve this with gravy and gooseberry sauce, or with green peas.

To roast Ducks.

Stuff them with sage and onion as above. They

will require from half to three quarters of an hour, according to the size. Serve them up with gravy. Ducklings will not require longer roasting than from twenty-five minutes to half an hour.

To roast Pigeons.

They require from a quarter of an hour to twenty minutes, according to the size of them.—The insides are sometimes stuffed with chopped parsley. Serve them up with parsley and butter.

Another way of roasting pigeons is to stuff the inside with stuffed parsley, pepper, salt, and a piece of butter mixed together. The neck ends must be tied very close, and they must be hung before the fire to roast, by a string tied round the legs and rump. They should be kept constantly turning very quick. When done, serve them up in their own gravy, of which there will be plenty.

To roast Partridges.

Partridges should roast from eighteen to twenty-five minutes, as they may be small or large. Serve them up with gravy and fried bread crumbs, or bread sauce. Melted butter is often served with fried bread crumbs instead of gravy.

To roast Pheasants.

A fine cock-pheasant will require roasting about half an hour, or thirty-five minutes, or if old, a little longer. A hen from twenty-five minutes to half an hour. Serve them with gravy and bread sauce, or fried bread crumbs.

To roast Grouse.

Roast grouse about twenty-five minutes, and serve them up with fried crumbs, or bread sauce, and gravy.

To roast Woodcocks.

Woodcocks must be put on a small bird spit,

and require from twenty to twenty-five minutes roasting. A piece of toasted bread must be laid under them to drip upon. When done, take out the trail, spread it on the toast, and serve the birds upon it, with melted butter in a tureen, and gravy in another; but none in the dish, as some persons object to gravy, as overpowering the fine flavour of the birds.

To roast Snipes.

Dress them exactly like woodcocks, only shortening the time of roasting. Serve them up in the same manner.

To roast Larks.

Put them on a long skewer, and then tie the skewer to a spit. Strew them with crumbs of bread mixed with a little flour, while roasting — Eight or ten minutes will do them enough. Serve them up with fried bread crumbs in the dish, and melted butter or gravy, in a tureen.

To roast Wild-ducks, Widgeons, Teal, &c.

A wild duck or widgeon will require twenty, or twenty-five minutes roasting, according to the size. A teal, from fifteen to twenty minutes; and other birds of this kind, in proportion to their size, a longer or a shorter time. Serve them up with gravy and lemons cut in quarters, to use at pleasure.

To roast a Turkey, Capon, or Fowl.

When the turkey, capon, or fowl has been long enough at the fire to be thoroughly hot, so as to require basting, baste it once all over very well with fresh butter, then in a minute after, dredge it thinly all over with flour. The heat of the fire will convert this into a thin crust, which will keep in the juice of the meat; therefore it is not to be

basted any more, nor any thing done to it till it is almost roasted sufficiently. Then baste it well with butter as before, on which the crust will give way and fall off. As the meat begins to brown, sprinkle it with a little large salt, and let it do till the outside is of a nice brown.

It was sometimes the custom to baste such meats with the yolks of fresh laid eggs, beaten thin, which was to be continued all the time of roasting.

To roasting a Turkey or Fowl with Chesnuts.

Roast and peel two dozen of fine chesnuts, bruise sixteen of them in a marble mortar, with the liver of the turkey or fowl, and two anchovies. Add to these some sweet herbs, and parsley chopped very fine, and a seasoning of mace, pepper, and salt. Mix these well together and put them into the body of the bird, tying it very close at the neck and vent after it is spitted. When it is done enough serve it up with the remainder of the chesnuts cut in pieces and heated with some good gravy, thickened with flour and butter poured into the dish.

To roast a Hare.

After the hare is skinned, let it be wiped clean from the hairs and loose skin that may hang about it. Rinse the belly with a little water, and wipe it dry with a clean cloth. Make a stuffing with a quarter of a pound of grated bread, a quarter of a pound of beef-suet chopped very fine, some parsley and thyme shred very small, and some pepper and salt; add the livers minced, if perfectly good; mix the whole up with an egg, put it into the belly of the hare, and sew it together. It will require an hour and a half to roast

it, if of a good size. Baste it with milk till about ten minutes before it is to be taken up, then sprinkle it with salt, dredge it with flour, and baste it with butter or nice dripping, to froth it well. Serve it with gravy and currant jelly in different tureens, and a little gravy in the dish. A quart of milk put into the dripping pan at first, will last out the proper time. The head should be dredged occasionally with flour all the time it is roasting.

To roast Rabbits.

Either roast them with stuffing as above, like a hare, and serve them with gravy, or roast them without stuffing, and serve them with parsley and butter, with the livers boiled, chopped, and put into it. Half an hour will roast good sized rabbits, twenty minutes, small ones. Baste them with nice dripping or butter.

To roast a Breast of Veal.

Chop some parsley and thyme very small.— Beat the yolks of five or six eggs with some cream, and add to them the chopped herbs, some grated bread, a few cloves, a little mace and nutmeg, some currants and sugar. Mix these all well together, raise the skin of the breast of veal, put the stuffing under it, and skewer down the skin very close. Lay it down to the fire and baste it with butter. When roasted, squeeze on the juice of a lemon, and serve it up.

To roast a Loin of Veal, as in the same.

Lay the veal down to the fire, and baste it with fresh butter. Set a dish under it with a piece of fresh butter in it, two or three sage leaves, and two or three tops of rosemary and thyme. Let the gravy drop on these, and when the veal is

finely roasted, warm the herbs and gravy over the fire, and serve them up in the dish with the veal.

To roast a sucking Pig.

Put some sage into the belly of the pig, sew it up, roast it, baste it with butter, and sprinkle it with a little salt. When roasted fine and crisp, serve it upon a sauce made with chopped sage and currants, well boiled in vinegar and water, the gravy and brains of the pig, a little grated bread, some barberries and sugar, all well mixed together, and heated over the fire.

To roast Ribs of Beef stuffed.

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

To roast Sweetbreads.

Scald the sweetbreads in water, with a little milk in it, till they are half done, take them out very clean, and wipe them dry. Rub them over with yolk of egg, and roll them in bread crumbs grated very fine. Roast them carefully in a Dutch oven, of a fine brown colour, without setting them near enough the fire to burn. Serve them up with fried bread crumbs round them, and melted butter in a tureen or upon a toast, with gravy or melted butter in the dish.

To roast Tongue and Udder.

Clean the tongue nicely, rub it with some common salt, a very little saltpetre, and a little coarse sugar, and let it lie for two or three days. When to be drest, have a fresh tender udder with some

fat to it, and boil that and the tongue gently together till half done. Take them very clean out of the water, then tie the thick end of one to the thin end of the other, and roast them with a few cloves stuck into the udder. Serve them up with gravy in the dish, and currant jelly in a tureen.

To roast Calf's Liver.

Wash the liver well, and lay it in a clean cloth to dry. Cut a long slit in it, and put into it a stuffing of bread crumbs; shred beef suet and anchovies chopped, with some sweet herbs and an onion, and a seasoning of pepper and salt, all mixed up with an egg. Sew up the liver, wrap it round with a veal caul, and roast it gently. Serve it up with a brown gravy in the dish, and currant jelly in a tureen.

To roast the head of a young Hog.

Clean the head very nicely, open it underneath so as the two parts may lie flat in the dish, without cutting through the skin on the upper side. Take out the brains, fill up the cavities with bread crumbs, chopped sage, and a little pepper and salt, sew up the head, and roast it on a hanging jack, or a string, but in other respects like a pig. When within a few minutes of being done, cut the stitches, and open the head enough to let the stuffing fall out upon the plate; put this into a saucepan with gravy, and the brains properly cleaned; heat them over the fire till the brains are done enough, and then serve up the head laid open in the dish, with this sauce, and some currants nicely washed and dried, in a tureen.

To roast a Bullock's heart.

Stuff the heart with the same kind of stuffing used for a hare, and roast it with a paper over the

top of it, to preserve what little fat there is to it. A moderate sized heart will require roasting about two hours. Serve it up with gravy and currant jelly.

To roast a Calf's heart.

Stuff it and paper it as above. About an hour will roast a common sized heart. Serve it up with gravy, or parsley and butter.

To roast a small Hen Turkey, or a pullet with Batter.

Bone the bird, and fill it with force-meat, or stuffing: paper it round and lay it down to roast. When towards half done, drop off the paper, and baste the bird with a very smooth light batter.—When the first basting is dry, baste it again, and repeat this till the bird is nicely crusted over and sufficiently done. It will require ten minutes or a quarter of an hour longer than a bird of the same size plainly roasted, on account of being filled with force meat. Serve it up with white gravy, or mushroom sauce.

To roast a collared Neck of pork.

Let the meat be boned, then strew the inside well with bread crumbs, chopped sage, a very little beaten allspice, some pepper and salt, all mixed up together. Roll it up very close, bind it tight, and roast it gently. An hour and a half, or a little more, according to the thickness, will roast it enough.

A loin of pork with the fat and kidney taken out, and boned, and a spring or chine boned, are very nice, dressed in the same way.

A collared Loin of Mutton roasted.

Take off the fat from the upper side, and the meat from the under side of a loin of mutton:

bone it, season it with pepper and salt, and some shalot or sweet herbs chopped very small. Let it be rolled up very tight, well tied round, and roasted gently. About an hour and a half will do it. While this is roasting, half boil the meat taken from the under side, then mince it small, put it into half a pint of gravy, and against the mutton is ready, heat this and pour it into the dish when it is served up.

Collar of Beef Roasted.

Take out the inside meat from a sirloin of beef, sprinkle it with vinegar, and let it hang till the next day. Prepare a stuffing as for a hare, put this at one end of the meat, roll the rest round it, bind it very close, and roast it gently for an hour and three quarters or a little more or less, proportionate to the thickness. Serve it up with gravy the same as for hare, and with currant jelly.

To Roast a Sirloin of Beef with the Inside Minced.

When the beef is about three parts roasted, take out the meat from the under side, mince it nicely, season it with pepper and salt, and some shalot chopped very small. Against the beef is done enough, heat this with gravy just sufficient to moisten it. Dish up the beef with the upper side downwards, put the mince in the inside, strew it with bread crumbs ready prepared, have a salamander hot to brown them over, of a fine colour, and then serve up the dish with scraped horse-radish laid round it.

OBSERVATIONS ON BOILING.

To boil well is not merely to put the meat into a kettle or boiler, and let it stand over the

fire for a certain time, as seems often to be supposed, but requires a degree of nicety and attention, without which the meat will be spoiled.

The kettle or boiler must always be of such a size in proportion to whatever is to be boiled, as to allow room for plenty of water, which dilutes the gross particles of the meat, and thus keeps the medium it is dressed in more pure, and makes the meat eat sweeter and wholesomer, than when boiled in a small quantity of water, which leaves it luscious and difficult to digest.

Salted meats should be put in when the water is cold, fresh meat when it is lukewarm. Putting it into hot or boiling water fixes, instead of dissolving the juices, and consequently hardens the meat.

It should boil gradually, and as soon as it boils the lid of the kettle should be kept off to ventilate the fumes of the meat, which for want of this vent would fall back upon the meat, and from their pernicious nature destroy the natural colour, smell and taste; make it close, heavy, gross on the palate, hard of digestion, and unwholesome.

That the fumes or vapours issuing from boiling meat are of a pernicious nature, contrary to the genuine nature of the food, may be perceived, if any kind of food is taken up when boiled, and covered close while it is hot, which forces back the fumes, and causes them to re-enter the food: it will hence become pallid, and lose its natural flavour, smell and colour.

The using covers over dishes when they are brought to table, it will hence appear, is a prejudicial practice, from producing these effects

upon the preparation they are put over, be it what it will. This practice has the further ill effect of encouraging the prevailing bad habit amongst us of eating every thing as hot as it is possible to get it through the mouth; a habit attended with great injury to the stomach, not only in the immediate heat prejudicing its delicate coating, but from the windy disorders arising from taking the food in this state. It also renders the palate callous; and thus leads to taking powerful stimulants to excite it to sensibility, which not only injures the stomach, but through that the whole system.

It is necessary for cooks and housewives to understand that the true virtue of all food consists in preserving the juices pure; therefore if any violence be done to them in the preparation, such food becomes gross, and hard to digest.

For this reason in boiling, when the water boils, it must be kept boiling without being suffered to slacken, or the meat will be sodden. The time of boiling too must be critically attended to, that the meat may neither be under nor over done. If under done, the grossness of the meat will not be boiled out as it ought; if over done, the best juice will be extricated, and the remaining substance will scarcely answer a better purpose than merely to distend the stomach. No benefit is derived from exchanging the uneasiness of hunger for that of indigestion, as the latter is the most difficult evil to remedy. A small quantity of any light food would relieve us from hunger, but only fasting or physic removes improper food.

Flesh being in its own nature the grossest of

all food, and most subject to putrefaction, requires the more care in the dressing to prevent its being injurious.

A steady fire must be kept to boil well.

The scum must be carefully taken off the water as fast as it rises.

All the utensils used in boiling, as in every other kind of cookery, should be kept thoroughly well tinned, and otherwise in good repair: and great attention should be paid to having them extremely clean.

Joints of meat, poultry, &c., should all be boiled by themselves, with the exception only of boiling carrots or parsnips with mutton, beef or pork. The boiling these two vegetables with the above meats is not liable in any considerable degree to the objection urged in a former observation against dressing animal and vegetable substances together. The quantity of water used, and each substance being boiled whole, makes but little intermixture between them, and leaves the carrots and parsnips little different from what they would have been boiled by themselves in water. No other vegetables should ever be boiled with meat, not only because it makes them greasy, but it also injures the flavour of both.

Boiled meats should be taken up as soon as they are done, as it is even worse for them to remain in the water than to be under a cover.

Meat if frozen, must be thawed before boiling as before roasting, by lying some time in cold water.

To boil Mutton.

Leg; allow a quarter of an hour for every

pound, and from ten to twenty minutes longer, according to the size of it.

Shoulders, neck and loin do not require more than a quarter of an hour to a pound. Though the difference of weight makes no difference scarcely in the time required for roasting joints of this kind, it does in boiling; as the more the boiler is filled up with solid substance, the longer the meat will be in getting sufficiently done.

To Boil Beef.

Round and rump require a quarter of an hour to a pound, and from twenty minutes to half an hour or forty minutes longer, in proportion to the size of them.

