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THE "ALL ABOUT IT" BOOKS.

Isabella Mary

MRS. BEETON'S

DICTIONARY

OF

EVERY-DAY COOKERY.

LONDON:
S. O BEETON, 248, STRAND, W.C.
1865.

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apples to be put in the oven over-night, and left till morning; rather more than ½ hour to boil the jelly. *Average cost*, for this quantity, 3*s*. *Sufficient* for 6 small pots of jelly. *Seasonable.*—This should be made in September, October, or November.

APPLE JELLY.

Ingredients.—Apples, water; to every pint of syrup allow ¾ lb. of loaf sugar. *Mode.*—Pare and cut the apples into pieces, remove the cores, and put them in a preserving-pan with sufficient cold water to cover them. Let them boil for an hour; then drain the syrup from them through a hair sieve or jelly-bag, and measure the juice; to every pint allow ¾ lb. of loaf sugar, and boil these together for ¾ hour, removing every particle of scum as it rises, and keeping the jelly well stirred, that it may not burn. A little lemon-rind may be boiled with the apples, and a small quantity of strained lemon-juice may be put in the jelly just before it is done, when the flavour is liked. This jelly may be ornamented with preserved greengages, or any other preserved fruit, and will turn out very prettily for dessert. It should be stored away in small pots. *Time.*—1 hour to boil the fruit and water; ¾ hour to boil the juice with the sugar. *Average cost*, for 6 lbs. of apples, with the other ingredients in proportion, 3*s*. *Sufficient* for 6 small pots of jelly. *Seasonable.*—Make this in September, October, or November.

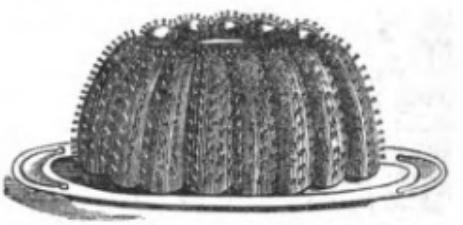
APPLE JELLY, Clear, for immediate Eating.

Ingredients.—2 dozen small apples, 1½ pint of spring-water; to every pint of juice allow ½ lb. of loaf sugar, ½ oz. of isinglass, the rind of ½ lemon. *Mode.*—Pare, core, and cut the apples into quarters, and boil them, with the lemon-peel, until tender; then strain off the apples, and run the juice through a jelly-bag; put the strained juice, with the sugar and isinglass, which has been previously boiled in ½ pint of water, into a lined saucepan or preserving-pan; boil all together for about ½ hour, and put the jelly into moulds. When this jelly is clear, and turned out well, it makes a pretty addition to the supper-table, with a little custard or whipped cream round

it: a little lemon-juice improves the flavour, but it is apt to render the jelly muddy and thick. If required to be kept any length of time, rather a larger proportion of sugar must be used. *Time.*—About 1 hour to boil the apples; ½ hour the jelly. *Average cost*, 2*s*. *Sufficient* for 1½-pint mould. *Seasonable* from August to March.

APPLE JELLY, Thick, or Marmalade, for Entremets or Dessert Dishes.

Ingredients.—Apples; to every lb. of pulp allow ¾ lb. of sugar, ½ teaspoonful of minced lemon-peel. *Mode.*—Peel, core, and boil the apples with only sufficient water to prevent them from burning; beat them to a pulp, and to every lb. of pulp allow the above proportion of sugar in lumps. Dip the lumps into



APPLE JELLY, STUCK WITH ALMONDS.

water; put these into a saucepan, and boil till the syrup is thick and can be well skimmed; then add this syrup to the apple pulp, with the minced lemon-peel, and stir it over a quick fire for about 20 minutes, or till the apples cease to stick to the bottom of the pan. The jelly is then done, and may be poured into moulds which have been previously dipped in water, when it will turn out nicely for dessert or a side dish; for the latter, a little custard should be poured round, and it should be garnished with strips of citron or stuck with blanched almonds. *Time.*—From ½ to ¾ hour to reduce the apples to a pulp; 20 minutes to boil after the sugar is added. *Sufficient.*—1½ lb. of apple pulp sufficient for a small mould. *Seasonable* from August to March; but is best and cheapest in September, October, or November.

APPLE PUDDING, Rich Baked.

Ingredients.—½ lb. apple pulp, ½ lb. of loaf sugar, 6 oz. of butter, the rind of 1

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main in the pickle, and the hams 3 weeks; if from 30 lbs. and upwards, 3 weeks will be required for the sides, &c., and from 4 to 5 weeks for the hams. On taking the pieces out, let them drain for an hour, cover with dry sawdust, and smoke from a fortnight to three weeks. Boil and carefully skim the pickle after using, and it will keep good, closely corked, for 2 years. When boiling it for use, add about 2 lbs. of common salt, and the same of treacle, to allow for waste. Tongues are excellent put into this pickle cold, having been first rubbed well with saltpetre and salt, and allowed to remain 24 hours, not forgetting to make a deep incision under the thick part of the tongue, so as to allow the pickle to penetrate more readily. A fortnight or three weeks, according to the size of the tongue, will be sufficient. *Time.*—Small meat to remain in the pickle a fortnight, hams 3 weeks; to be smoked from a fortnight to 3 weeks.

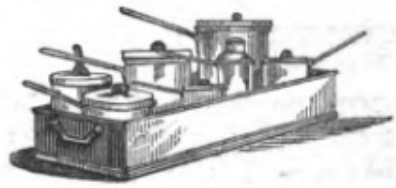
BACON, to Cure in the Wiltshire way.

Ingredients.—1½ lb. of coarse sugar ½ lb. of bay salt, 6 oz. of saltpetre, 1 lb. of common salt. *Mode.*—Sprinkle each flitch with salt, and let the blood drain off for 24 hours; then pound and mix the above ingredients well together and rub it well into the meat, which should be turned every day for a month; then hang it to dry, and afterwards smoke it for 10 days. *Time.*—To remain in the pickle from three to four weeks, to be smoked 10 days, or rather longer.

BACON, Fried Rashers of, and Poached Eggs.

Ingredients. — Bacon; eggs. *Mode.*—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a *cold* frying-pan, that is to say, do not place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs and slip them on to the bacon without breaking the yolks, and serve quickly. *Time.*—3 or 4 minutes. *Average cost,* 10*d.* to 1*s.* per lb. for the primest parts. *Sufficient.*—Allow 6 eggs for 3 persons. *Seasonable* at any time. *Note.*—Fried rashers of bacon, curled, serve as a pretty garnish to many dishes; and, for small families, answer very well as a substitute for boiled bacon, to serve with a small dish of poultry, &c.

The Bain Marie. — It is an open kind of vessel, as shown in the engraving, and is a utensil much used in modern



THE BAIN MARIE.

cookery, both in English and French kitchens. It is filled with boiling or nearly boiling water; and into this water should be put all the stewpans containing those ingredients which it is desired to keep hot. The quantity and quality of the contents of these vessels are not at all affected; and if the hour of dinner is uncertain in any establishment, by reason of the nature of the master's business, nothing is so sure a means of preserving the flavour of all dishes as the employment of the bain marie.