To boil Veal.

A neck should be allowed a few minutes more than a quarter of an hour to a pound.

A breast a quarter of an hour to a pound.

Knuckle: allow twenty minutes or half an hour, more than a quarter of an hour to a pound, in proportion to the size of it, to soften the sinews.

To boil Lamb.

A leg will require a few minutes more than a quarter of an hour to a pound.

A neck, a few minutes less than a quarter of an hour to a pound.

To boil Pork.

Leg: allow from twenty minutes to half an hour above a quarter of an hour to a pound, in proportion to the size of it.

Spring: a quarter of an hour to a pound will be sufficient for this.

Chine: if parted down the back bone, a quarter of an hour to a pound will do it enough. If not parted, allow twenty minutes or half an hour

above a quarter of an hour, to a pound, according to the size of it.

To boil a haunch of Venison.

A small haunch of venison will require about ten minutes more than a quarter of an hour to a pound. A large haunch, half an hour or forty minutes longer. It should be salted for about a week before it is dressed.

To boil a calf's head.

Clean the head very nicely, and let it lie in water for an hour or more before it is dressed. When it is put into the kettle, tie the brains up in a piece of fine linen, and put them in with it. Boil it gently; about an hour and a half will do it sufficiently. Serve up the head with parsley and butter in the dish. Stir a little butter, salt, and chopped parsley into the brains, and serve them up on a separate dish, with the tongue cut down the middle, laid on each side of them.

A calf's head looks very nice rubbed over with yolk of egg when it is taken up, then strewed with bread crumbs and chopped parsley, and browned with a salamander or in a Dutch oven.

To boil a Tongue.

A dried tongue requires soaking for ten or twelve hours before it is dressed. A tongue out of pickle should only be washed, but no difference need be made in the dressing of them. A tongue will take four hours to do it well, from the time it is put into the boiler: for the first two hours it should simmer. About an hour before it is done it should be taken up and peeled, and then put into the water again to finish it. Serve it up with turnips nicely mashed, laid round it.

To boil pickled pork.

Wash and scrape pickled pork very clean, put it into boiling water, and boil it till the rind is quite tender. A middling sized piece will be done enough in one hour.

To boil Bacon.

Both white and smoked bacon should be well washed and scraped, and put into the kettle with the water boiling. They should boil till the rind is tender, and will peel off easily.

To boil a Ham.

A dried Ham should be soaked twelve or fourteen hours before it is dressed. A green ham need only be washed. Either must be scraped very clean, and dressed in the same manner. From a quarter to half an hour more than a quarter of an hour to a pound must be allowed for boiling a ham, in proportion to the size. It should simmer for an hour and a half or two hours, before it boils. Peel off the rind before it is served up, and brown it before the fire.

To boil Marrow Bones.

Tie a floured cloth over the top, set the bones upright in a saucepan of cold water, not filled higher than to come within half an inch of the top of the bones. An hour will do them from the time the water boils. Serve them up, set upright, upon toasted bread.

TO BOIL POULTRY, &c.
Observation.

The same attention must be paid to preparing poultry, &c. for boiling as for roasting.

To boil a Turkey.

The crop of a turkey for boiling, is usually fil-

led with force-meat; but it is very nice, filled with a piece of plain crumb of bread only, or a stuffing may be put, if preferred to force meat. A large turkey with the crop filled, will require two hours boiling, or if not filled, an hour and a half, and smaller sizes in proportion. A small hen turkey will be done sufficiently in three quarters of an hour, or very little more. Serve up a boiled turkey with white oyster or celery sauce.

To boil Fowls and Chickens.

A large fowl will require three quarters of an hour; a smaller half an hour, or thirty-five minutes. A large chicken, twenty-five minutes, and a small one from a quarter of an hour to twenty minutes. Boiled fowls are very nice served up with white mushroom, oyster, or celery sauce; or parsley and butter; and with ham, tongue, or bacon to eat with them. Chickens are generally served up with parsley and butter.

To boil a Goose or a Duck.

A goose should be salted for three or four days before it is boiled: a duck for two or three, according to the size of either. A full grown goose will require boiling an hour and a half, a large duck an hour. Serve up either with onion sauce, or with cabbage boiled first, then cut to pieces, and stewed in a little gravy, or with brown celery sauce.

To boil Rabbits.

A full sized rabbit may be boiled in thirty-five minutes; smaller sizes will be done sufficiently in from twenty minutes to half an hour. Milk and water boils them very nice and white, as it would also any white meat. Serve up white rabbits with onion sauce, or with melted butter,

with the livers boiled and minced, and some slices of lemon cut into very small squares, mixed into it. Some chopped parsley may be added, if agreeable.

To boil Partridges.

Partridges for boiling should be trussed like chickens for boiling. From twenty to twenty-five minutes will do them sufficiently. Serve them up with either white or brown mushroom sauce; or rice stewed in gravy, made pretty thick, seasoned with pepper and salt, and poured over them; or with celery sauce.

BROILING, FRYING, STEWING, &c.

Observations.

The only general directions that can be given for broiling, are, to have a very clear, quick fire, and to take the greatest care, by frequent turnings, not to suffer any kind of broil to get dry and burnt.

Frying also requires a clear brisk fire, that it may be done quick; if frying is long about, whatever it is that is frying, will be dry, tough, and disagreeable. In frying as well as broiling meat, turning it frequently is essential to its being well done, or it will burn and be dry.

Stewing is best done over a small stove fire, that it may be done very gently. A stew ought never to be suffered to boil up fast, but only to simmer.

To broil a Beefsteak.

Have rump steaks half an inch thick, beat them with a rolling pin, and season them with pepper and salt. When the fire is quite clear, and the gridiron hot, rub it with a piece of fat,

lay on the steaks, and turn them often to prevent the gravy drying out of them. The moment the steaks are done, lay them upon a hot dish with a little gravy in it, or a piece of butter with a very little water. Strew them with some minced shallot, and serve them up with scraped horse radish on the edge of the dish.

Mutton Chops.

Cut the best part of a neck of mutton into chops, and season them with white pepper and salt. When put upon the gridiron, let the fire be clear and very hot, and keep frequently turning the chops. When sufficiently done, serve them up as hot as possible. The best chops are cut from the part of the neck which is covered with fat, but the fat must be carefully taken off. At the same time the ends of the bones must be neatly trimmed off. Take care to confine the gravy as much as possible, by not suffering the chops to be overdone.

To fry a Beef Steak.

Cut the steaks as for broiling, and put them into a stew-pan with a lump of butter. Set them over a slow fire; and keep turning them till the butter has become a thick white gravy; pour this into a basin, and put more butter to the steaks. When almost done enough, pour all the gravy into the basin, and put more butter into the pan; then fry the steaks over a quick fire till they become of a light brown, when they will be sufficiently done. Remove them from the fire, and put them into a hot pewter dish, pouring upon them the gravy that had been drawn from them, into which should be put some chopped shallot. Serve them up very hot.

To fry Beef Steaks another way.

Beat the steaks very well with a rolling pin: put the lean only first into the frying pan, with just as much butter as will moisten the pan. Set it over a gentle fire, turn the steaks often, and as the gravy comes from them, pour it out into the basin, when these are dry enough, fry the fat by itself and lay it upon the lean. For sauce, put a little catsup, an anchovy, some minced onion, a shalot, and a little pepper to the gravy, and heat them altogether while the fat is frying.

Duck stewed with green peas.

Half roast a duck without stuffing it; then put it into a stew-pan, with two or three sprigs of mint, a little chopped sage, and about a pint of good gravy. Let these stew for half an hour, then thicken the gravy; put in a pint of green peas, boiled the same as for serving up. Stew a few minutes longer, and then serve up the duck with the peas and gravy over it.

To fry Calf's Liver and Bacon.

Cut the liver into moderately thin slices, and fry it of a nice brown. Then fry some thin slices of bacon, lay them upon the liver, and serve up the dish with a little gravy added to it, and crisped parsley laid round or scattered over it.

To stew Pork Steaks.

Cut as many steaks as are wanted, from the best end of a loin or neck of pork; take off the skin and nearly all the fat, and fry them of a nice brown. Put the steaks into a stew-pan, with good gravy enough to make a proper sauce to them, and pepper and salt. Ten minutes before they are done, thicken the gravy with a piece of butter

rolled in flour, and rub it with a little dried sage or mint.

Stewed Mutton steaks.

Take some steaks off the best end of a loin of mutton, or some slices out of the middle part of a leg. Season them with pepper and salt, lay them into a stew-pan with some sliced onion, and cover them with water and a little gravy. When done on one side, turn the steaks on the other, and thicken the gravy at the same time with some flour and butter. A little shalot or catsup, or both, may be added at pleasure. Twenty or twenty-five minutes will stew them enough. Long stewing makes meat hard.

Fried Mutton steaks.

Mix a little chopped parsley, thyme, and lemon-peel, with a spoonful or two of fine bread crumbs, a little grated nutmeg, some pepper and salt.— Take some steaks from a neck or loin of mutton, cut off most of the fat, beat them well, rub them with yolk of egg, and strew them pretty thick with the bread and herbs. Fry them of a nice brown, and serve them up with crisped parsley in the dish.

Family Beef.

Take a brisket of beef, and after mixing half a pound of coa se sugar, a quarter of an ounce of saltpetre, two ounces of bay salt, and a pound of common salt, rub the mixture well into the beef; then put it into an earthen pan, and turn it every day. Let the meat remain in this pickle for the space of a fortnight, when it may be boiled and sent up to table with savoys, or other greens.— When cold and cut into slices, it eats well with poivrade sauce.

Lamb steaks to fry.

Cut a loin of lamb into neat steaks. Rub them over with yolk of egg well beaten, and strew them with fine bread crumbs, mixed with a moderate seasoning of mace, white pepper and salt. Fry them in lard, of a light brown, and lay them round a dish with a space in the middle for stewed spinage, sorrel, or cucumber; or serve them round a boiled leg of lamb.

To hash Beef or Mutton.

Take a lump of butter, rolled in flour, put it into a stewpan, and stir it till it becomes of a good brown colour. Then put in as much gravy as will make sauce for the meat. Season it with salt, white pepper, shalot or onion, and a little shred parsley.—Cut the meat into thin pieces, and put it into the sauce; and when sufficiently warmed, add some juice of lemon or a little vinegar, and serve it up hot.

Red Beef for Slices:

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

Ox Cheek Stewed.

Bone and wash the cheek very clean; then tie it up round, put it into a stewpan with some good gravy or boiling water, skim it, add two bay leaves, a little garlic, some onions, mushrooms, celery, carrots, half a small cabbage, turnips, a bunch of sweet herbs, some whole pepper, a little allspice and mace. Let the cheek stew till near done, then cut off the strings, put the cheek into a clean stewpan, strain the liquor through a seive, skim off the fat very clean, season it with lemon juice, Cayenne pepper and salt; add a little catsup, clear it with eggs, strain it through a tamis cloth to the cheek, and stew the whole till tender.

Hashed Calf's Head.

Take a head without the skin, chopped in two, wash and blanch it, peel the tongue, cut it in slices, add likewise the meat from the head. Add blanched morels and truffles, egg and force-meat balls, stewed mushrooms, artichoke bottoms, and some well seasoned gravy. Let the meat stew gently till nearly done, and then add some slices of sweetbreads. When it is to be served up, put the brains round the hash, and slices of bacon; and if approved, half of the head may be laid on the top, prepared thus.— one half of the head when blanched, to be done over with yolk of raw egg, then seasoned with pepper and salt, strewed with fine bread crumbs baked till very tender, and coloured with a salamander, if required. The brains to be egged and rolled in bread crumbs, and fried in boiling lard. The slices of bacon to be boiled.

Neck of Veal Larded.

Take off the under bone of the neck of veal, leave

only a part of the long bones on, trim it neat, lard it, and roast it gently, with a veal caul over it. Ten minutes before it is done take off the caul, and let the veal be of a very light colour. When it is to be served up, put under it some sorrel sauce, celery heads, or asparagus tops, or serve it with mushroom sauce.

Irish Stew.

Take the best end of a neck of mutton, chop off the under bone, and cut it into steaks; season it with pepper, salt, and a little mushroom powder and beaten mace. Put them into a stewpan, add a large onion sliced, a bunch of parsley and thyme, and a pint of veal broth. Simmer the chops till three parts done, then add some whole potatoes peeled, and let them stew till done. Serve it up in a deep dish.

Let the parsley and thyme be taken out when the stew is to be served up.

To Collar a Pig.

A pig of a month or five weeks old will not be too large to collar. Cut off the head, open the pig down the back and bone it. Make a seasoning with a handful of sage chopped small, nutmeg, mace, and a few cloves beaten fine, and a handful of salt mixt all together. Strew this over the inside of the pig, roll it up as tight as possible, and bind it close with broad tape. Boil it gently in water, with a little oatmeal in it, and some salt. When boiled, press it between two clean boards till cold, or hang it up as preferred. The tape must be kept on. It is very good eaten immediately, and will keep for a week or more without any further precaution, or may be kept in the following pickle:—

Boil some water with a little oatmeal in it, as if

for thin water gravel, with some salt, a small handful of bruised pepper corns, and a pint of vinegar, for half an hour. When cold, put in the collar, and let it lie for eight days before it is used. As long as any of it remains it should be kept in the pickle.

If small collars are preferred, the pig may be parted both down the belly and back.

The flap of a loin of pork makes a nice collar in the same way. If very fat, some slices of lean veal, beaten with a roller, may be laid upon it, or the lean part of the loin of pork.

To broil a Chicken.

Split the chicken down the back, spread it open, season it with pepper and salt, and broil it over a quick clear fire very nicely. Serve it up with mushroom sauce either brown or white.

Pigeons or any other bird as approved, may be broiled in the same manner.

To make Bologna sausages as they are made in Italy.

Take seventeen pounds and a half of a fore-quarter of pork, and three pounds and a half of lean buttock of beef, chop them well together, but not very small, put to them a pound and a half of salt, well dried and pounded, three ounces of white pepper, a good deal bruised; mix them all well together like paste, and if there is fat wanted, a pound or two of the fat of bacon may be put to them, cut in the form of dice. Add, as it is mixed, a glassful of red wine, then fill large beef skins with this, having first washed and cleaned them from all the slime by turning them. Wipe them dry before they are filled. When filling them, the meat must be squeezed and pressed down quite hard, that all the wine

may run out of them, and that they may be stuffed very close. Tie them lightly with packthread, and hang them up over the mantle piece so as to receive a moderate heat; let them hang for three weeks, then hang them in a garret where they can have some air. When they are quite dry let them be taken down and wiped; then rub them over well with salad oil, and lay them in a box in hay. They will keep very well for a year. The skins had better be cut the length of eight or nine inches, tying them at one end before they are filled. When to be used, boil one or two in fresh water for an hour, and when they are cold, cut them into round slices, and they will look red and white. They are excellent meat, and will keep a fortnight after they have been boiled.

To make Sausages.

Take six pounds of pork quite free from skin, gristle, and fat. Beat it in a mortar till it is very fine; add to it six pounds of beef suet shred very small, season it with sage, sweet herbs, and lemon-peel minced very fine, add pepper, salt and nutmeg. Put this into skins well cleansed, or press it down into a pot, and when to be used roll it up about the usual size of sausages, rub them over with yolk of egg, and fry them of a nice brown.

To dress a Lamb's Pluck and Head.

Boil the head by itself till it is tender. Boil the pluck till it is nearly done enough, then mince it. Take about half a pint of the liquor it was boiled in, thicken it with a little butter and flour, add a little catsup, a little vinegar, salt and pepper. Put in the brains and the mince, and let it stew a short time. While this is doing rub the head, which should be parted in two, with yolk of egg, strew it with

bread crumbs and chopped parsley, and brown it with a salamander, or in a Dutch oven. Then serve it up with the mince poured round it. The heart may be seasoned and broiled, if preferred, instead of mincing it.

To cure Tongues.

To a moderate sized tongue put an ounce of saltpetre, two ounces of coarse sugar, and a pound of common salt. Rub these well into the tongue, and let it lie a fortnight or three weeks, turning it sometimes. It will then be fit to dry, or to dress immediately out of the pickle.

To pickle Beef, Tongues or Pork.

To four gallons of spring water put four pounds of bay salt, four pounds of common salt, one pound of coarse sugar, and a quarter of a pound of saltpetre. Boil this well, scumming it carefully. When cold, pour it on the beef or other article; which should be first lightly salted for twenty-four hours, and wiped before it is put into the tub. It must be covered with the pickle and will be fit for use in one week.

MEAT PUDDINGS, PIES, &c.

Beef-Steak Pudding.

Make a crust for a fruit pudding in crust, roll it out, and line a well buttered basin with it moderately thick. Trim the steaks nicely of the skin and fat, beat them well with a rolling-pin, cut them into small pieces, season them with pepper and salt, lay them neatly into the basin, put in some water, cover the top with paste, turn the edge of the side paste over it, and tie it in a cloth, put it into boil-

ing water. A quart basin will require two hours and half boiling.

Oysters, sliced onions, or potatoes, or a seasoning of sweet herbs, chopped small, may be added at pleasure between the layers of beef.

Mutton steaks, veal, calf's hearts, beef kidneys, and various other meats may be made into puddings in the same manner, adapting the seasoning and other mixtures to the kind of meat used. For instance, put force-meat balls to veal; stuffing into a calf's heart, &c

Mutton-Steak Pies.

Raise a crust pretty deep and thick. Cut part of a neck or breast of mutton into steaks, beat them and season them with nutmeg, pepper, salt, sweet herbs cut very fine, two onions chopped small, the yokes of three or four hard eggs minced, and two spoonfuls of capers. Scatter these among the steaks as they are laid into the pie. Put on the top crust, and let the pie soak in a moderately hot oven, for two hours or longer, according to the size of it. Have some gravy ready to put into it through a funnel when it is to be served up.

A Turkey Pie.

Break the bones and beat the turkey flat on the breast, lard it with bacon, lay it into a raised crust with some slices of bacon under it, and well seasoned with salt, pepper, nutmeg, whole cloves and bay leaves. Lay a slice of bacon over it, cover it with a crust, and bake it. When baked, put a clove of garlic or shallot into the hole in the middle of the lid, and do not use it till it is cold.

A Beef-Steak Pie.

Prepare the steaks as for a beef steak pudding.

Season them with pepper, salt, and some sweet herbs cut fine, if approved. Arrange them neatly in the dish, pour in some water, put on the top crust and bake it. Any kind of meat almost will make a plain family pie in this way.

A Pigeon Pie.

Season the pigeons well with pepper and salt, lay them into a dish with a beef steak at the bottom of it, with breasts downwards, scatter in the giblets, and put in the yolks of some hard eggs, pour in a little water, lay on the crust and bake it. A stuffing of chopped parsley, the livers minced, and some salt, may be put into the pigeons, if approved.

A Partridge Pie.

Season the partridges as above, and lay them into the dish in the same manuer, either upon beef or veal steaks. If veal is used, grate a little lean ham upon it. Put in some yolks of hard eggs, a little weak gravy, and the giblets. Cover it with a crust, and about an hour and a half will bake it. Have some gravy ready to pour in when it is served up.

Pies may be made in the same manner of woodcocks, quails, thrushes, larks, &c.

To keep Meat from tainting.

When the weather is so hot that meat will scarcely keep from day to day, wrapping it in a thin cloth dipped in vinegar, and not wrung very dry, will assist to keep it sweet. It must be hung up as it would be otherwise.

OBSERVATIONS ON DRESSING FISH.

There is no branch of cookery that requires

greater nicety than the dressing of fish, and at the same time none for which so little instruction can be given. A minute or two only, makes a material difference, in the boiling of fish in particular. Done to a moment, it will come to the table in its best state; if this point be at all exceeded, it will be breaking to pieces, the pure flavour almost gone, and the fish, consequently, rendered indifferent food, if not absolutely spoiled as such. While on the other hand, if it be underdone, it is absolutely uneatable.

A quick observation and constant practice are the only means of instruction to be relied on, to dress fish thoroughly well. Whatever is said here, therefore, upon this subject, must be considered as mere outline, not at all meant for defined rules. Such, to be of real use, must not be too tediously minute, either for a writer to undertake, or a reader to look over. The variations of size and kinds of fish are so numerous, and make so essential a difference, where the time must be computed to a moment, that positive directions must be endless, or they could not be applicable.

The best way of dressing fish, as the wholesomest manner of eating it, is to broil it; the next best, to boil it; and frying it, the worst.

When fish is to be broiled or fried, there can be no dispute about putting it on a gridiron, or into a frying-pan; but when it is to be boiled, though all opinions agree about putting it into a fish kettle, there are great dissensions as to the state the water should be in when the fish is put into it. Cold, warm, and boiling, have all their several advocates. The nature of fish, which is phlegmatic and watery,

makes it require condensing rather than dilating, and thus the lying so much longer in water, as it must do when put into cold water, is unfavourable to it. Neither for large fish does it seem advisable to put it into boiling water, as this will have too sudden an effect upon the outside, before the inside can be at all affected. For these reasons, therefore, the warm water seems favorable, but for some fish, which will be heated through immediately, the boiling water may be preferable. All this is suggested, partly from practice, and partly theoretically, amongst the contending opinions upon the subject, and must abide the decision of those who are not so bigoted to their own notions as to refuse the trying any fair experiment. The writer will readily enter into recognizance to adopt the cold water system, when it shall be sufficiently proved to have the advantage of the others.

A good deal of salt, and occasionally a little vinegar put into the water, assist to give firmness to fish.

Fish should be taken out of the water the moment it is done enough. It may be kept hot by setting it upon the plate of the fish kettle, over the water covered with a cloth. This will be a disadvantage to it, as it will be every moment getting vapid; but not so great a one as lying in the water. Keeping it back in the doing, as is sometimes practised, when the dinner is not likely to be punctually served up, is a process that will always injure fish.

Some fish are boiled enough when the water boils, supposing them put in when it is warm; others require a few minutes longer.

Kettles, gridirons, and frying-pans, for dressing

fish, must be extremely nice, and kept very clean.

To boil Salmon.

Put it in when the water is warm, first adding a proper quantity of salt to it, let it boil gently. A small piece will be done enough in twenty minutes. Fried smelts are very nice to serve round salmon. Lobsters, shrimp, or anchovy sauce should be served with it.

To boil slices of Cod.

Use spring water, and put in salt enough to make it almost brackish. Boil it up quick, and when it boils put in the cod. Keep it boiling, and skim it very clean. It will be done sufficiently in about eight minutes. Some small slices may be fried and served round it. Oyster, shrimp, or anchovy sauce, should be served with it.

To boil Herrings.

Put them in when the water boils, and boil them about eight or ten minutes. Serve them up with Dutch sour sauce.

TO BOIL FISH.

To broil Herrings.

Open them along the belly, clean them, take out the back bone, leave the roe in; lay two herrings together, the open sides next to each other, season them with pepper and salt, and broil them nicely. The heads are better taken off.

To broil Slices of Salmon.

When washed, wipe the salmon quite dry, rub the slices over with a soft brush dipped in sweet oil; pepper and salt them, fold them neatly in clean white paper, and broil them over a clear fire.

Observation.

The person who can broil the fish here mentioned, will be able to broil any fish. To multiply particular directions for broiling is therefore unnecessary.

TO FRY FISH

Wash and wipe the fish very dry. Rub them over with a soft brush dipped in beaten yolk of egg, and do them well over with fine bread crumbs. Put them into a fine frying-pan with plenty of boiling lard in it, and fry them of a fine bright brown.— Do not turn them till they are done enough on one side. Serve them up with fried parsley.

The bread crumbs should be sifted through a coarse seive.

To roast Pike or Sturgeon.

Clean the fish well. Make a stuffing of bread crumbs, chopped sweet herbs and parsley, capers and anchovies, pepper, salt, some fresh butter and an egg. Stuff the fish and sew it up. Turn it round with the tail in the mouth, and roast it gently till properly done, and of a fine brown. Serve it up with good gravy sauce.

Fishdrest with Vegetables.

Pick, wash, and chop some sorrel, spinage, small onion or chives and parsley. Put them into a stew-pan with fresh butter, a good deal of lemon or Seville orange juice, or some vinegar with a little water, some essence of anchovy, and Cayenne pepper. Do these gently over the fire till the vegetables are tender, then put in the fish, and stew them till well done.

To dress a Cod's Head.

Cut the head large, that there may be a good piece of the body with it. Boil it in salt and water.—

Have ready a quart of cockles, with the shelled meat of two or three crabs. Put these into a pipkin with near half a pint of white wine, a bunch of sweet herbs, two onions, a little mace, a little grated nutmeg, and some oyster liquor. Boil these till the liquor is wasted, then add three or four very large spoonfuls of melted butter. Drain the cod's head well over a chafing dish of coals, and serve it up with the above sauce, taking out the bunch of herbs, and adding more butter it required. Serve up the liver and roe on the sides of the dish.

To roast an Eel.

Take a good large silver eel, draw it, skin it, cut it in pieces, of four inches long; spit them on a small spit cross ways, with bay leaves or large sage leaves between each piece. When roasted, serve it up with butter beaten with orange or lemon juice, or elder vinegar, and some grated nutmeg; or serve it with venison sauce, and dredge it with beaten caraway seeds, cinnamon pounded, or grated bread.

To stew Carp or Tench.

Scale and sprinkle the fish with flour, and fry them in dripping. When sufficiently fried, put them into a stewpan with some good gravy, add some essence of anchovy, a bunch of thyme, a little mace, some spoonfuls of mushroom catsup, with a small piece of onion. Add some Madeira, or red wine, and a sufficient quantity of flour and butter to thicken it.

To dress dried Cod.

Let the fish soak in some soft water for the space of six or seven hours, after which place it on a brick or stone floor for eight hours. Soak it again for the same time, but let it lie on the floor for only

two hours. Brush it well with a hard brush, and boil it gently in soft water. When the flesh is properly boiled it will swell to a considerable size, and the flakes will come off. Egg sauce, mustard, mashed potatoes, or parsnips, are served up and eaten with it.

Haddocks stew'd.

Take five haddocks, let them be fresh, and of a middling size. Take off the skin, and cut off the heads, tails, fins, and belly flaps. Stew these slowly for a quarter of an hour in a pan containing a quart of water, a few pepper corns, and a whole onion.—Strain off the liquor; sprinkle the fish with flour, and fry them in dripping or butter. After which stew the fish in a pan, with the above liquor; Cayenne pepper, catsup, and essence of anchovy, till the sauce acquires a proper strength and consistency. Serve up the fish with the sauce round it in a deep dish.

Sall fish with cream.

Soak and then boil some good barrel cod, till about three parts done. Part it into flakes, put them into a saucepan with some cream, a little pepper and a handful of parsley, scalded and chopped. Stew it gently till tender, thicken the sauce with two or three yolks of eggs, and serve it up.

Oyster pie.

Take a quart of large oysters, beard them, par-boil them in their own liquor; cut them small, and pound them in a mortar, adding pitachio nuts, marrow, sweet herbs, an onion, savory seeds, some grated bread. Lay this in a shallow dish with a puff crust under it, add the liquor the oysters were boiled in, put a crust over it, and serve it up hot.

SAUCES.

Observations.

After what has been said on the subject of gravies, under that article, and on other occasions; respecting incongruous mixtures, nothing remains to be said on sauces in particular, but that the more simple they are the better, for the health sake of those that are to consume them.

Melting butter, it may not be amiss to observe, is not the best manner of using it; for as it is in a full state of preparation after the operation of churning, the preferable way of using it is without any further preparation.

To melt Butter.

Take a quarter of a pound of butter, with two teaspoonfuls of cream, and put it into a plated or very nice tin saucepan. Shake it over a clear fire till the butter be quite dissolved. It must be shaken only in one direction, and be careful not to place the saucepan upon the fire.

A colouring for sauces.

Put six ounces of good lump sugar into a pan, with the addition of half a gill of water, and near an ounce of butter. Place it over a gentle fire, stirring it with a wooden spoon till it appear burnt to a lively brown colour; then add more water; skim it when boiling, and afterwards strain it. Keep it in a vessel covered for use.

English Soy.

Pound some walnut, when fit for pickling, in a marble mortar, very small. Squeeze them through a strainer: let the liquor stand to settle; then pour the fine off, and to every quart of liquor put a pound

of anchovies, and two cloves of shalot : then boil it enough to make the scum rise, and skim it well.— Add two ounces of Jamaica pepper, a quarter of an ounce of mace, and half a pint of vinegar ; then boil it again until the anchovies be dissolved and the shalot tender ; let it stand till the next day ; pour off the fine and bottle it for use ; strain the thick part through a seive, and bottle it separately. When used for fish, add some to the usual anchovies and butter, or to plain butter.