BARBEL.

Ingredients.—½ pint of port wine, a saltspoonful of salt, 2 tablespoonfuls of vinegar, 2 sliced onions, a faggot of sweet herbs, nutmeg and mace to taste, the juice of a lemon, 2 anchovies; 1 or 2 barbels, according to size. *Mode.*—Boil the barbels in salt and water till done; pour off some of the water, and to the remainder put the ingredients mentioned above. Simmer gently for ½ hour or rather more, and strain. Put in the fish, heat it gradually, but do not let it boil, or it will be broken. *Time.*—Altogether 1 hour. *Sufficient* for 4 persons. *Seasonable* from September to November.

BARBERRIES (Berberris vulgaris).

A fruit of such great acidity, that even birds refuse to eat it. In this respect, it nearly approaches the tamarind. When boiled with sugar, it makes a very agreeable preserve or jelly, according to the different modes of preparing it. Barberries are also used as a dry sweetmeat, and in sugarplums or comfits; are pickled with vinegar, and are used for various culinary purposes. They are well calculated to allay heat and thirst in persons afflicted with fevers. The berries, arranged on

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put the mixture into a buttered pie-dish, and bake in a moderate oven for 1¼ hour. When fresh fruits are in season, this pudding is exceedingly nice, with damsons, plums, red currants, gooseberries, or apples; when made with these, the pudding must be thickly sprinkled over with sifted sugar. Boiled batter pudding, with fruit, is made in the same manner, by putting the fruit into a buttered basin, and filling it up with batter made in the above proportion, but omitting the suet. It must be sent quickly to table, and covered plentifully with sifted sugar. *Time.*—Baked batter pudding, with fruit, 1½ to 1½ hour; boiled ditto, 1¾ to 1¾ hour, allowing that both are made with the above proportion of batter. Smaller puddings will be done enough in ¾ or 1 hour. *Average cost*, 10*d*. *Sufficient* for 7 or 8 persons. *Seasonable* at any time, with dried fruits.

BATTER PUDDING, Boiled.

Ingredients.—3 eggs, 1 oz. of butter, 1 pint of milk, 3 tablespoonfuls of flour, a little salt. *Mode.*—Put the flour into a basin, and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in the remainder of the milk, and stir in the butter, which should be previously melted; keep beating the mixture, add the eggs and a pinch of salt, and, when the batter is quite smooth, put it into a well-buttered basin, tie it down very tightly, and put it into boiling water; move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for 1¼ hour. This pudding may also be boiled in a floured cloth that has been wetted in hot water: it will then take a few minutes less than when boiled in a basin. Send batter puddings very quickly to table, and serve with sweet sauce, wine sauce, stewed fruit, or jam of any kind: when the latter is used, a little of it may be placed round the dish in small quantities, as a garnish. *Time.* 1¼ hour in a basin, 1 hour in a cloth. *Average cost*, 7*d*. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

BATTER PUDDING, with Orange Marmalade.

Ingredients.—4 eggs, 1 pint of milk, 1½ oz. of loaf sugar, 3 tablespoonfuls of flour. *Mode.*—Make the batter with the above ingredients, put it into a well-buttered basin, tie it down with a cloth, and boil for 1 hour. As soon as it is turned out of the basin, put a small jar of orange marmalade all over the top, and send the pudding very quickly to table. It is advisable to warm the marmalade to make it liquid. *Time.*—1 hour. *Average cost*, with the marmalade, 1*s*. 3*d*. *Sufficient* for 5 or 6 persons. *Seasonable* at any time; but more suitable for a winter pudding.

BEANS, Boiled Broad or Windsor.

Ingredients. — To each ½ gallon of water, allow 1 heaped tablespoonful of salt; beans. *Mode.*—This is a favourite vegetable with many persons, but, to be nice, should be young and freshly gathered. After shelling the beans, put them into *boiling* water, salted in the above proportion, and let them boil rapidly until tender. Drain them well in a colander; dish, and serve with them separately a tureen of parsley and butter. Boiled bacon should always accompany this vegetable, but the beans should be cooked separately. It is usually served with the beans laid round, and the parsley and butter in a tureen. Beans also make an excellent garnish to a ham, and when used for this purpose, if very old, should have their skins removed. *Time.* — Very young beans, 15 minutes; when a moderate size, 20 to 25 minutes, or longer. *Average cost*, unshelled, 6*d*. per peck. *Sufficient.*—Allow one peck for 6 or 7 persons. *Seasonable* in July and August.

BROAD BEANS.

BEANS, Broad, à la Poulette.

Ingredients.—2 pints of broad beans ½ pint of stock or broth, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, ¼ pint of cream, pepper and salt to taste. *Mode.*—Procure some young and freshly-gathered beans, and shell sufficient to make 2 pints; boil them, as in the

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process be very gradual, as the water must only simmer, or the meat will be hard and tough. Carefully remove the scum from the surface of the water, and

AITCH-BONE OF BEEF.

continue doing this for a few minutes after it first boils. Carrots and turnips are served with this dish, and sometimes suet dumplings, which may be boiled with the beef. Garnish with a few of the carrots and turnips, and serve the remainder in a vegetable-dish. *Time.*—An aitch-bone of 10 lbs., 2½ hours after the water boils; one of 20 lbs., 4 hours. *Average cost*, 6*d.* per lb. *Sufficient.*—10 lbs. for 7 or 8 persons. *Seasonable* all the year, but best from September to March.

Note.—The liquor in which the meat has been boiled may be easily converted into a very excellent pea-soup. It will require very few vegetables, as it will be impregnated with the flavour of those boiled with the meat.

BEEF A LA MODE.

Ingredients.—6 or 7 lbs. of the thick flank of beef, a few slices of fat bacon, 1 teacupful of vinegar, black pepper, allspice, 2 cloves well mixed and finely pounded, making altogether 1 heaped teaspoonful; salt to taste, 1 bunch of savoury herbs, including parsley, all finely minced and well mixed; 3 onions, 2 large carrots, 1 turnip, 1 head of celery, 1½ pint of water, 1 glass of port wine. *Mode.*—Slice and fry the onions of a pale brown, and cut up the other vegetables in small pieces, and prepare the beef for stewing in the following manner:—Choose a fine piece of beef, cut the bacon into long slices, about an inch in thickness, dip them into vinegar, and then into a little of the above seasoning of spice, &c., mixed with the same quantity of minced herbs. With a sharp knife make holes deep enough to let in the bacon; then rub the beef over with the remainder of the

seasoning and herbs, and bind it up in a nice shape with tape. Have ready a well-tinned stew-pan (it should not be much larger than the piece of meat you are cooking), into which put the beef, with the vegetables, vinegar, and water. Let it simmer *very gently* for 5 hours, or rather longer, should the meat not be extremely tender, and turn it once or twice. When ready to serve, take out the beef, remove the tape, and put it on a hot dish. Skim off every particle of fat from the gravy, add the port wine, just let it boil, pour it over the beef, and it is ready to serve. Great care must be taken that this does not boil fast, or the meat will be tough and tasteless; it should only just bubble. When convenient, all kinds of stews, &c. should be cooked on a hot plate, as the process is so much more gradual than on an open fire. *Time.*—5 hours, or rather more. *Average cost*, 7*d.* per lb. *Sufficient* for 7 or 8 persons. *Seasonable* all the year, but more suitable for a winter dish.