Lemon Pickle.

Pare twelve lemons so thin that none of the white may appear ; slit them across at each end about an inch deep, and work in as much salt as possible, rubbing the lemons on the outside also. Lay them in an earthen pot for three days, with a good deal of salt thrown over them : put to them twelve cloves of garlic, and a large handful of sliced horse radish : dry these with the salt about them in a slow oven till the lemons have no moisture left in them. The garlic and horse-radish should be slightly dried.— When these are baked, take a gallon of vinegar, half an ounce of cloves, a little Cayenne pepper, boil these up in the vinegar ; when cold, stir in a quarter of a pound of flour of mustard, and pour it upon the lemons, garlic and horse radish. Half this quantity will last a good time, and if with keeping it grows too thick, stir in a pint of cold vinegar.— After it has stood half a year it should be filtered through paper till it is quite clear

Quin's Fish Sauce.

Half a pint of walnut pickle, the same of mushroom pickle, six anchovies pounded, six others whole,

half a tea-spoonful of Cayenne pepper. Shake it well when used.

Oyster Catsup.

Take five hundred oysters, wash them in their own liquor, which must be boiled and well skimmed, then chop them small, and stew them in the liquor for half an hour. Strain it, and add a pint of white wine, a quarter of a pound of anchovies, half an ounce of black pepper, a quarter of an ounce of mace, nutmeg, and ginger, ten cloves and four bay leaves. Boil it ten minutes, and bottle it. The spice should be put into the bottles. This number of oysters makes four quarts.

Mushroom Catsup.

Choose some of the large broad mushrooms, break them into an earthen pan, strew some salt over them, and stir them now and then for three days. Let them stand for twelve days longer, till there is a thick scum over them. Strain off the liquor and boil it with allspice and black pepper, mace, ginger, a clove or two, and some mustard seed. When cold, bottle it, and tie a bladder over the cork. If for keeping, boil it again with some fresh spice at the end of two or three months, and it will keep a twelvemonth, or longer.

Lobster sauce.

Take the spawn from a lobster before it is boiled, pound it well in a marble mortar with a little cold water, strain it through a seive, and keep it for use afterwards. Boil the lobster, and when three parts done, pick out and cut the meat into small pieces, and put them into a stew-pan. Add a pound of fresh butter, and a pint of water to the meat of a large lobster, with as much of the spawn liquor as

will make it a good colour. Place it over a fire, thicken it with flour mixed with water, stir it till it boils, and then season it to the taste with essence of anchovy, lemon juice, or a little vinegar and Cayenne pepper. Let it simmer five minutes, and skim it quite clean.

Oyster Sauce.

Blanch and strain the oysters, preserving the liquor proceeding from them. Wash them well, beard and drain them, and put them into a stewpan with a proper quantity of fresh butter, the oyster liquor strained from the sediment, a little flour and water to thicken it, seasoning it to the taste with the juice of lemon, or Seville oranges, anchovy liquor, a little Cayenne pepper, a spoonful of catsup, and a little lemon peel. The two last mentioned articles to be added only if approved of, not being necessary. When it boils, skim it, and let it simmer five minutes.

Observation.—Mussels and cockles may be made into sauce in the same manner.

Anchovy Sauce.

Put eight ounces of fresh butter into a saucepan, with the addition of a spoonful of both walnut and mushroom pickle, three spoonfuls of anchovy liquor, as much flour and water as will make it of a sufficient thickness, a little Cayenne pepper, and a teaspoonful of Indian soy or Chili vinegar, if approved. Boil the composition and skim it well.

A Salad Sauce.

Mix two yolks of eggs boiled hard, as much grated Parmesan cheese as will fill a dessert spoon, a little patent mustard, a dessert spoonful of tarro-gan of vinegar, and a large spoonful of catsup.—Add to these, when stirred together well, four spoon-

fals of salad oil, and one spoonful of elder vinegar, and beat them up very smooth.

Fennel Sauce for Fish.

Take a little fennel, mint, and parsley; wash and boil them till they become tender, drain them, and chop them fine. Put all together into melted butter. Be careful to serve up the sauce immediately after the mixing in the herbs, for they become discoloured by standing.

Parsley and Butter.

Wash parsley clean, chop it fine, and put it into melted butter. It is by many persons reckoned better to boil the parsley, and afterwards chop it.

Apple Sauce.

Peel and core some boiling apples, cut them in pieces, and simmer them till they become soft, in a saucepan, with a few cloves and a very little water. Beat them very smooth, and mix them with a little butter and sugar.

Mint sauce.

Wash mint very clean, chop it fine, sprinkle it with sugar, and pour vinegar upon it to the taste.

Sauce for a roasted Goose.

Mix a table spoonful of made mustard, and half a teaspoonful of Cayenne pepper, into a glass and a half of port wine. Heat this, and pour it hot into the inside of the goose when it is taken up, by a slit made in the apron.

Store Fish Sauce.

A pound of anchovy, half an ounce of mace, half an ounce of cloves, two races of ginger sliced, some lemon peel, an onion, a sprig of thyme, and winter savory, a quart of port wine, and half a pint of vinegar. Boil them an hour over a slow fire, and

close covered. Strain it, and bottle it, put the spice into the bottles. To three table spoonfuls of sauce, put half a pound of butter; put them in a saucepan, keep stirring it over the fire till it be as thick as cream, but put no flour to it. Shake the bottle when to be used.

Fish Sauce.

Half a pound of butter, three anchovies chopped, the yolk of an egg, a spoonful and a half of gravy, the same of vinegar, a very little flour, half an onion, a bay leaf, and a little grated nutmeg. Melt them over a clear fire, in a saucepan well tinned; stir it all the time to prevent its curdling. When it is quite thick, take out the onion and bay leaf, and serve it up. Lobsters, shrimps, or oysters, may be added at pleasure.

Bread Sauce,

Boil an onion in a little water with a little whole pepper, till it be quite tender; pour it upon some slices of bread, and let it stand till cool. Then pour upon it half a pint of scalding hot milk, bruise it fine, put it into a saucepan, and heat it over the fire for use.

MISCELLANEOUS ARTICLES

USED IN COOKERY.

Observation.

Amongst these articles there is much more to disapprove than to recommend. They are most of them appendages that make bad worse, or mar what is good, wherever they are added.

Force meat balls for Ragouts, &c.

Pound some lean veal and beef suet, with sweet

herbs, parsley, some shalots, bread crumbs, pepper, salt, and a little grated nutmeg, in a marble mortar. Make this up into balls with raw yolk of egg, and boil or fry them lightly before they are added to any preparation.

Force meat for Turkeys, Fowls, Pies, &c.

Take lean veal, ham, parsley, thyme, some shalots, a little pounded allspice and pepper, a few nice mushrooms, or a little mushroom powder, some salt, and lemon juice, and do them over a very slow fire, shaking the saucepan frequently, till about two thirds done. Pound them very fine in a marble mortar, and add bread crumbs and raw yolk of egg to make them up into balls, or fit for stuffing.

Egg Balls.

Pound the yolks of as many hard eggs as will be wanting, in a marble mortar, with a little flour and salt, add as much raw yolk of egg as will make this up into balls, and boil them before they are put into soups, or any other preparation.

Stuffing for Veal, Turkeys, Hares, &c.

Put an equal quantity of grated bread, and beef suet, shred very fine, parsley and sweet herbs, chopped small, a minced anchovy, some nutmeg, pepper and salt, and a little grated lemon peel. Mix them well together with raw egg, or milk.

To fry Bread Crumbs.

Grate and sift through a coarse sieve, a proper quantity of crumbs. Set a very clean frying-pan over the fire at a pretty good distance, put the bread crumbs into it, with a piece of fresh butter, stir them about with a wooden spoon till they are of a fine light brown, and then use them as the occasion requires.

To clarify Butter for potting.

Fresh butter must be used for potting. Put some into a stewpan, with a little water just to spread over the bottom of it. Set it over a slow fire till it is boiled, skim it, let it stand till the sediment subsides; then pour off the liquid, and when it begins to congeal, use it as wanted.

Mushroom Powder.

Take half a peck of large fresh mushrooms, and clean them well with dry flannels; scrape out the gills, and use only those which are quite sound.—Put them into a stewpan, without water, with three or four small onions, some cloves, a quarter of an ounce of mace, and an ounce of white pepper, all pounded. Set them over the fire, simmer and shake them till all the liquor be dried up, but be careful that they do not burn. Lay them on wire plates or sieves in a slow oven till they are dried enough to beat them to powder. Keep the powder in small bottles corked, and tied close with a piece of leather, and set them in a dry place.

A tea-spoonful will give a sufficient flavour to soup, gravy, or sauces. Add it just before serving the preparation, and boil it a moment after it is put in.

PREPARATIONS OF EGGS, AND SOME OTHER LITTLE DISHES.

Observation.

The yolk of an egg, either lightly boiled or taken raw, is a salutary, and, on some occasions, even a medical food. But when it has undergone the processes of the general modes of dressing it, the

nature of it is entirely changed : it is no longer entitled the to recommendations it deserves in the states above mentioned. Enough has been said respecting the white of an egg, in the observations on puddings.

To poach Eggs.

Have ready a broad stew-pan of boiling water, break the eggs into tea cups, put them gently into the water, and they will be done enough in two minutes or two and a half. Serve them up on toasted bread or spinage, or with any thing else as approved.

Peas Pudding.

Soak a pint of the yellow melting kind of whole peas in water, for an hour, then tie them loosely in a cloth, and boil them till tender. Braid them through a colander or hair sieve, stir in a piece of butter, a spoonful or two of cream, and a little salt. Tie it up tight in a cloth, and boil it half an hour.

Black Puddings.

Stew a quart of whole oatmeal in a quart of milk, and then set it by till the next morning. Add to it a pound and a half of beef suet, shred fine, a seasoning of pepper, salt, allspice, and cloves, a small handful of penny royal, the same of parsley, a little thyme and winter savory, washed and chopped very fine ; a pint of cream, and three pints of hog's or sheep's blood. Mix all these well together, and stir them over the fire till they are well warmed. Have ready the skins thoroughly cleaned and turned inside outwards, fill them about half full, tying them at proper intervals like sausages. Boil them about a quarter of an hour, pricking them with a fork as they boil, to prevent their bursting. Lay them in a cloth to cool, turning them once or twice

till cold, then hang them up in a dry place. When to be served, they may be broiled, or fried, or warmed in a Dutch oven.

To stew Mushrooms.

Button mushrooms must be rubbed with a piece of clean flannel and some salt, the larger ones peeled and the gills scraped out; then lay them for a while in milk and water. When they are put into the stew-pan, sprinkle them with a little salt, add some mace, and set them over a slow fire. Let them stew till they are half done, then add some cream and yolks of eggs, and thicken the whole gently over the fire. Serve them with sippets of toasted bread.

To make them savoury, use gravy, and a thickening of flour and butter, instead of cream and eggs.

To broil Mushrooms.

Sprinkle the large mushrooms after they are peeled and the gills scraped out, with some pepper and salt, and broil them gently. Serve them with a little gravy.

To fry Morrels.

Cut them in long slices and wash them well, then stew them in a little broth over a gentle fire for a short time. Season the broth they were stewed in with pepper and salt, and thicken it with flour and butter, and serve them with this in the dish for sauce.

Mushrooms may be fried in the same way.

OBSERVATIONS ON PASTRY, &c.

Pastry in general having a great deal of butter in it, and no ferment, that is, neither leaven nor yeast, to make it light, is a close heavy substance; from

which, and the being baked in the close heat of an oven, it is very unwholesome.

Butter, even of the best quality, becomes rancid to a certain degree from being baked, which makes it bad for the stomach. Pork, lard, suet, and dripping, are in their nature less digestible than butter, and become more rancid than butter does by baking. Pastry made with any of these is therefore much more unwholesome than that made with butter, however favourable the appearance of it may be.

All the materials used in these preparations should be good of their kind, and great attention paid to the neatness of every utensil used, as well as to the making them in the best manner, that bad may not be made worse by any defects of this nature.

The wholesomest crust for Fruit Pies.

Break a little leaven into some good wheaten flour, and make it into a paste in the manner of bread, with milk, or milk and water made as warm as new milk, or put a little yeast instead of leaven. The yolk of an egg may be added, if agreeable. Mould this very smooth and roll it out for use.

Observation.

The best manner of making up fruits in crust, is as pasties, or turnovers, as they are sometimes called. Whichever way they are to be made, they should not be baked in a close oven, but with the door open, or at least with some vent, that the air may have a passage, to preserve them from the bad effects that ensue when it is quite excluded in cookery.

A good sized hole should be made at the top of all the pasties or pies, that the tumes may go off freely while baking.

Let the apples and fruits in general be ripe, and

mix no other ingredient with them. Some sugar may be added when eaten. Buttering pies and pasties is bad, and they should not be eaten hot, as they then create wind. Eaten very cool or quite cold they are a good wholesome food, and assist to open obstructions in the passage and bowels.

Sugar Paste.

To a pound of flour put two ounces of loaf sugar rolled and sifted, and rub in half a pound of butter. Mix it up with one egg well beaten, and cold water sufficient to make it into a paste; mould it with the hands till it be quite smooth, and roll it out for use.

Apple, Gooseberry and other fruit pies.

Butter the edge and sides of the dish, and lay a border of crust over them, then put in the fruit with a sufficient quantity of sugar, and water if necessary. Roll out the crust, and lay it over the top of the dish. Either the light puff crust, the crust for tortures, or the short crust, may be used at pleasure for these pies. An apple pie may be flavoured by putting in a little quince, either raw or preserved, grated lemon peel or a few cloves; any of them give it an agreeable flavour. Black currants, (though not in general use for pies,) make a pie of which some people are extremely fond: they require a good deal of water in the dish. A little fine sugar sifted over the pie when to be served up, makes it look nicer.

Sweetmeat Pies, Tarts and Tartlets.

Sweetmeats made with syrups are made into pies the same as raw fruits, and the same crusts may be used for them. Tarts made with any kind of jam, are commonly made with a crust laid round the

bottom of the dish, the sweetmeats then put in and only a little ornaments of crust cut with a jaggging iron, or otherwise, over the top. For these the sugar paste may be used if preferred. Little tartlets are made in the same way, only baked in tins, and turned out.

BISCUITS, CAKES, &c.

A light sponge Cake.

Ten eggs, only five whites, beat them together in an earthen pan for half an hour, then add a pound of lump sugar, beaten and sifted: beat the sugar and eggs half an hour longer, then add three quarters of a pound of flour well dried, and a spoonful orange flower water. Mix them well, then butter the tin, put in the cake, and bake it an hour and a half in a moderate oven. Care must be taken that it is put into the oven immediately, or it will not be light.

A Rice Cake.

Put a quarter of a pound of rice, well washed, into a saucepan with half a pint of water; when it begins to swell, add about the same quantity of milk, and let it remain on the fire till the rice is well mixed with the milk and water, and is become perfectly soft. Take it off the fire, let it stand till it be cold, and then add to it a pound and a quarter of flour, half a pound of butter, four eggs and a little salt. Mould the whole well together, make it up into a cake or loaf, glaze it over with yolks of eggs, and bake for an hour on a tin well buttered.

Savoy Biscuits.

Take six eggs, separate the yolks and whites, mix the yolks with six ounces of sugar pounded fine,

and the rind of a lemon grated ; beat them together for a quarter of an hour, -then whisk the whites up in a broad dish till they become entirely froth ; mix them with the yolks, and add five ounces of flour well dried. Stir the whole well together ; then with a piece of flat ivory take the batter out, and draw it along clean white paper to the proper size of the biscuit. Sift some sugar over them, and bake them in a very hot oven, but they must be carefully watched, for they are soon done ; and a few seconds over proper time will scorch and spoil them.

Naples Biscuits.

Put a quarter of a pint of water, two spoonfuls of orange flower water, and half a pound of fine sugar, into a saucepan ; let it boil till the sugar be melted, then pour it upon four eggs well beaten, stirring the whole as fast as possible while the syrup is poured in. Continue beating it well till it is cold, and then stir in half a pound of flour, make clean white paper up into moulds the proper size of the biscuits, pour the batter into them, and put them on tins to bake ; sift some fine sugar over them before they are put into the oven. Great care must be taken to watch them while they are in the oven, that they may not be scorched, and become of a bad colour.

Shrewsbury Cakes.

Beat a pound of fresh butter to cream with the hand, then mix in a pound of sugar powdered and sifted, and the yolks of eight eggs, well beaten. When these are well mixed together, put in two pounds of flour well dried ; make the whole up into a paste, roll it out a quarter of an inch thick,

and cut out the cakes with the top of a glass to any size at pleasure. Lay them on a sheet of tin buttered: bake them in a rather slow oven, and take them out the moment they turn brown.

A Rice Cake.

Sixteen eggs, but half of the whites; beat them well, then add a pound of fine sugar sifted, and beat them together a quarter of an hour. Sift a pound of rice flour through a lawn sieve; mix it with the eggs and sugar, grate in the rind of a lemon, and put in a spoonful of orange flower water; beat all together for an hour, butter the tin, and bake it for an hour. Be careful to set it into the oven as soon as ever it is put into the tin.

A very rich Plum Cake.

Take four pounds of flour well dried, mix with it a pound and a half of fine sugar powdered, a nutmeg grated, and an ounce of mace pounded fine. When they are well mixed, make a hole in the middle, and pour in fifteen eggs, but seven whites, well beaten, with a pint of good yeast, half a quarter of a pint of orange flower water, and the same quantity of sack, or any other rich sweet wine. Then melt two pounds and a half of butter in a pint and half of cream, and when it is about the warmth of new milk, pour it into the middle of the cake to the eggs, &c. Throw a little of the flour, &c. over the liquids, but do not mix the whole together till it is ready to go into the oven. Let it stand before the fire an hour to rise, laying a cloth over it, then have ready six pounds of currants well washed, picked and dried; a pound of citron, and a pound of orange-peel sliced, with a pound of almonds blanched, half cut in slices lengthways,

and half fine pounded. Mix all well together, butter the tin well, and bake it two hours and a half. This will make a pretty large cake.

A common Plum Cake.

Three pounds and a half of flour, half a pound of sugar, a nutmeg grated, eight eggs, a glass of brandy, half a pint of yeast, a pound of butter melted in a pint and a half of milk, and put, just warm, to the other ingredients. Let it rise an hour before the fire, then mix it well together, add two pounds of currants, butter the tin, and bake it.

Ginger Cakes.

With four pounds of flour, mix four ounces of ginger powdered very fine, heap them in a dish and make a hole in the middle; then beat six eggs and put them into a saucepan with a pint of cream, two pounds of butter, and a pound of powdered sugar. Stir them together over a slow fire till the butter is entirely melted, and then pour it to the flour and ginger. Make it up into a paste, and roll it out till it is about a quarter of an inch thick, then cut it into cakes with the top of a cup or glass. They must be baked in a very hot oven.

Excellent Gingerbread.

Put half a pound of treacle into a saucepan with a quarter of a pound of sugar, and a quarter of a pound of butter. Set them over the fire till the butter is melted, stirring them several times to mix them well together. Then pour them out into an earthen dish, and put to them a quarter of an ounce of ginger finely powdered, a quarter of a pound of candied orange peel cut small, and two ounces of caraway seeds, if approved; if not, they may be omitted. Mix in flour enough to

make it into a stiff paste, then roll it out, and cut it out into cakes with the top of a cup or glass, or make it up into nuts. Bake them on tin plates, well buttered.

PRESERVES.

Observations.

If preserves are to be made, they can never be done to any perfection without plenty of sugar. Fruits may be kept with small quantities of sugar, but then they must boil so long that there is as much waste in the boiling away, as some more sugar added at first would have cost, and the quality of the preserves will be neither so proper for use, nor of so good an appearance, as with a larger proportion of sugar and moderate boiling.

Fruits are often put up without any sugar at all, but if they do not ferment and spoil, which is very common, they must have a good deal of sugar added to them when used, and thus the risk of spoiling seems hardly compensated by any saving. The only real economy that can be exercised in this case, is not to make any preserves.

The most perfect state in which fruits in general for preserving can be taken, is, just when they are full ripe. Sooner than this they have not acquired their best qualities, and if they hang long after, they begin to lose them.

To preserve Strawberries.

Put a pound of fine scarlet strawberries, before they are very ripe, into a pint and a half of syrup; just give them a scald then take them out and set them by till the next day, covering them over with clean paper. The next day boil up the syrup, and scald

them again, and do so twice more, leaving a day between each; then keep them close covered till red currants are ripe. Make a jelly with a pint and a quarter of currant juice to a pound of sugar, give the strawberries a scald in the jelly, then take them out and put them into glasses. Then boil the jelly and the syrup the strawberries were in together, till it looks fine and clear, and when cool, pour it upon the strawberries.

To preserve Morella Cherries.

Allow to every pound of cherries, a pint of syrup, and boil the cherries in it till they look fine and rich, taking care that they do not boil too fast, for that will make them into jam.

To dry Cherries.

Stalk and stone some large Kentish cherries, and boil them gent'y for half an hour in syrup enough to cover them well. Let them stand for three or four days, then boil up the syrup, and put it boiling over the cherries, let it stand four days longer, then take them out and lay them on sieves to dry. Set them in a slow oven after the bread has been taken out, and when they are sufficiently dried, put them in boxes, laying a white paper between each layer of cherries.

Cherry Jam.

To four pounds of cherries allow two pounds of fine white Lisbon Sugar, and a pint of red currant juice. Stone the cherries, then boil the whole together pretty fast till it is well stiffened, and put it into pots for use.

Gooseberry Jam.

Take six pounds of small deep red rough gooseberries, which are best for the purpose. Head and

tail them, put them into a preserving pan, over the fire, stirring and bruising the fruit well as it heats. Let it boil for ten minutes, then put in four pounds of sugar, and set it upon the fire again. From the time it begins to boil it will require boiling about two hours. When it thickens well, and will jelly upon a plate, it will be done enough. It should be stirred pretty constantly to prevent its burning. Put it into pots, and do not paper it till the second day after it is done.

Observation.

Preserves keep better in shallow or moderately deep pots, than in deep ones; and quite as well without brandy to the papers as with it. They must not be set in a damp nor in a hot place, and then, with a due proportion of sugar, and proper boiling, they will not fail to keep well.

Black and red Currant Jam.

Use the same proportions of fruit and sugar as above, and boil it up in the same manner.

Raspberry Jam.

To four pounds of red raspberries, put a pint of red currant juice drawn as for jelly. Set this over the fire, stir it as it heats, and let it boil ten minutes. Add four pounds of sugar and boil it again till it jellies. It done without the currant juice, allow three pounds of sugar to four of fruit.

Damson, Bullace, or Plum Jam.

Cut the fruit from the stones, allow four pounds of sugar to six of fruit, and boil it in the same manner as the gooseberry jam.

Fruit of different kinds for Tarts.

Damsons, bullace, or almost any kind of plums, Morella cherries, or black and red currants, may be

put into wide mouthed bottles, with six ounces of fine Lisbon sugar to each bottle. Tie a piece of bladder over the mouth of each bottle, and set them in a kettle of water pricking holes in the bladder, or it will perhaps burst. Let them boil till the syrup rises above the fruit, set them by to cool, and then tie a fresh piece of bladder over the other, that the air may be entirely excluded.

Damsons and bullace put into a stone jar, and set into an oven after the bread is drawn, to stand all night, repeating this till they are well done, are a very good store for winter tarts and puddings. Half their weight of sugar should be added to them, but this is better not put in till they have been in the oven two or three times. They should be weighed before they are put into the jar.

Stewed Pears.

Cut six pears in halves, and take out the cores, lay them in a tin saucepan, with the flat side upwards. Pour over them a quarter of a pint of red wine, half a pound of sugar, and water enough to cover them well, with a few cloves. Let them stew till the pears are tender, keeping the saucepan covered to give them a good red colour.

JELLIES, CREAMS, CHEESECAKES, &c.

Hartshorn Jelly.

Boil a pound of hartshorn shavings with three quarts of spring water, till it is reduced to one quart; strain it off and set it by till the next day; then put it into a saucepan and melt it over a slow fire with half a pound of double refined sugar; when melted, add to it half a pint of Sherry or mountainwine,

the juice of six lemons, the parings of two, and the whites of ten eggs whipped to a froth. Let all boil together for five minutes; break some egg shells into the jelly bag, run the jelly three or four times through till it is perfectly clear, and then put it into glasses. If to be put into moulds for turning out, add an ounce of isinglass to the hartshorn shavings.

Calves Feet Jelly.

Boil two calves feet in three quarts of water, till it is reduced one half, skimming the fat off carefully as it rises. Strain the liquor off through a fine seive, and set it by till the next day. Scrape the scum at the top, and the sediment at the bottom, clean off; then put the jelly into a saucepan with a pint of Sherry or mountain wine, half a pound of fine sugar, the juice of four or five lemons, and the whites of eight eggs whipped to a froth. Let the jelly boil five or six minutes, and then pour it through the bag till it is quite clear. Boil some of the parings of the lemons with the jelly, if approved.

Spanish Flummery.

Scald a quart of cream with a little mace or cinnamon. Mix this gradually into half a pound of rice flour, and then stir it over a gentle fire till it is the thickness of jelly. Sweeten it to the taste, and pour it into cups or shapes. When cold, turn it out and serve it. Cream wine or preserves eat well with it, or it may be eaten alone as preferred.

Oatmeal may be used at pleasure instead of rice.

Lemon Cream.

The whites of nine eggs; the yolk of one; beat them well together till they are thin like water, but they should not be frothed. Add nine spoonfuls

of cold water, lemon juice and sugar to the taste. Strain the whole through a fine sieve, set it over a clear fire with the rind of a lemon pared thin, stirring it all the time till it is as thick as cream. Be careful not to let it stay too long over the fire when it begins to thicken, as it soon becomes too thick.

Seville Orange or Lemon Posset.

Squeeze Seville orange or lemon juice into a glass dish, or mix them together if preferred, and sweeten it well with fine sugar. Then take cream, and warm it well over the fire, but not to boil, put it into a teapot and pour it into the juice, holding the teapot up very high, that it may froth and curdle the better. Instead of cream, milk thickened with one or two yolks of eggs may be used, if more convenient.

Blanched Cream.

Beat the whites of seven eggs very much, with about a quarter of a pint of fine rich cream. While this is doing set another pint of cream on the fire with two spoonfuls of orange flower water, and two of fine sugar. When it boils, strain the eggs and the cream which have been beaten together into it, and set it on the fire till the whole turns to a fine curd, stirring it all the time to prevent its burning. Strain it through a sieve, and put the curd into cups or glasses.

Devonshire or Clouted Cream.

Scald a gallon of new milk, or two quarts of cream, in a very nice stew-pan over a gentle fire, till it begins to froth round the sides of the pan. Then take it off directly, and set it in two broad earthen pans in the manner that milk is set for cream. If this is done over night, it will be fit

for use the next day. Take off the cream nicely with a skimmer, and put it into layers on china dishes, with fine sugar sprinkled between them. Eat it with wine or sugar or with preserves, or fruit, at pleasure.

Fresh Cheese.

Sweeten some new milk to the taste, grate in a little nutmeg, and put in a little runnet, enough to turn it to a very soft curd. It must be made in the dish in which it is to be sent to table.

Boiled Custards.

If made with cream, four yolks of eggs should be allowed to a pint; but where good cream cannot be had, they may be made with milk, allowing six yolks of eggs to a pint, and putting in a tea-spoonful of Indian arrow root, or fine rice flour. Sweeten them with fine sugar, put in a little orange flower or rose water, according to the flavour preferred, and a piece of cinnamon. Be very careful to stir them all the time they are on the fire, to prevent their curdling. Preserved oranges cut in halves, and the inside taken out and filled with boiled custard, make a very nice dish. The French often flavour their custards with a very small quantity of coffee or chocolate, or with vanilla; any of which are very pleasant, but the latter particularly.

Baked Custards.

Boil the milk or cream with a piece of cinnamon or nutmeg, and let it stand till nearly cold. If cream, then add four yolks of eggs to a pint; if milk six, with sugar to the taste; pour them into cups and bake them.

Gooseberry Custards.

Scald green gooseberries in water, drain them from the water, and pulp them through a colander. To a pint of pulp put four eggs, two spoonfuls of orange flower water, and sugar to the taste. Set it over the fire till it thickens, and then put it out into glasses or cups.