BEEF A LA MODE (Economical).

Ingredients.—About 3 lbs. of clod or sticking of beef, 2 oz. of clarified dripping, 1 large onion, flour, 2 quarts of water, 12 berries of allspice, 2 bay-leaves, ½ teaspoonful of whole black pepper, salt to taste. *Mode.*—Cut the beef into small pieces, and roll them in flour; put the dripping into a stewpan with the onion, which should be sliced thin. Let it get quite hot; lay in the pieces of beef, and stir them well about. When nicely browned all over, add *by degrees* boiling water in the above proportion, and, as the water is added, keep the whole well stirred. Put in the spice, bay-leaves, and seasoning, cover the stewpan closely, and set it by the side of the fire to stew very *gently*, till the meat becomes quite tender, which will be in about 3 hours, when it will be ready to serve. Remove the bay-leaves before it is sent to table. *Time.*—3 hours. *Average cost*, 1*s.* 3*d.* *Sufficient* for 6 persons. *Seasonable* at any time.

BEEF, Baked.

[COLD MEAT COOKERY. 1.] *Ingredients.* About 2 lbs. of cold roast beef, 2 small onions, 1 large carrot or 2 small ones, 1 turnip, a small bunch of savoury herbs, salt and pepper to taste, quite

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over the meat, and the remainder send in a tureen. *Time.*—Rather more than 3 hours. *Average cost*, 7*d.* per lb. *Sufficient* for 7 or 8 persons. *Seasonable* at any time.

Note.—The remainder of the liquor in which the beef was boiled may be served as a soup, or it may be sent to table with the meat in a tureen.

BEEF, Broiled, and Mushroom Sauce.

[Cold Meat Cookery.] *Ingredients.*—2 or 3 dozen small button mushrooms, 1 oz. of butter, salt and cayenne to taste, 1 tablespoonful of mushroom ketchup, mashed potatoes, slices of cold roast beef. *Mode.*—Wipe the mushrooms free from grit with a piece of flannel, and salt; put them in a stewpan with the butter, seasoning, and ketchup; stir over the fire until the mushrooms are quite done, when pour it in the middle of mashed potatoes, browned. Then place round the potatoes slices of cold roast beef, nicely broiled over a clear fire. In making the mushroom sauce the ketchup may be dispensed with, if there is sufficient gravy. *Time.*—¼ hour. *Average cost*, exclusive of the meat, 8*d.* *Seasonable* from August to October.

BEEF, Broiled, and Oyster Sauce.

[Cold Meat Cookery.] *Ingredients*—2 dozen oysters, 3 cloves, 1 blade of mace, 2 oz. of butter, ½ teaspoonful of flour, cayenne and salt to taste, mashed potatoes, a few slices of cold roast beef. *Mode.*—Put the oysters in a stewpan, with their liquor strained; add the cloves, mace, butter, flour, and seasoning, and let them simmer gently for 5 minutes. Have ready in the centre of a dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce quite hot, and round the potatoes place, in layers, slices of the beef, which should be previously broiled over a nice clear fire. *Time.*—5 minutes. *Average cost*, 1*s.* 6*d.*, exclusive of the cold meat. *Sufficient* for 4 or 5 persons. *Seasonable* from September to April.

BEEF BUBBLE-AND-SQUEAK.

[Cold Meat Cookery.] *Ingredients.*—A few thin slices of cold boiled beef;

butter, cabbage, 1 sliced onion, pepper and salt to taste. *Mode.*—Fry the slices of beef gently in a little butter, taking care not to dry them up. Lay them on a flat dish, and cover with fried greens. The greens may be prepared from cabbage sprouts or green savoys. They should be boiled till tender, well drained, minced, and placed till quite hot in a frying-pan, with butter, a sliced onion, and seasoning of pepper and salt. When the onion is done it is ready to serve. *Time.*—Altogether, ½ hour. *Average cost*, exclusive of the cold beef, 3*d.* *Seasonable* at any time.

BEEF CAKE.

[Cold Meat Cookery.] *Ingredients.*—The remains of cold roast beef; to each pound of cold meat allow ¼ lb. of bacon or ham; seasoning to taste of pepper and salt, 1 small bunch of minced savoury herbs, 1 or 2 eggs. *Mode.*—Mince the beef very finely (if underdone it will be better), add to it the bacon, which must also be chopped very small, and mix well together. Season, stir in the herbs, and bind with an egg, or 2 should 1 not be sufficient. Make it into small square cakes, about ½ inch thick, fry them in hot dripping, drain them, and serve in a dish with good gravy poured round. *Time.*—10 minutes. *Average cost*, exclusive of the cold meat, 6*d.* *Seasonable* at any time.

BEEF, Collared.

Ingredients.—7 lbs. of the thin end of the flank of beef, 2 oz. of coarse sugar, 6 oz. of salt, 1 oz. of saltpetre, 1 large handful of parsley, minced, 1

COLLARED BEEF.

dessert-spoonful of minced sage, a bunch of savoury herbs, ½ teaspoonful of pounded allspice; salt and pepper to taste. *Mode.*—Choose fine tender beef, but not too fat; lay it in a dish, rub in

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the sugar, salt, and saltpetre, and let it remain in the pickle for a week or ten days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, spice, and seasoning in the above proportion, taking care that the former are finely minced, and the latter well pounded. Roll the meat up in a cloth as tightly as possible; bind it firmly with broad tape, and boil it gently for 6 hours. Immediately on taking it out of the pot put it under a good weight, without undoing it, and let it remain until cold. This dish is a very nice addition to the breakfast-table. *Time.*—6 hours. *Average cost*, for this quantity, 4*s*. *Seasonable* at any time.

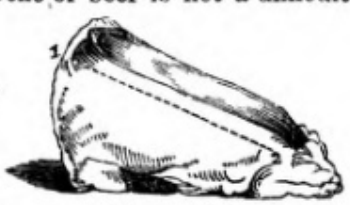
Note.—During the time the beef is in pickle it should be kept cool, and regularly rubbed and turned every day.

BEEF COLLOPS.

Ingredients. — 2 lbs. of rump-steak, ¼ lb. of butter, 1 pint of gravy (water may be substituted for this), salt and pepper to taste, 1 shalot, finely minced, ½ pickled walnut, 1 teaspoonful of capers. *Mode.*—Have the steak cut thin, and divide it in pieces about 3 inches long; beat these with the blade of a knife, and dredge with flour. Put them in a frying-pan with the butter, and let them fry for about 3 minutes; then lay them in a small stewpan, and pour over them the gravy. Add a piece of butter kneaded with a little flour, put in the seasoning and all the other ingredients, and let the whole simmer, but not boil, for 10 minutes. Serve in a hot covered dish. *Time.*—10 minutes. *Average cost*, 1*s*. per lb. *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

BEEF CARVING.