Gooseberry Fool.

Put green gooseberries into an earthen pot, and set it into a kettle of water; let them caudle till they are quite soft, then pulp them through a colander, and mix the pulp with about an equal quantity of cream and milk: if too thick, add a little more. Sweeten it to the taste. Ripe gooseberries make very good fool.

Preserves with Cream.

To a pound of raspberry, gooseberry, or any other jam, mix a pint of good cream, or a little more, according to the taste. If cream cannot be procured, new milk thickened over the fire, without letting it boil, with a spoonful of rice flour, or with half a spoonful, and the yolks of two eggs, will be a good substitute for it.

This either way, a very simple pleasant dish.

Cheesecakes.

Set a pint of cream on the fire, and when it boils put in eight eggs, only half the whites well beat. When it becomes a fine curd, strain it through a lawn sieve, and while the curd is hot slice in a quarter of a pound of butter. Let it stand till cool, then add two ounces of almonds blanched and beaten with orange flower water, a little sack, a little beaten mace or nutmeg, and sugar to the taste. Bake them in puff paste. Add currants or sweetmeats if approved.

Plain Cheesecakes.

Three quarters of a pound of cheese curd, and a quarter of a pound of butter, beat together in a mortar. Add a quarter of a pound of bread soaked in milk, three eggs, six ounces of currants, sugar to the taste, a little candied orange peel, and a little sack. Bake them in a puff crust in a quick oven.

Bread Cheesecakes.

Slice a penny loaf as thin as possible, pour a pint of scalding cream upon it, and let it stand two hours. Then add eight yolks of eggs, half a pound of butter, and a nutmeg grated. Beat them well together, and put in half a pound of currants well washed, and dried before the fire, and a spoonful of white wine or brandy. Bake them in patty pans, lined with a puff crust, or in a raised crust.

Lemon Cheesecakes.

Boil the rinds of two lemons till they are quite soft, then pound them well in a mortar; add eight eggs, but half the whites, half a pound of sugar, a pint of cream, the juice of two lemons, and two Naples biscuits, grated. Mix them well together, and set them over a slow fire to thicken, stirring them all the time. When they begin to thicken, take them off the fire, and continue stirring them till they are cold. Bake them in puff, and sift a little fine sugar over them before they are sent to the oven.

Almond Cheesecakes.

Half a pound of almonds blanched, and beat well with orange flower water, two Naples biscuits grated, half a pound of melted butter, eight eggs, but four whites, the juice of a Seville or-

ange or lemon, and the rind grated, with sugar to the taste. Bake them in puff paste.

Meringoes.

Whip whites of eggs to froth in a broad pan, and when they are pretty well frothed, add a little grated lemon peel, and sugar finely powdered; whip them again till the whole is complete froth, then drop the froth on sheets of paper, in drops each about the size of half an egg. Put them into a gentle oven till they become of a fine light brown, then take them off the paper, spread a little sweetmeat on the flat part, unite them two and two by the flat sides, and the sweetmeat will keep them together.

Mince Meat.

Three pounds of lean beef, weighed after it is boiled, and picked clean from skin, fat, or gristle; chop it very small, and a pound and a half of raisins stoned along with it. Shred three pounds of beef suet very fine, and wash, pick, and dry two pounds and a half of currants; powder a pound and a quarter of loaf sugar, pound a quarter of an ounce of each of the following spices: cloves, nutmegs, mace, and cinnamon; of candied orange, citron, and lemon peel, take a quarter of a pound of each, and slice it thin, but not very long. Grate the peel of two lemons, pare, core, and chop eighteen large apples, and then mix all these ingredients well together with a pint of port wine, half a pint of sweet wine, half a pint of lemon juice, and a little salt. Press the whole down very close into a stone jar, cover it well, and use as wanted. It will keep five or six weeks.

GENERAL OBSERVATIONS ON PUDDINGS.

The only pudding that can be safely recommended as really wholesome diet, are those of the simplest kind, such as are seldom met with but in families of the middle ranks of life. For the poor unfortunately cannot get them, and the rich use only those of a more complex species, of which the best that can be hoped is, that they will not do much mischief.

The principal ingredients of common puddings are so mild and salutary, that unless they are overcooked, or too many of them mixed together, such puddings are, generally speaking, good food.

To make them of the best and wholesomest quality, the materials should be all fresh and good of their kind.

Flour newly ground; new milk; fresh laid eggs; fresh suet, &c. &c.

The whites of eggs should never be used in puddings for children, or persons with weak stomachs, or for those who are invalids in any other way, on account of their indigestible nature.

Puddings should boil briskly over a clear fire, with the pot-lid partly at least, if not entirely off, as the access of air makes all things dress sweeter.

That pudding cloths, and every utensil in the making of puddings, should be quite clean, is so well established a maxim that it needs not be further enforced here.

Where quantities are given by spoonfuls, a common sized kitchen spoon is meant, as less liable to vary in size, from change of fashion, than table spoons.

Plain boiled Rice Pudding.

Wash half a pound of whole rice, tie it in a cloth, allowing room for the rice to swell, and put it into a saucepan of cold water. It will require doing for two hours after it is set on the fire. After it has boiled for some time, if it seems too loose, take it up and tie it tighter. Send it to table with cold butter and sugar to eat with it.

Observations.

Ripe fruits, such as gooseberries, red currants, almost any kind of plums or damsons, make a pleasant addition to this pudding. It should be taken up about half an hour before it is done, the fruit stirred in, and then tied pretty tight, and put in again for the remainder of the time. A pint of fruit will be sufficient.

Raisins stoned, dried currants, prunes, or French plums, half a pound of either, are sometimes used for this pudding; but the other fruits are preferable, and make a wholesome as well as a pleasant pudding.

A baked rice Pudding without milk.

Boil half a pound of rice gently in a moderate quantity of water till it is just tender. Then drain the water off as much as possible without squeezing it. Stir in a piece of fresh butter, a little salt, half a tea spoonful of ground ginger, and half a pound of currants, or not as approved. Put it into a buttered dish and bake it.

When ripe fruits are in season they may be added instead of currants, as in the preceding receipt.

Ground Rice Pudding baked.

Mix three large spoonfuls and a half of ground rice into half a pint of cold milk. Set a pint and

a half of new milk on the fire, and when scalding hot, pour the rice and milk into it, stirring it over the fire till it thickens. Let it cool in a basin uncovered, then add sugar to the taste, and three eggs well beaten with a little salt. An hour will bake it in a moderate oven.

Bread Pudding either baked or boiled.

Grate or slice very thin six ounces of white bread, pour upon it a pint of new milk made scalding hot, and let it stand uncovered till cold. Work this fine with the back of a spoon, put in sugar to the taste, and two or three eggs well beaten with a little salt.

With another ounce of bread this pudding is very good without eggs; but if boiled, does not turn out of the basin quite so well as with them.

Two large spoonfuls of suet cut very small, and a quarter of a pound of currants well washed, picked, and dried, added to the above, make a pleasant pudding either way; or the currants may be added without the suet.

Some of the common fruits, when ripe, are also good with it. Half a pint will be sufficient.

Boil it in a well buttered basin for an hour, or if with suet, an hour and a quarter. Three quarters of an hour will bake it.

Boiled batter Pudding either plain or with Fruit.

Mix six eggs, well beaten with some salt, into a pound of flour; add gradually a quart of milk, beating up the whole as it is put in, to a very smooth batter. Boil it two hours in a basin well buttered, or an hour and three quarters in a cloth. Move it about for a few minutes after it is put into the water, to prevent the flour settling in any part. If in a basin, it should be put in bottom

upwards, to throw back the flour which may have fallen to the bottom.

Half a pound of prunes, French plums, raisins, or currants, or a quarter of a pound of each of the two latter, may be added; when approved, to this pudding.

Gooseberries, red currants, apricots, pared and stoned, plums of almost any kind, and damsons either black or white, are also good with it. A pint and a half of the smaller fruits, or a quart of the larger, is enough.

Observation.—Batter is always the better for being made an hour or more before it is wanted.

Suet Pudding.

Take half a pound of flour, half a pound of beef suet chopped very small, and a tea-spoonful of salt; mix these with just sufficient milk or water to keep them together. Boil it two hours and a half in a basin or cloth. Prunes, currants, or raisins stoned, may be added for a change, half a pound of either.

Suet Pudding with Eggs.

To a pound of beef suet chopped very fine, six large spoonfuls of flour, a tea-spoonful of grated ginger, and a tea-spoonful of salt; add a quart of milk mixed in gradually, and four eggs. Boil it three hours in a basin well battered, or two hours and a half in a cloth well floured.

Hasty Pudding.

Beat the yolks of two eggs with a little salt, and mix them with half a pint of cold new milk. Stir this by a little at a time into four large spoonfuls of flour, and beat it to a very smooth batter. Set a pint and a half of milk on the fire, and when it is scalding hot, pour in the batter, keep

stirring it well that it may be smooth and not burn; and let it be over the fire till it thickens, but it must not boil. Pour it out the moment it is taken off the fire.

This eats well with cold butter and sugar stirred into it, or with sugar only.

Observations.

Fine oatmeal used with the flour, an equal quantity of each, makes this opening to the bowels.

Hasty pudding is very good without eggs; and may be made by the above receipt, with no other difference than the omitting them.

Cake Pudding.

Melt half a pound of butter in a quarter of a pint of milk; let it stand till it is no more than luke-warm, then add to it four eggs well beaten, two large spoonfuls of thick yeast, or four of thin, and a little salt, all well mixed together. Strain the whole into the middle of a pound of flour, mix it up lightly, and set it before the fire to rise for an hour. Work it up like a cake, adding as this is done, half a pound of currants, and two spoonfuls of moist sugar. Bake it in a dish, or tin, well buttered, and turn it out before it is sent to table. An hour and a quarter will bake it in a brisk oven.

Suet Dumplings without Eggs.

To a pound of flour, put ten ounces of suet shred small, half a pound of currants clean washed, and well dried, and some salt. Mix this up with milk or water just sufficient to make it a stiff paste. Divide it into good sized dumplings, tie them in separate cloths, well floured, and boil them two hours: the currants may be omitted at pleasure.

Suet Dumplings with Eggs.

A pint of milk, two eggs, three quarters of a pound of beef suet chopped fine, a teaspoonful of grated ginger, and flour enough to make it into a moderately stiff paste. Make the paste into dumplings, roll them in a little flour, and put them into boiling water. Move them gently for a little while to prevent their sticking together. If the dumplings are small, three quarters of an hour will boil them; if larger the time must be proportioned to their size. They will boil equally well in cloths, which is often preferred on account of keeping the outside drier. They will boil with beef if approved, but must not then be put into cloths.

Hard Dumplings.

Make some flour with a little salt into a pretty stiff paste; either with milk or water. Roll it into balls with a little flour. Half an hour will boil them in boiling water. They are very nice boiled with a fine piece of beef. Made up of a common dumpling size, and boiled either with or without cloths, they are exceedingly good, eaten with cold butter. The addition of some currants makes them still better; these must boil an hour.

A Fruit Pudding in crust.

To a pound of flour put half a pound of suet chopped small; roll these together on a pye-board with a rolling pin, till the suet is well rolled into the flour. Add a little salt, mix it up lightly with cold water, and mould it just sufficiently to roll out. Butter a basin, and line it with this crust, rolled out moderately thick; put in the fruit, lay a piece of crust rolled out round on the top, and turn the side crust over it a little way to

keep in the juice: tie a cloth well floured over it. A quart basin will require boiling two hours.

Apple Dumplings.

Have ready a crust, as for the preceding pudding. Pare and core as many large spirited apples as there are to be dumplings. Work a piece of crust round them moderately thick, tie them in separate cloths well floured, and boil them; if large, an hour and a quarter, or if smaller, in proportion.

Observations.

These dumplings are certainly best when the apples are not cored, if persons can put up with the unusual appearance of letting the cores remain in. The apples boil thus more juicy and better flavoured. The place of the core is sometimes filled up with quince marmalade.

A Cheshire Pudding.

Make a crust as above for the fruit pudding; roll it out to fourteen or fifteen inches in length, and eight or nine in width. Spread it with raspberry jam, or any other preserve of a similar kind, and roll it up in the manner of a coiled eel. Wrap a cloth round it two or three times, and tie it tight at each end. Two hours and a quarter will boil it.

A whole Rice Pudding.

Stew a quarter of a pound of whole rice very gently in a pint and a half of new milk. When the rice is tender pour it into a bason, stir in a piece of butter, and let it stand till quite cool. Then put in four eggs, a little salt, some nutmeg and sugar. Boil it an hour in a basin well buttered.

Apple Pudding with Cream.

Pare and grate three or four apples according to the size, but they must be pretty large. Add to them a quarter of a pound of Naples biscuits grated, a little nutmeg, a pint of cream, sugar to the taste, and ten eggs with but half the whites, well beaten with a little salt. Bake it with a crust round the edge of the dish for an hour. Sift it over with powdered sugar when done.

A Carrot pudding.

Scrape a raw carrot very clean, and grate it. To half a pound of this grated carrot, put half a pound of grated bread, half a pound of fresh butter melted, half a pint of cream, half a pint of sack, some orange flower water, sugar to the taste, a little nutmeg grated, and eight eggs, leaving out half the whites, well beaten with a little salt. It must be of a moderate thickness, if it is more than that, therefore put in some additional cream. This will either bake or boil. If to be baked, pour it into a dish with a puff paste under it, and bake it an hour. Sift powdered sugar over it when it comes from the oven. If to be boiled, pour it into a well buttered basin, and boil it an hour and a half. Serve it up with white wine sauce.

Cheese Rice Pudding.

Set a quarter of a pound of ground rice, in a pint of milk, over the fire till the rice is soft.— Stir it that it may not burn, and do not let it boil. Put it into a basin, add a quarter of a pound of fresh butter, stirring it about till the butter is melted. Throw a thin cloth over it to keep it from dust, without quite excluding the air, and let it stand till the next day. Then add three

eggs, well beaten, with a little salt, sugar and nutmeg to the taste, two spoonfuls of sweet-wine, and a quarter of a pound of currants, clean washed and thoroughly dried. Bake this in patty pans, lined with puff paste.

A Citron Pudding.