Beef, Aitchbone of. — A boiled aitchbone of beef is not a difficult joint



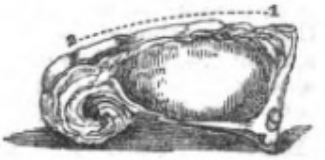
to carve, as will be seen on reference to the accompanying engraving. By following with the knife the direction of the

line from 1 to 2, nice slices will be easily cut. It may be necessary, as in a round of beef, to cut a thick slice off the outside before commencing to serve.

Beef, Brisket of. — There is but little description necessary to add to show the carving of a boiled brisket of beef beyond the engraving here inserted.

The only point to be observed is, that the joint should be cut evenly and firmly quite across the bones, so that on its reappearance at table it should not have a jagged and untidy look.

Beef, Ribs of.—This dish resembles the sirloin, except that it has no fillet or undercut. As explained in the recipes, the end piece is often cut off, salted and boiled. The mode of carving is similar to



that of the sirloin, viz., in the direction of the dotted line from 1 to 2. This joint will be the more easily cut if the plan be pursued which is suggested in carving the sirloin; namely, the inserting of the knife immediately between the bone and the meat, before commencing to cut it into slices. All joints of roast beef should be cut in even and thin slices. Horseradish, finely scraped, may be served as a garnish; but horseradish sauce is preferable for eating with the beef.

Beef, a Round of. — A round of beef is more easily carved than any other

joint of beef, but, to manage it properly, a thin-bladed and very sharp knife is

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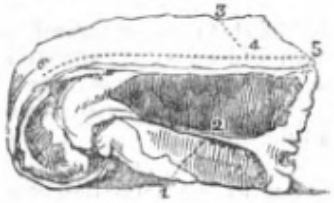
necessary. Off the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth: then thin and even slices should be cleverly carved in the direction of the line 1 to 2; and with each slice of the lean a delicate morsel of the fat should be served.

Beef, Sirloin of. — This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost. The reverse way, as shown in the cut, is that most usually adopted. Still the undercut is best eaten



when hot; consequently, the carver himself may raise the joint, and cut some slices from the under side, in the direction of from 1 to 2, as the fillet is very much preferred by some eaters. The upper part of the sirloin should be cut in the direction of the line from 5 to 6, and care should be taken to carve it evenly and in thin slices. It will be found a great assistance, in carving this joint well, if the knife be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint; the slices will then come away more readily. Some carvers cut the upper side of the sirloin across, as shown by the line from 3 to 4; but this is a wasteful plan, and one not to be recommended. With the sirloin, very finely-scraped horseradish is usually served, and a little given, when liked, to each guest. Horseradish sauce is preferable, however, for serving on the plate, although the scraped horseradish may still be used as a garnish.

Beef Tongue.—Passing the knife

down in the direction of from 1 to 2, a

not too thin slice should be helped; and the carving of a tongue may be continued in this way until the best portions of the upper side are served. The fat which lies about the root can be served by turning the tongue, and cutting in the direction of from 3 to 4.

BEEF, Curried.

[Cold Meat Cookery.] *Ingredients.*—A few slices of tolerably lean cold roast or boiled beef, 3 oz. of butter, 2 onions, 1 wineglassful of beer, a dessert-spoonful of curry powder. *Mode.*—Cut up the beef into pieces about 1 inch square, put the butter into a stewpan with the onions sliced, and fry them of a light-brown colour. Add all the other ingredients, and stir gently over a brisk fire for about 10 minutes. Should this be thought too dry, more beer, or a spoonful or two of gravy or water, may be added; but a good curry should not be very thin. Place it in a deep dish, with an edging of dry boiled rice, in the same manner as for other curries. *Time.*—10 minutes. *Average cost*, exclusive of the meat, 4*d*. *Seasonable* in winter.

BEEF, Roast Fillet of (Larded).

Ingredients.— About 4 lbs. of the inside fillet of the sirloin, 1 onion, a small bunch of parsley, salt and pepper to taste, sufficient vinegar to cover the meat, glaze, Spanish sauce (*see* Sauce). *Mode.*—Lard the beef with bacon, and put it into a pan with sufficient vinegar to cover it, with an onion sliced, parsley, and seasoning, and let it remain in this pickle for 12 hours. Roast it before a nice clear fire for about 1¼ hour, and, when done, glaze it. Pour some Spanish sauce round the beef, and the remainder serve in a tureen. It may be garnished with Spanish onions boiled and glazed. *Time.*—1¼ hour. *Average cost*, exclusive of the sauce, 4*s*. *Sufficient* for 6 or 8 persons. *Seasonable* at any time.

BEEF, Fricandeau of.

Ingredients.—About 3 lbs. of the inside fillet of the sirloin (a piece of the rump may be substituted for this), pepper and salt to taste, 3 cloves, 2 blades of mace, 6 whole allspice, 1 pint of stock (*see* Stock), or water, 1 glass of sherry, 1 bunch of savoury herbs, 2 shalots, bacon. *Mode.*—Cut some bacon into thin strips, and

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for 10 persons. *Seasonable* all the year, but more suitable for winter.

Soyer's Recipe for Preserving the Gravy in Salt Meat, when it is to be served Cold.—Fill two tubs with cold water, into which throw a few pounds of rough ice; and when the meat is done, put it into one of the tubs of ice-water; let it remain 1 minute, when take out, and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, besides having saved the whole of the gravy. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

Note.—The brisket and rump may be boiled by the above recipe; of course allowing more or less time, according to the size of the joint.

BEEF, Miniature Round of (an excellent Dish for a small Family).

Ingredients.—From 5 to 10 lbs. of ribs of beef, sufficient brine to cover the meat. *Mode.*—Choose a fine rib, have the bone removed, rub some salt over the inside, and skewer the meat up into a nice round form, and bind it with tape. Put it into sufficient brine to cover it (*see* BEEF PICKLE), and let it remain for 6 days, turning the meat every day. When required to be dressed, drain from the pickle, and put the meat into very hot water; boil it rapidly for a few minutes, then draw the pot to the side of the fire, and simmer the beef very gently until done. Remove the skewer, and replace it by a plated or silver one. Carrots and turnips should be served with this dish, and may be boiled with the meat. *Time.*—A small round of 8 lbs., about 2 hours after the water boils; one of 12 lbs., about 3 hours. *Average cost*, 9*d.* per lb. *Sufficient* for 6 persons. *Seasonable* at any time.

Note.—Should the joint be very small, 4 or 5 days will be sufficient time to salt it.

BEEF, to Pickle part of a Round, for Hanging.

Ingredients.—For 14 lbs. of a round of beef allow 1½ lb. of salt, ½ oz. of powdered saltpetre; or, 1 lb. of salt, ½ lb. of sugar,

½ oz. of powdered saltpetre. *Mode.*—Rub in, and sprinkle either of the above mixtures on 14 lbs. of meat. Keep it in an earthenware pan, or a deep wooden tray, and turn twice a week during 3 weeks; then bind up the beef tightly with coarse linen tape, and hang it in a kitchen in which a fire is constantly kept, for 3 weeks. Pork, hams, and bacon may be cured in a similar way, but will require double the quantity of the salting mixture; and, if not smoke-dried, they should be taken down from hanging after 3 or 4 weeks, and afterwards kept in boxes or tubs, amongst dry oat-husks. *Time.*—2 or 3 weeks to remain in the brine; to be hung 3 weeks. *Seasonable* at any time.

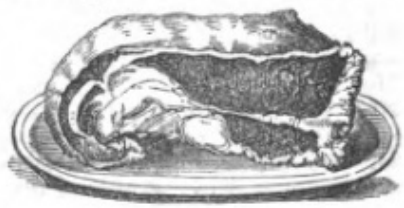
Note.—The meat may be boiled fresh from this pickle, instead of smoking it.

BEEF SAUSAGES.

Ingredients.—To every lb. of suet allow 2 lbs. of lean beef; seasoning to taste of salt, pepper, and mixed spices. *Mode.*—Clear the suet from skin, and chop that and the beef as finely as possible; season with pepper, salt, and spices, and mix the whole well together. Make it into flat cakes, and fry of a nice brown. Many persons pound the meat in a mortar after it is chopped, but this is not necessary when the meat is minced finely. *Time.*—10 minutes. *Average cost*, for this quantity, 1*s.* 6*d.* *Seasonable* at any time.

BEEF, Roast Sirloin of.

Ingredients.—Beef, a little salt. *Mode.*—As a joint cannot be well roasted without a good fire, see that it is well made up about ¾ hour before it is required, so



ROAST SIRLOIN OF BEEF.

that when the joint is put down, it is clear and bright. Choose a nice sirloin, the weight of which should not exceed 16 lbs., as the outside would be too much done, whilst the inside would not be done enough. Spit it or hook it on to the

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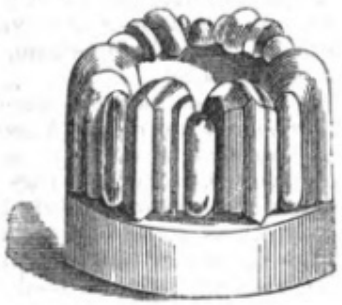
varied by adding bay-leaves, laurel-leaves, or essence of vanilla, instead of the lemon-rind and almonds. Noyeau, Maraschino, Curaçoa, or any favourite liqueur, added in small proportions, very much enhances

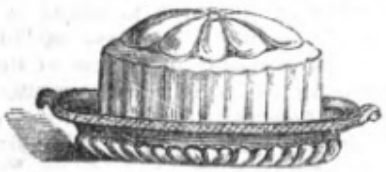


BLANC-MANGE MOULD.

the flavour of this always favourite dish. In turning it out, just loosen the edges of the blanc-mange from the mould, place a dish on it, and turn it quickly over: it should come out easily, and the blanc-mange have a smooth glossy appearance when the mould is oiled, which it frequently has not when it is only dipped in water. It may be garnished as fancy dictates. *Time.*—About 1½ hour to steep the lemon-rind and almonds in the milk. *Average cost*, with cream at 1*s.* per pint, 3*s.* 6*d.* *Sufficient* to fill a quart mould. *Seasonable* at any time.

BLANC-MANGE, Cheap.

Ingredients.—¼ lb. of sugar, 1 quart of milk, 1½ oz. of isinglass, the rind of ½ lemon, 4 laurel-leaves. *Mode.*—Put all the ingredients into a lined saucepan, and boil gently until the isinglass is dissolved; taste it occasionally to ascertain when it is sufficiently flavoured with the laurel-leaves; then take them out, and



BLANC-MANGE.

keep stirring the mixture over the fire for about 10 minutes. Strain it through a fine sieve into a jug, and, when nearly cold, pour it into a well-oiled mould, omitting the sediment at the bottom. Turn it out carefully on a dish, and garnish with preserves, bright jelly, or a compôte of fruit. *Time.*—Altogether, ½

hour. *Average cost*, 8*d.* *Sufficient* to fill a quart mould. *Seasonable* at any time.

BOUDIN à la REINE (an Entrée; M. Ude's Recipe).

Ingredients.—The remains of cold roast fowls, 1 pint of Béchamel, salt and cayenne to taste, egg and bread crumbs. *Mode.*—Take the breasts and nice white meat from the fowls; cut it into small dice of an equal size, and throw them into some good Béchamel (*see* BECHAMEL); season with salt and cayenne, and put the mixture into a dish to cool. When this preparation is quite cold, cut it into 2 equal parts, which should be made into boudins of a long shape, the size of the dish they are intended to be served on; roll them in flour, egg and bread-crumb them, and be careful that the ends are well covered with the crumbs, otherwise they will break in the frying-pan; fry them a nice colour, put them before the fire to drain the greasy moisture from them, and serve with the remainder of the Béchamel poured round: this should be thinned with a little stock. *Time.*—10 minutes to fry the boudins. *Average cost*, exclusive of the fowl, 1*s.* 3*d.* *Sufficient* for 1 entrée.

BRAWN, to make.

Ingredients.—To a pig's head weighing 6 lbs. allow 1½ lb. lean beef, 2 tablespoonfuls of salt, 2 teaspoonfuls of pepper, a little cayenne, 6 pounded cloves. *Mode.*—Cut off the cheeks and salt them, unless the head be small, when all may be used. After carefully cleaning the head, put it on in sufficient cold water to cover it, with the beef, and skim it just before it boils. A head weighing 6 lbs. will require boiling from 2 to 3 hours. When sufficiently boiled to come off the bones easily, put it into a hot pan, remove the bones, and chop the meat with a sharp knife before the fire, together with the beef. *It is necessary to do this as quickly as possible to prevent the fat settling in it.* Sprinkle in the seasoning, which should have been previously mixed. Stir it well and put it quickly into a brawn-tin if you have one; if not, a cake-tin or mould will answer the purpose, if the meat is well pressed with weights, which must not be removed for several hours. When quite cold, dip the tin into boiling water for a minute or two, and the preparation will turn out

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perfectly sweet will not only injure the flavour of the bread, but, in sultry weather, will often cause it to be quite uneatable; yet either of them, if *fresh and good*, will materially improve its quality.

To keep bread sweet and fresh, as soon as it is cold it should be put into a clean earthen pan, with a cover to it: this pan should be placed at a little distance from the ground, to allow a current of air to pass underneath. Some persons prefer keeping bread on clean wooden shelves without being covered, that the crust may not soften. Stale bread may be freshened by warming it through in a gentle oven. Stale pastry, cakes, &c., may also be improved by this method.

The utensils required for making bread on a moderate scale, are a kneading-trough or pan, sufficiently large that the dough may be kneaded freely without throwing the flour over the edges, and also to allow for its rising; a hair sieve for straining yeast, and one or two strong spoons.

Yeast must always be good of its kind, and in a fitting state to produce ready and proper fermentation. Yeast of strong beer or ale produces more effect than that of milder kinds; and the fresher the yeast, the smaller the quantity will be required to raise the dough.

As a general rule, the oven for baking bread should be rather quick, and the heat so regulated as to penetrate the dough without hardening the outside. The oven door should not be opened after the bread is put in until the dough is set, or has become firm, as the cool air admitted, will have an unfavourable effect on it.