Melt a quarter of a pound of butter, add to it five ounces of lump sugar powdered, the yolks of four eggs, the whites of two, well beaten, and a spoonful of brandy. Lay a rich paste over the bottom of the dish. Grate an ounce of citron, and half an ounce of candied lemon peel, strew them upon the paste. Then pour in the other ingredients, and bake it half an hour.

Buttermilk Curd Pudding.

Turn three quarts of new milk, warm from the cow, or made milk warm, with a quart of buttermilk. Drain off the whey through a sieve, and when the curd is dry, pound it in a marble mortar with a quarter of a pound of butter, half a pound of sugar, an ounce of sweet, and two three bitter almonds, and a lemon boiled tender. When these are well beaten and mixed together, add two ounces of crum of roll grated, some nutmeg grated, a teacup full of thick cream, six eggs, with but half the whites, well beaten with a little salt, and a glass of rich sweet wine. Bake this when well stirred together, in a dish, or cups well buttered, turn out from either, and pour white wine sauce into the dish.

A potato pudding.

Take a pound of potatoes, after they are boiled and peeled, and beat them in a marble mortar, with half a pound of butter. Boil an ounce of

lemon peel, and beat it in a mortar by itself. Mix the lemon with the potatoes, add to them eight yolks of eggs, and four whites, with sugar to the taste. Put it into a dish with a crust round the edge, and bake it in a slow oven.

A rich potato pudding.

To half a pound of boiled potatoes beaten in a marble mortar, with a quarter of a pound of butter, add a quarter of a pint of cream, the rind of a lemon grated, add the juice strained in, two spoonfuls of white wine, sugar to the taste, two ounces of almonds beaten with orange flower water, some candied orange peel cut thin, and the yolks of eight eggs well beaten with a little salt. Bake this in a dish with a puff crust round the edge of it, for an hour in a moderate oven. Sift powdered sugar over it before it is set to table.

Bread and Apple pudding.

Grate six ounces of bread, put to it six ounces of powdered sugar, six ounces of apples grated, six ounces of currants well washed and dried, and six eggs well beaten with some salt. Mix all those thoroughly together, and boil it in a well buttered basin for an hour and a half; serve it up with white wine sauce.

White puddings.

Pour two pints and a half of scalding hot milk upon half a pound of Naples biscuits or bread, let it stand uncovered, and when well soaked, bruise the bread very fine. Put to it half a pound of almonds beat well with orange flower water, three quarters of a pound of sugar, a pound of beef-suet or marrow, shred fine, a quarter of an ounce of salt, ten yolks of eggs,

five whites. Mix the whole thoroughly together, and put it into the skins, filling them but half full, and tying them at a proper distance like sausages.

Observations.

The skins must be carefully cleaned, and laid in rose water some hours before they are used.

Currants may be put instead of almonds, if preferred.

A plum pudding.

To three quarters of a pound of flour add three quarters of a pound of raisins, weighed after they are stoned, half a pound of suet or marrow, cut small, a pint of milk, two eggs, three spoonfuls of moist sugar, and a little salt. Boil it five hours.

A small very rich plum pudding.

Three quarters of a pound of suet, shred small, half a pound of raisins, weigh them after they are stoned, and chop them a little; three spoonfuls of flour, three spoonfuls of moist sugar, a little nutmeg and salt, three yolks of eggs, and two whites. Let it boil four hours in a basin or tin mould well buttered.

Pour over it, when served up, melted butter with white wine and sugar.

Brown Bread pudding.

A pound of beef suet chopped very small, a pound of bread grated, half a pound raisins, stoned and chopped, half a pound of currants, a nutmeg grated, a teaspoon full of salt, and six eggs. Mix those well together, and let it boil six hours in a basin well buttered.

Plum pudding without eggs.

Three quarters of a pound of flour, three

quarters of a pound of suet chopped small, three quarters of a pound of raisins, stoned; three quarters of a pound of currants well washed and dried, a tea-spoonful of ground ginger; and rather more salt. Stir all well together, and add a little milk, as will mix it up quite stiff. Boil this for four hours in a buttered basin.

A baked plumb pudding.

Make it the same as above, only let it be a pint of milk, and add two eggs. An hour and a half will bake it.

A rice pudding with cream.

Stew a quarter of a pound of whole rice in water till it is tender, pour off the water, and set it over the fire with milk enough to make it moderately thick, till it is scalding hot. Pour it into a basin, and stir in a piece of butter. When cold add to it a quarter of a pint of cream, the yolks of five eggs, the whites of two, some nutmeg and sugar to the taste. Boil it in a cloth three quarters of an hour.

A bread pudding baked.

Put a quarter of a pound of butter to a pint of cream or new milk, set it upon the fire, stirring it all the time. As soon as the butter is melted, stir in as much stale white bread, grated, as will make it moderately thick. Put in three eggs, a little salt and nutmeg, and some moist sugar. Bake it three quarters of an hour. The dish it is put into should be buttered. Half a pound of currants may be added if agreeable.

An Almond pudding.

Blanch half a pound of sweet almonds, and beat them in a marble mortar, with orange flower water,

Add the rind of two lemons grated, half a pound of butter melted, eight yolks of eggs, and four whites, with sugar to the taste. Bake it half an hour, with a puff paste round the dish.

A Lemon pudding.

Grate half a pound of Naples biscuit, add to it three quarters of a pound of powdered sugar, grate the rinds of two clear good sized lemons into it, and squeeze in the juice. To these put three quarters of a pound of melted butter, a pint of thick cream, twelve yolks of eggs and six whites, and a nutmeg grated. Mix all well together, and pour it into a dish with a paste at the bottom. Sift a little fine sugar over it before it is put into the oven. Half an hour will bake it.

Seville oranges may be used instead of lemons if preferred.

A Biscuit pudding.

Scald a pint of cream or new milk, and pour it upon a quarter of a pound of Naples biscuits grated. Let these stand till cold, then add two spoonfuls of powdered sugar, half a spoonful of flour, some orange flower water, some nutmeg grated; four yolks of eggs and two whites, well beaten with a little salt. Mix all well together, and boil the pudding in a basin, buttered and dredged with flour, for an hour. Serve it up with melted butter in the dish, and some fine sugar sifted over it.

Apricot, Gooseberry, or Apple pudding.

Cauld the fruit in an earthen pot, set it into a saucepan of water, till it will pulp through a colander. To a pint of pulp put the yolks of ten eggs, the whites of five, a quarter of a pound of oiled butter, three [spoonfuls] of rose water, and

sugar to the taste. Stir all well together, and bake it in a china dish, with a puff paste under it, half an hour in a quick oven.

Common Pancakes.

Beat two eggs with a little salt, and stir them into three spoonfuls of flour. Add a pint of new milk by degrees, and beat up the batter very smooth. Fry these in a small pan of boiling lard, of a light brown colour. Make them of a moderate thickness. Fried by spoonfuls, this will make plain fritters.

Observation.

Pork lard in general fries things of a lighter colour, and nicer than butter. It should be fresh, and carefully dried down.

These pancakes will be very good without the eggs, and without any substitute for them. They may likewise be made with malt liquor, yeast or snow, instead of eggs: with the malt liquor or snow, rather less than the quantity of milk, or else add a little more flour.

Cream Pancakes.

Put an ounce of butter into half a pint of cream, set on the fire till the butter is melted, and then mix it gradually into two spoonfuls of flour. Add the yolks of two eggs, a little nutmeg and salt. Fry them in a small pan, and this quantity will make a dozen. A small piece of butter should be put into the pan with the first pancake.

Whole Rice Pancakes.

Stew half a pound of whole rice in as much water as will just keep it doing properly, till it is very tender. Let it stand uncovered to cool, then break it very small, and put to it half a pint of

scalded cream, half a pound clarified butter, a handful of flour, a little nutmeg, and five eggs well beaten with some salt. Stir these well together, and fry them in butter or lard. Serve them up with sugar sifted over them, and a Seville orange, or lemon, cut and laid round the dish.

Ground Rice Pancakes.

Set a pint of new milk on the fire, and when it is scalding hot, stir into it two spoonfuls of ground rice, mixed up with a quarter of a pint of cold milk. Keep it on the fire till it thickens, but do not let it boil. Put it into a basin to cool, stirring in gently a quarter of a pound of butter. When cold, add some sugar, a little nutmeg, and four eggs, well beaten with some salt. Fry these in as little lard as possible, of a nice light brown colour. Serve them up with sugar sifted over them, and with lemon, or with Seville orange, cut and laid round the dish.

Potato Fritters,

To half a pound of potatoes scraped, after it is boiled add a large spoonful of cream, four eggs well beaten with some salt, half a spoonful of lemon juice, a glass of sweet wine, and a little nutmeg, grated. Beat these to a very light batter, and fry them in a good deal of lard, the usual size of fritters. Serve them up with sugar sifted over them, lemon, or Seville orange, cut and laid round the dish, and white wine sauce in a tureen.

PICKLES.

Observations.

Pickles well chewed and eaten in moderation, are not bad, as vehicles for taking a certain portion

of vinegar, which is useful on many occasions as resisting putrefaction, assisting digestion, and removing obstructions, and thus counteracting gross foods. But an immoderate use of vinegar is very injurious to all constitutions, and there are some that cannot bear it at all.

The simplest kinds of pickles are the safest. When spices are too profusely used in them, or too many kinds used together, they tend to counteract the benefits of the vinegar.

Vegetables are better pickled separately, than confused medleys of them put together.

To green pickles by the means of copper or brass, under any form, makes them a positive poison: and though its operation may not be immediately perceived, it will never fail to produce some injurious effect.

Stone jars should be used for keeping pickles in, and a wooden spoon or silver fork, to put them into or take them out of the jars.

A very good Vinegar.

Allow a pound of lump sugar to a gallon of water. Boil this, taking all the scum off very carefully, and pour it into a tub to cool. When no more than milk warm, rub some yeast upon a piece of bread and put into it, and let it ferment about twenty-four hours; then put the liquor into a cask with iron hoops, lay piece of tile over the bung hole, and set it into the kitchen, which is better than setting it in the sun. It will be fit to bottle in six months.

March is the best time of year for the making of vinegar, though if kept in the kitchen, this is of little consequence.

To Pickle Red Cabbage.

Hang the cabbage up in the kitchen, bottoms upwards, for four days to dry; then cut them into thin slices, put them into a stone jar, first a layer of cabbage, then a little salt, some black pepper, alspice and ginger, and so on till the jar is full. Then fill it up with vinegar, and tie it down close.

To Pickle Large Cucumbers, Gherkins, &c.

Wipe them clean with a cloth, then put them into a stone jar, and pour boiling vinegar with a handful of salt over them. Boil the vinegar up every three days, and pour it upon them till they become green; then put some ginger and pepper to them, and tie them up close for use.

To pickle Mushrooms.

Cut the stems of small button mushrooms at the bottom; wash them two or three times in fresh water, with a piece of clean flannel. Have a stew-pan ready upon the fire, with some spring water in it, and a handful of common salt; and, when it boils, put in the mushrooms. Boil them about three or four minutes, then take them off the fire, drain them in a colander, and then spread them directly upon a linen cloth, covering them with another. Have ready several wide mouthed bottles, and as the mushrooms are put into them, every now and then put in a blade or two of mace, and some nutmeg, sliced: and then fill the bottles with distilled vinegar. Some melted mutton fat, strained and poured over them, will keep them as well, or better than oil.

Pickled Onions.

Peel some small onions, and put them into salt and water for one day, changing it once in that time. Dry them in a cloth, then take some white wine,

mace, a little pepper, cloves and some vinegar; pour this pickle over the onions, after having boiled it; and when it is cold cover the onions closely with a bladder.



Directions for Carving.

● THE carving knife should be light, and of a middling size, and fine edge. The fork two pronged, made with a spring guard, is preferable. Strength is less required than address in the manner of using it, and to facilitate this, the cook should give orders to the butcher to divide the joints of the bones of all carcase joints of mutton, lamb, and veal, (such as neck, breast, and loin,) which may then be easily cut into thin slices attached to the joining bones. If the whole of the meat belonging to each bone should be too thick, a small slice should be taken off between every two bones.

The more fleshy joints (as fillet of veal, leg or saddle of mutton and beef,) are to be helped in thin slices, neatly cut and smooth; observing to let the knife pass down to the bone, in the mutton and beef joints.

The dish should not be too far from the carver; as it gives an awkward appearance, and makes the task more difficult. Attention is to be paid to help every one to a part of such articles as are considered the best.

In helping fish, take care not to break the flakes; which in cod and very fresh salmon, are large, and contribute much to the beauty of its appearance. A fish-knife, not being sharp, divides it best on this

account. Help a part of the roe, milt, or liver, to each person. The heads of carp, parts of those of cod and salmon, sounds of cod, fins of turbot, are likewise esteemed niceties, and are to be attended to accordingly.

In cutting up any wild-fowl, duck, goose, or turkey, for a large party, if you cut the slices down from pinion to pinion, without making wings, there will be more prime pieces.

A Cod's Head.—Fish in general, requires very little carving, the fleshy parts being those principally esteemed. A cod's head and shoulders, when in season, and properly boiled, is a very genteel and handsome dish. When cut, it should be done with a fish trowel, and the parts about the back-bone on the shoulders are the best and most firm. About the head are many delicate parts, and a great deal of the jelly kind. The jelly part lies about the jaw bones, and the firm part within the head. Some are fond of the palate, and others the tongue, which likewise may be got by putting a spoon into the mouth.

A Round of Beef.—Cut off a slice an inch thick all the length, and then help. The soft fat which resembles the marrow, lies at the back of the bone; the firm fat must be cut in horizontal slices at the edge. It is proper to ask which is preferred, as tastes differ. The skewer that keeps the meat properly together when boiling, should be drawn out before it is served up; or if necessary to leave the skewer in, put a silver or plated one.

Sirloin of Beef may be begun either at the end, or by cutting into the middle. It is usual to inquire whether outside or inside is preferred. For

the outside, the slice should be cut down to the bones, and the same with every following helping. Slice the inside likewise, and give with each piece some soft fat.

Rump of Beef is cut in the same way as a fillet of veal in the next article. It should be kept even all over. When helping the fat, observe not to hack it, but cut it smooth. A deep slice should be cut off the beef before you begin to help, as directed for the round.