Brick ovens are generally considered the best adapted for baking bread: these should be heated with wood faggots, and then swept and mopped out, to cleanse them for the reception of the bread. Iron ovens are more difficult to manage, being apt to burn the surface of the bread before the middle is baked. To remedy this, a few clean bricks should be set at the bottom of the oven, close together, to receive the tins of bread. In many modern stoves the ovens are so much improved that they bake admirably; and they can always be brought to the required temperature, when it is higher than is needed, by leaving the door open for a time.

BREAD, to make good Home-made (Miss Acton's Recipe).

Ingredients.—1 quartern of flour, 1 large tablespoonful of solid brewer's yeast, or nearly 1 oz. of fresh German yeast, 1¼ to 1½ pint of warm milk-and-water. *Mode.*—Put the flour into a large earthenware bowl or deep pan; then, with a strong metal or wooden spoon, hollow out the middle; but do not clear it entirely away from the bottom of the pan, as, in that case, the sponge, or leaven (as it was formerly termed) would stick to it, which it ought not to do.

COTTAGE LOAF.

Next take either a large table-spoonful of brewer's yeast which has been rendered solid by mixing it with plenty of cold water, and letting it afterwards stand to settle for a day and night; or nearly an ounce of German yeast; put it into a large basin, and proceed to mix it, so that it shall be as smooth as cream, with ¾ pint of warm milk-and-water, or with water only; though even a very little milk will much improve the bread. Pour the yeast into the hole made in the flour, and stir into it as much of that which lies round it as will make a thick batter, in which there must be no lumps. Strew plenty of flour on the top, throw a thick clean cloth over, and set it where the air is warm; but do not place it upon

TIN BREAD.

the kitchen fender, for it will become too much heated there. Look at it from time to time: when it has been laid for nearly an hour, and when the yeast has risen and broken through the flour, so that bubbles appear in it, you will know that it is ready to be made up into dough. Then place the pan on a strong chair, or dresser, or table, of convenient height; pour into the sponge the remainder of the warm milk-and-water;

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Mode.—Rub the butter lightly into the flour; add all the dry ingredients, and mix these well together. Make the milk warm, but not hot; stir in the yeast, and with this liquid mix the whole into a light dough; knead it well, and line the cake-tins with strips of buttered paper: this paper should be about 6 inches higher than the top of the tin. Put in the dough; stand it in a warm place to rise for more than an hour, then bake the cakes in a well-heated oven. If this quantity be divided into two, they will take from 1½ to 2 hours' baking. *Time.*—1½ to 2 hours. *Average cost*, 1*s.* 9*d.* *Sufficient* to make 2 moderate-sized cakes.

CAKE, Economical.

Ingredients.—1 lb. of flour, ¼ lb. of sugar, ¼ lb. of butter or lard, ½ lb. of currants, 1 teaspoonful of carbonate of soda, the whites of 4 eggs, ½ pint of milk. *Mode.*—In making many sweet dishes, the whites of eggs are not required, and if well beaten and added to the above ingredients, make an excellent cake with or without currants. Beat the butter to a cream, well whisk the whites of the eggs, and stir all the ingredients together but the soda, which must not be added until all is well mixed, and the cake is ready to be put into the oven. When the mixture has been well beaten, stir in the soda, put the cake into a buttered mould, and bake it in a moderate oven for 1½ hour. *Time.*—1½ hour. *Average cost*, 1*s.* 3*d.*

CAKE-MOULD.

CAKE, Good Holiday.

Ingredients.—1½*d.* worth of Borwick's German baking-powder, 2 lbs. of flour, 6 oz. of butter, ¼ lb. of lard, 1 lb. of currants, ½ lb. of stoned and cut raisins, ¼ lb. of mixed candied peel, ½ lb. of moist sugar, 3 eggs, ¾ pint of cold milk. *Mode.*—Mix the baking-powder with the flour; then rub in the butter and lard; have ready the currants, washed, picked, and dried, the raisins stoned and cut into small pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the flour, &c., and mix all the dry ingredients well together. Whisk the eggs, stir to them the milk, and with this liquid moisten the cake; beat it up well, that all may be very thoroughly mixed; line a cake-tin with buttered paper, put in the cake, and bake it from 2¼ to 2¾ hours in a good oven. To ascertain when it is done, plunge a clean knife into the middle of it, and if, on withdrawing it, the knife looks clean, and not sticky, the cake is done. To prevent it burning at the top, a piece of clean paper may be put over whilst the cake is soaking, or being thoroughly cooked in the middle. A steamer, such as is used for steaming potatoes, makes a very good cake-tin, if it be lined at the bottom and sides with buttered paper. *Time.*—2¼ to 2¾ hours. *Average cost*, 2*s.* 6*d.* *Seasonable* at any time.

CAKE, Luncheon.

Ingredients.—½ lb. of butter, 1 lb. of flour, ½ oz. of caraway seeds, ¼ lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 3 eggs, ½ pint of milk, 1 small teaspoonful of carbonate of soda. *Mode.*—Rub the butter into the flour until it is quite fine; add the caraway seeds, currants (which should be nicely washed, picked, and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked. Boil the milk, and add to it, whilst boiling, the carbonate of soda, which must be well stirred into it, and, with the milk, mix the other ingredients. Butter a tin, pour the cake into it, and bake it in a moderate oven from 1 to 1½ hour. *Time.*—1 to 1½ hour. *Average cost*, 1*s.* 8*d.* *Seasonable* at any time.

CAKE, a nice useful.

Ingredients.—¼ lb. of butter, 6 oz. of currants, ¼ lb. of sugar, 1 lb. of dried flour, 2 teaspoonfuls of baking-powder, 3 eggs, 1 teacupful of milk, 2 oz. of sweet almonds, 1 oz. of candied peel. *Mode.*—Beat the butter to a cream; wash, pick, and dry the currants; whisk the eggs; blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together; then add the butter, milk, and eggs, and beat the mixture well for a few minutes. Put the cake into a buttered mould or tin, and bake it for rather more than 1½ hour. The currants and candied peel may be omitted, and a little lemon or almond flavouring substituted

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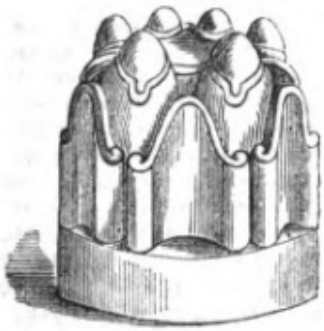
but do not let it boil again. In simmering, the head or scum may be carefully removed as it rises; but particular attention must be given to the jelly, that it be not stirred in the slightest degree after it is heated. The isinglass should be added when the jelly begins to boil: this assists to clear it, and makes it firmer for turning out. Wring out a jelly-bag in hot water; fasten it on to a stand, or the back of a chair; place it near the fire with a basin underneath it, and run the jelly through it. Should it not be perfectly clear the first time, repeat the process until the desired brilliancy is obtained. Soak the moulds



JELLY-MOULD.

in water, drain them for half a second, pour in the jelly, and put it in a cool place to set. If ice is at hand, surround the moulds with it, and the jelly will set sooner, and be firmer when turned out. In summer it is necessary to have ice in which to put the moulds, or the cook will be, very likely, disappointed, by her jellies being in too liquid a state to turn out properly, unless a great deal of isinglass is used. When wanted for table, dip the moulds in hot water for a minute, wipe the outside with a cloth, lay a dish on the top of the mould, turn it quickly over, and the jelly should slip out easily. It is sometimes served broken into square lumps, and piled high in glasses. Earthenware moulds are preferable to those of pewter or tin for red jellies, the colour and transparency of the composition being often spoiled by using the latter. To make this jelly more economically, raisin wine may be substituted for the sherry and brandy, and the stock made from cow-heels, instead of calf's feet. *Time.*—20 minutes to simmer the jelly, ½ hour to stand covered. *Average cost,*

reckoning the feet at 6*d.* each, 5*s.* 6*d.* *Sufficient* to fill two 1½-pint moulds. *Seasonable* at any time.

Note.—As lemon-juice, unless carefully strained, is liable to make the jelly muddy, see that it is clear before it is added to the other ingredients. Omit the brandy when the flavour is objected to.

CALF'S HEAD à la Maître d'Hotel.

[Cold Meat Cookery.] *Ingredients.*—The remains of a cold calf's head, rather more than ½ pint of maître d'hôtel sauce. *Mode.*—Make the sauce by the given recipe, and have it sufficiently thick that it may nicely cover the meat; remove the bones from the head, and cut the meat into neat slices. When the sauce is ready, lay in the meat; *gradually* warm it through, and, after it boils up, let it simmer very gently for 5 minutes, and serve. *Time.*—Rather more than 1½ hour. *Average cost,* exclusive of the meat, 1*s.* 2*d.* *Seasonable* from March to October.

CALF'S HEAD, Boiled (with the Skin on).

Ingredients. — Calf's head, boiling water, bread crumbs, 1 large bunch of parsley, butter, white pepper and salt to taste, 4 tablespoonfuls of melted butter, 1 tablespoonful of lemon juice, 2 or 3 grains of cayenne. *Mode.*—Put the head into boiling water, and let it remain by the side of the fire for 3 or 4 minutes; take it out, hold it by the ear, and with the back of a knife, scrape off the hair (should it not come off easily, dip the head again into boiling water). When perfectly clean, take the eyes out, cut off the ears, and remove the brain, which soak for an hour in warm water. Put the head into hot water to soak for a few minutes, to make it look white, and then have ready a stewpan, into which lay the head; cover it with cold water, and bring it gradually to boil. Remove the scum, and add a little salt, which assists to throw it up. Simmer it very gently from 2½ to 3 hours, and when nearly done, boil the brains for ¼ hour; skin and chop them, not too finely, and add a tablespoonful of minced parsley which has been previously scalded. Season with pepper and salt, and stir the brains, parsley, &c., into about 4 tablespoonfuls of melted butter; add the lemon-juice and cayenne, and

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keep these hot by the side of the fire. Take up the head, cut out the tongue, skin it, put it on a small dish with the brains round it; sprinkle over the head a few bread crumbs mixed with a little minced parsley; brown these before the fire, and serve with a tureen of parsley and butter, and either boiled bacon, ham, or pickled pork as an accompaniment. *Time.*—2½ to 3 hours. *Average cost,* according to the season, from 3*s.* to 7*s.* 6*d.* *Sufficient* for 8 or 9 persons. *Seasonable* from March to October.

CALF'S HEAD, Boiled (without the Skin).

Ingredients.—Calf's head, water, a little salt, 4 tablespoonfuls of melted butter, 1 tablespoonful of minced parsley, pepper and salt to taste, 1 tablespoonful of lemon-juice. *Mode.*—After the head has been thoroughly cleaned, and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain

CALF'S HEAD.

for about an hour. Put the head into a stewpan, with sufficient cold water to cover it, and, when it boils, add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper, salt, and lemon-juice in the above proportion. Take up the head,

HALF A CALF'S HEAD.

skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder send to table in a tureen. Bacon, ham, pickled pork, or a pig's cheek, are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs, and

mixed with a little Béchamel or white sauce. *Time.*—From 1½ to 2¼ hours. *Average cost,* according to the season, from 3*s.* to 5*s.* *Sufficient* for 6 or 7 persons. *Seasonable* from March to October.

Note.—The liquor in which the head was boiled should be saved: it makes excellent soup, and will be found a nice addition to gravies, &c. Half a calf's head is as frequently served as a whole one, it being a more convenient-sized joint for a small family. It is cooked in the same manner, and served with the same sauces, as in the preceding recipe.

CALF'S HEAD, Collared.

Ingredients.—A calf's head, 4 tablespoonfuls of minced parsley, 4 blades of pounded mace, ½ teaspoonful of grated nutmeg, white pepper to taste, a few thick slices of ham, the yolks of 6 eggs boiled hard. *Mode.*—Scald the head for a few minutes; take it out of the water, and with a blunt knife scrape off all the hair. Clean it nicely, divide the head and remove the brains. Boil it tender enough to take out the bones, which will be in about 2 hours. When the head is boned, flatten it on the table, sprinkle over it a thick layer of parsley, then a layer of ham, and then the yolks of the eggs cut into thin rings and put a seasoning of pounded mace, nutmeg, and white pepper between each layer; roll the head up in a cloth, and tie it up as tightly as possible. Boil it for 4 hours, and when it is taken out of the pot, place a heavy weight on the top, the same as for other collared meats. Let it remain till cold; then remove the cloth and binding, and it will be ready to serve. *Time.*—Altogether, 6 hours. *Average cost,* 5*s.* to 7*s.* each. *Seasonable* from March to October.

CALF'S HEAD, Fricasseed (an Entrée).

[Cold Meat Cookery.] *Ingredients.*—The remains of a boiled calf's head, 1½ pint of the liquor in which the head was boiled, 1 blade of pounded mace, 1 onion minced, a bunch of savoury herbs, salt and white pepper to taste, thickening of butter and flour, the yolks of 2 eggs, 1 tablespoonful of lemon-juice, forcemeat balls. *Mode.*—Remove all the bones from the head, and cut the meat into nice square pieces. Put 1½ pint of the liquor it was boiled in into a saucepan, with mace, onions, herbs, and seasoning

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into quarters, and place it, root downwards, in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled, by shredding them in narrow strips with the point of a clean skewer, at a distance of about 4 inches from the top. *Average cost*, 2*d.* per head. *Sufficient.* — Allow 2 heads for 4 or 5 persons. *Seasonable* from October to April.

CELERY, IN GLASS.

Note.—This vegetable is exceedingly useful for flavouring soups, sauces, &c., and makes a very nice addition to winter salad.

CELERY SAUCE, for Boiled Turkey, Poultry, &c.