Fillet of Veal.—In an ox this part is a round of beef. Ask whether the brown or outside be liked, otherwise help the next slice. The bone is taken out, and the meat tied close before dressing, which makes the fillet very solid. It should be cut thin and very smooth. A stuffing is put into the flap, which completely covers it; you must cut deep into this, and help a thin slice, as likewise of fat.—From carelessness in not covering the latter with paper, it is sometimes dried up to the great disappointment of the carver.

Breast of Veal.—One part (which is called the brisket) is thickest, and has gristles; put your knife about four inches from the edge of this, and cut through it, which will separate the ribs from the brisket. Ask which is chosen, and help accordingly.

Calf's Head has a great deal of meat upon it if properly managed. Cut slices from it, letting the knife go close to the bone. In the fleshy part at the neck end, there lies the throat sweet bread, which you should help a slice of with the other part.—Many like the fat of the eye, which you must cut out with the point of your knife, and divide in two.

If the jaw bone be taken off, there will be found some fine lean. Under the head is the palate, which is reckoned a nicety; the person carving should be acquainted with all things that are thought so, that they may distribute them among the guests according to their liking.

Shoulder of Mutton.—This is a very good joint, and by many preferred to the leg; it being very full of gravy, if properly roasted, and produces many nice bits, when laid in the dish with its back uppermost. When it is first cut, it should be in the hollow part of it, not far from the shank; and the knife should be to the bone. The prime part of the fat lies on the outer edge, and is to be cut out in thin slices. If many are at table, and the hollow part is eaten, some very good and delicate pieces may be cut out on each side of the bridge of the blade bone.

Leg of Mutton.—A leg of wether mutton (which is the best flavoured) may be known from ewe mutton by a string which passes down the loin. The best part is the midway, inside between the knuckle and the further end. Begin to help there by cutting thin deep slices. If the outside is not fat enough, help some from the side of the broad end, called the lap. This part is most juicy, but many prefer the knuckle, which in fine mutton will be very tender, though dry. There are very fine slices on the back of the leg: turn it up, and cut the broad end, not in the direction you did the other side, but longways. To cut the cramp, or what is mostly termed the gentleman's bone, take hold of the shank with your left hand, and cut down to the thigh bone; then pass the knife under the

knife under the cramp bone in the direction where it lies.

A fore quarter of Lamb.—Separate the shoulder from the breast and ribs by passing the knife under the joint, keeping it towards you horizontally, to prevent cutting the meat too much off the bones. If grass lamb, the shoulder being large, put it into another dish. Squeeze the juice of half a Seville orange or lemon, on the other part, and sprinkle a little salt and pepper. Then separate the grisly part from the ribs, and help either from that or from the ribs, as may be chosen.

Haunch of Venison.—Cut down to the bone, in the usual place where you make the first cut in a leg of mutton, to let out the gravy; then turn the broad end of the haunch towards you, put in the knife, and cut as deep as you can to the end of the haunch, then help in some thin slices, observing to give some fat to each person. There is more fat (which is a favourite part) on the left side than on the other; and those who help must take care to proportion it, as likewise the gravy, according to the number of the company.

Haunch of Mutton is the leg and part of the loin, cut so as to resemble a haunch of venison, and may be made to resemble it very much in both look and flavour, by being kept hung up in a cool place a length of time according to the season, with a clove of garlic in the shank: and it is to be helped at table in the same manner.

Saddle of Mutton.—Cut long thin slices from the tail to the end, beginning close to the back bone. If a large joint, the slice may be divided. Cut some fat from the sides.

Ham may be cut three ways; the common method is to begin in the middle, by long slices in the centre through the thick fat. This brings to the prime at first, and with a sharp knife enlarging that, by cutting successive thin circles; this preserves the gravy, and keeps the meat moist.

The last and most saving way is to begin at the hock end (which many are most fond of) and proceed onwards.

Ham that is used for pies, &c should be cut from the under side, first taking off a thin slice.

Sucking Pig — The first thing is to separate a shoulder from the carcass at one side, and then the leg. The ribs are then to be divided into about two helpings, and an ear or jaw presented with them and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The ribs are reckoned the finest parts; but some people prefer the neck-end between the shoulders.

Goose.—Cut off the apron, and pour into the body a glass of port wine, and a large tea-spoonful of mustard, first mixed at the sideboard. Turn the neck end of the goose towards you, stick your fork firm in the centre of the breast, which you should not remove till you come to cut off the side-bones, and cut the whole breast into long slices from one wing to another; but only remove them as you help each person, unless the company is so large as to require the legs likewise. This way gives more prime bits than by making wings. Take off the leg and wing, put your knife into the small end of the pinion or sham wing, and press it close to the body, and divide the joint, which raise up. Nothing but practice will enable people to hit the joint

exactly at the first trial. When the leg and wing of one side are done, go on to the other; but it is not often necessary to cut up the whole goose, unless the company be very large. The best pieces are the breast and thighs, after being divided from the drumsticks.

Hare.—The best way of cutting it up is to put the point of the knife under the shoulder, and to cut all the way down to the rump, on one side of the back-bone. Do the same on the other side, so that the whole hare will be divided into three parts. Cut the back into four, which, with the legs, is the part most esteemed. The shoulders must be cut off in a circular line; lay the pieces neatly on the dish as you cut them, and then help the company, giving some pudding and gravy to every person. This way can only be practised when the hare is young; if old, do not divide it down, which will require a strong arm; but put the knife between the leg and back, and give it a little turn inwards at the joint, which you must endeavour to hit and not to break by force. When both legs are taken off, there is a fine collop on each side of the back; then divide the back into as many pieces as you please, and take off the shoulders, which are by many preferred, and are called the sportsman's pieces. When every one is helped, cut off the head; put the knife between the upper and lower jaw, and divide them, which will enable you to leave the upper flat on your plate, then put the point of the knife into the centre, and cut the head in two. The ears and brains may then be helped to those who like them.

Carve Rabbits as directed the latter way for hare;

cutting them into two pieces, which with the legs are the prime.

A Fowl.—Lay the fowl on your plate; and place the joints as cut off on the dish. Take the wing off, only dividing the joints with your knife, and then with your fork lift up the pinion and draw the wing towards the legs, and the muscles will separate in a more complete form than if cut. Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. When the fore quarters are thus removed, take off the merry thoughts and the neck bones. The next thing is to divide the breast from the carcass, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife in to the bone half way from the neck to the rump, and on raising the lower end it will separate readily. Turn the rump from you, and take off the side bones, and the whole will be done. After all, more advantage will be gained by observing those who carve well, and a little practice, than by any written directions whatever.

F I N I S.

INDEX

TO THE RECEIPTS.

Observations on Cooking Utensils	3
General Remarks on the state in which the various substances used as Food, are best adapted to the purposes of Healthful Sustenance	5
On Diet	7
A	
ASPARAGUS, to boil	18
———— as an entremet, to dress	31
Artichokes, to boil	19
Animal food, observations on	34
———— on dressing	39
B	
BROCOLI, to boil	17
Bread crumbs, to fry	94
Beans, to boil	19
———— French with cream	21
———— French, to stew	27
———— of	28
Beet Root, red, to boil	19
———— or German mangel wuizel, to boil	ib.
Broth, a proper—mutton broth	44
———— Chicken—observations on, broth	45
Boiling Mutton	65
———— Beef, Veal, Lamb, Pork	66
———— Haunch of Venison, Calf's Head, Tongue	67
———— Pickled Pork, Bacon, Ham, Marrow Bones	68
———— Poultry, &c.—Turkey	ib.
———— Fowls and Chickens, Goose, ducks, &c. Rabbits	69
———— Partridges	70
Poultry, &c. observations on	72

Beef or Mutton, to hash—Red beef for slices	74
— Steaks, to fry	71
— another way	72
Butter for potting, to fry	95
Broiling, frying, and stewing—to broil Beef steak	70
To broil Mutton chops	71

C

CARVING, General directions for	131
Carrots, to boil	15
— observations on	16
Cabbage, to boil—observations on cabbage	17
Cauliflowers, to boil	18
Cucumbers, to stew	20
— their uses in cookery	31
Celery, to stew, brown—to stew carrots with cream	22
Cabbages, of	23
Cabbage, red, to stew	21
Cauliflowers for garnishing, &c.	28
Carrots and parsnips which are often specified by the name of roots, to dress for sauces, ragouts, &c.	29
Chervil, sorrel, and beet, white and green, to keep for future use—Celery, its various uses	ib.
Cake, a light sponge	100
— a rice	107, 102
— Savoy biscuits	100
— Naples biscuits, Shrewsbury cakes	101
— a very rich plum	102
— a common plum—ginger—excellent gingerbread	103
Chicken, to broil	77
Calf's head hashed	75
— liver with bacon, to fry	72
Cheese, fresh—boiled custards—baked do.	110
Cheesecakes, plain—bread do. lemon do. almond do.	112

D

Ducks stewed with green peas	72
------------------------------	----

E

ENDIVE, to stew	22
Eggs balls	94
—s, to poach	96

F

Family Beef	73
Fish, to dress	81
— to boil salmon, slices of cod, Herrings	84

Fish to broil—Herrings,—slices of Salmon	ib.
— to fry—to roast Pike or Sturgeon	85
— drest with vegetables—to dress a Cod's head	ib.
— to roast an eel—to stew a Carp or Tench	86
— to dress dried Cod	ib.
— Haddocks stewed, salt fish with cream, oyster pie	87
Forcemeat balls for ragouts	93
— for turkies, fowls, pies, &c.	94
G	
Gravy for poultry	45
— for fish	46
— to draw	45
Gooseberry custards—gooseberry fool	111
H	
Ham, essence of	46
I	
Irish Stew	76
J	
Jellies, Creams, Cheesecakes, &c —hartshorn jelly	107
— Calves Feet—Spanish Flumunery	108
L	
Lamb's Pluck and Head, to dress	78
Leeks to use in broths, &c.	29
Lamb steaks, to fry	74
Lemon Cream	108
Lettuce, cabbage and Roman cos—with force meat	30
M	
Mushrooms and morells	91
Miscellaneous articles used in cookery	93
Mushroom powder	95
— to stew, to broil—Morells to fry	97
Meat, to keep from tainting	81
Mutton steaks, to stew, to fry	73
Meringoes—minced meat	113
O	
Onions, to stew	23
— to use in ragouts, &c.	29
Observations on broths, soups, and gravies	41
Ox cheek stewed	75
P	
Pork steaks, to stew	72
Potatoes in cream or gravy	23

Parsnips, to boil—to mash	16
—— to stew with gravy	28
Peas, green, to boil	13
—— crust for fruit	98
—— both green and dried—to make peas porridge	27
—— dried with streaked bacon	ib.
Pig, to collar	76
Pie, a turkey—mutton steak pie,—a beef steak pie	80
—— fruit—sweetmeats, tarts, and tartlets	99
—— a-pigeon—a Partridge pie	81
Preparations for eggs, and some other little dishes	95
Preserves—Strawberries	104
—— Morella cherries, dry cherries, cherry jam	105
—— Gooseberry Jam	ib.
—— Black and red currant jam—raspberry jam	106
—— Damson, bullace, or plum jam	ib.
—— Fruits of different kinds for tarts	ib.
Posset, orange and lemon, blanchd cream, clouted do.	109
Preserves with cream—cheesecakes	111
Puddings, observation on	114
—— a pease—a black pudding	96
—— beef steak	79
—— boiled rice—baked do. without milk	115
—— ground rice, baked	ib.
—— bread, baked or boiled—boiled batter do.	116
—— suet—do. with eggs—hasty pudding	117
—— cake—suet dumplings	118
—— fruit with crust—hard dumplings	119
—— apple—cheshire do.—rice do.	120
—— with cream—carrot do—cheese rice do.	121
—— citron—buttermilk curd—potato—do. rich	122
—— apple—white do.	123
—— plum—do. rich—brown bread	124
—— plum, without eggs	ib.
—— baked—rice with cream	125
—— bread, baked—almonds	ib.
—— lemon—biscuit—apricot, gooseberry, &c.	126
Pancake common—cream—rice	127
—— rice, ground—potato fritters	128
Pickles	ib.
—— vinegar	129
Pickled red cabbage—cucumbers, gherkins	130
—— Mushrooms—onions	ib.

R

Radishes and turnip radishes	30
Roasting, observations on	49
mutton—beef	50
veal—lamb—pork	51
pig—haunch of venison	52
poultry or game, &c. observations on	53
turkey—fowls—a goose—ducks	54
pigeons—partridges—pheasants—grouse	55
woodcock	ib.
snipes—larks	56
wild ducks, widgeon, teal, &c.	ib.
capons, turkeys, &c.	ib.
turkey or fowl with chesnuts—a hare	57
rabbits—breast of veal—loin of veal	58
a sucking pig—ribs of beef stuffed	59
sweetbreads—tongue and udder	ib.
calf's liver—the head of a young hog	60
a bullock's heart	ib.
a calf's heart	61
a small hen turkey or pullet with batter	ib.
a collared neck of pork	ib.
a collared loin of mutton	ib.
a collar of beef	ib.
a sirloin of beef with the inside minced	ib.
S	
Spinage; to boil	16
stewed with cream—stewed with sorrel	20
observations on	21
Sea-cale, to boil	20
Sorrel, to stew	21
Sallads, dissertation on	24
excellent and wholesome, Nos. 1, 2, 3	26
for the winter—another for winter	ib.
observations on do.	ib.
to supply the want of oil for do.	ib.
Soups, porridges, &c.	32
to prepare broth for all kinds of	ib.
cabbage—soup with small white onions	33
with cucumbers	ib.
herb	34
a mock turtle, a chicken soup, a Scotch leek soup	47

_____ a potato - a family soup	86
Sauces, Bologna, to make	77
_____ to make	78
Sauces, &c. - a colouring for sauces - English soy	88
_____ lemon pickle - Quin's fish sauce	89
_____ melted butter	88
_____ oyster catsup - mushroom catsup - lobster sauce	90
_____ oyster - anchovy - a sallad sauce	91
_____ fennel, for fish - parsley and butter - apple	92
_____ Mint - for a roasted goose - store fish sauce	18
_____ Fish - bread sauce	93
Sugar, paste	99
Stuffing for veal, turkies, hares, &c.	94
Stewed pears	107

T

Turnips, to boil - to mash - observations on turnips	15
_____ tops, to boil	31
_____ their use in soups, &c.	33
Tongues, to cure - to pickle tongues, beef, or pork	17

V

Vegetables, observations on	13, 27, 82
Veal, neck of, larded	75