Ingredients.—6 heads of celery, 1 pint of white stock, 2 blades of mace, 1 small bunch of savoury herbs; thickening of butter and flour, or arrowroot, ½ pint of cream, lemon-juice. *Mode.* — Boil the celery in salt and water until tender, and cut it into pieces 2 inches long. Put the stock into a stewpan with the mace and herbs, and let it simmer for ½ hour to extract their flavour. Then strain the liquor, add the celery, and a thickening of butter kneaded with flour, or, what is still better, with arrowroot; just before serving, put in the cream, boil it up, and squeeze in a little lemon-juice. If necessary, add a seasoning of salt and white pepper. *Time.*—25 minutes to boil the celery. *Average cost*, 1*s.* 3*d.* *Sufficient*, this quantity for a boiled turkey.

Note.—This sauce may be made brown by using gravy instead of white stock, and flavouring it with mushroom ketchup or Harvey's sauce.

CELERY SAUCE (a more simple Recipe).

Ingredients.—4 heads of celery, ½ pint of melted butter made with milk, 1 blade of pounded mace; salt and white pepper to taste. *Mode.*—Wash the celery, boil it in salt and water till tender, and cut

it into pieces 2 inches long; make ½ pint melted butter by recipe; put in the celery, pounded mace, and seasoning; simmer for 3 minutes, when the sauce will be ready to serve. *Time.*—25 minutes to boil the celery. *Average cost*, 6*d.* *Sufficient*, this quantity for a boiled fowl.

CELERY SOUP.

Ingredients.—9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar, ½ pint of strong stock, a pint of cream, and 2 quarts of boiling water. *Mode.*—Cut the celery into small pieces; throw it into the water, seasoned with the nutmeg, salt, and sugar. Boil it till sufficiently tender; pass it through a sieve, add the stock, and simmer it for half an hour. Now put in the cream, bring it to the boiling-point, and serve immediately. *Time.*—1 hour. *Average cost*, 1*s.* per quart. *Seasonable* from September to March. *Sufficient* for 8 persons.

Note.—This soup can be made brown instead of white, by omitting the cream, and colouring it a little. When celery cannot be procured, half a drachm of the seed, finely pounded, will give a flavour to the soup, if put in a quarter of an hour before it is done. A little of the essence of celery will answer the same purpose.

CELERY, Stewed, à la Crême.

Ingredients.—6 heads of celery; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 blade of pounded mace, ½ pint of cream. *Mode.* — Wash the celery thoroughly; trim, and boil it in salt and water until tender. Put the cream and pounded mace into a stewpan, shake it over the fire until the cream thickens, dish the celery, pour over the sauce, and serve. *Time.*—Large heads of celery, 25 minutes; small ones, 15 to 20 minutes. *Average cost*, 2*d.* per head. *Sufficient* for 5 or 6 persons. *Seasonable* from October to April.

CELERY, Stewed (with White Sauce).

Ingredients.—6 heads of celery, 1 oz. of butter; to each half gallon of water allow 1 heaped teaspoonful of salt, ½ pint of white sauce (*see* WHITE SAUCE). *Mode.* —Have ready sufficient boiling water just to cover the celery, with salt and butter in the above proportion. Wash the

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celery well, cut off the decayed outside leaves, trim away the green tops, and shape the root into a point; put it into the boiling water, let it boil rapidly until tender, then take it out, drain well, place it upon a dish, and pour over it about ½ pint of white sauce, made by recipe. It may also be plainly boiled as above, placed on toast, and melted butter poured over, the same as asparagus is dished. *Time.*—Large heads of celery 25 minutes, small ones 15 to 20 minutes, after the water boils. *Average cost*, 2*d.* per head. *Sufficient* for 5 or 6 persons. *Seasonable* from October to April.

CELERY, Stewed (with White Sauce).

Ingredients.—6 heads of celery, ½ pint of white stock or weak broth, 4 tablespoonfuls of cream, thickening of butter and flour, 1 blade of pounded mace, a *very little* grated nutmeg; pepper and salt to taste. *Mode.*—Wash the celery, strip off the outer leaves, and cut it into lengths of about 4 inches. Put these into a saucepan, with the broth, and stew till tender, which will be in from 20 to 25 minutes; then add the remaining ingredients, simmer altogether for 4 or 5 minutes, pour into a dish, and serve. It may be garnished with sippets of toasted bread. *Time.*—Altogether, ½ hour. *Average cost*, 2*d.* per head. *Sufficient* for 5 or 6 persons. *Seasonable* from October to April.

Note.—By cutting the celery into smaller pieces, by stewing it a little longer, and, when done, by pressing it through a sieve, the above stew may be converted into a Purée of Celery.

CELERY VINEGAR.

Ingredients.—¼ oz. of celery-seed, 1 pint of vinegar. *Mode.*—Crush the seed by pounding it in a mortar; boil the vinegar, and when cold, pour it to the seed; let it infuse for a fortnight, when strain and bottle off for use. This is frequently used in salads.

CHAMPAGNE-CUP.

Ingredients.—1 quart bottle of champagne, 2 bottles of soda-water, 1 liqueur-glass of brandy or Curaçoa, 2 tablespoonfuls of powdered sugar, 1 lb. of pounded ice, a sprig of green borage. *Mode.*—Put all the ingredients into a silver cup; stir them together, and serve the same as claret-cup. Should the above proportion of sugar not be found sufficient to suit some tastes, increase the quantity. When borage is not easily obtainable, substitute for it a few slices of cucumber-rind. *Seasonable.*—Suitable for pic-nics, balls, weddings, and other festive occasions.

CHARLOTTE-AUX-POMMES.

Ingredients.—A few slices of rather stale bread ½ inch thick, clarified butter, apple marmalade, with about 2 dozen apples, ½ glass of sherry. *Mode.*—Cut a slice of bread the same shape as the bottom of a plain round mould, which has been well buttered, and a few strips the height of the mould, and about 1½ inch wide; dip the bread in clarified butter (or spread it with cold butter, if not wanted quite so rich); place the round piece at the bottom of the mould, and set the narrow strips up the sides of it, overlapping each other a little, that no juice from the apples may escape, and that they may hold firmly to the mould. Brush the *interior* over with the white of egg (this will assist to make the case firmer); fill it with the apple marmalade, with the addition of a little sherry, and cover them with a round piece of bread, also brushed over with egg, the same as the bottom; slightly press the bread down to make it adhere to the other pieces; put a plate on the top, and bake the *charlotte* in a brisk oven, of a light colour. Turn it out on the dish, strew sifted sugar over the top, and pour round it a little melted apricot jam. *Time.*—40 to 50 minutes. *Average cost*, 1*s.* 9*d.* *Sufficient* for 5 or 6 persons. *Seasonable* from July to March.

CHARLOTTE-AUX-POMMES.

CHARLOTTE-AUX-POMMES, an easy method of making.

Ingredients.—½ lb. of flour, ¼ lb. of butter, ¼ lb. of powdered sugar, ½ teaspoonful of baking-powder, 1 egg, milk, 1 glass of raisin-wine, apple marmalade, ¼ pint of cream, 2 dessert spoonfuls of pounded sugar, 2 tablespoonfuls of lemon-

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deprived of half the cream; *Double Gloucester* is a cheese that pleases almost every palate: it is made of the whole milk and cream. *Stilton cheese* is made by adding the cream of one day to the entire milk of the next: it was first made at Stilton, in Leicestershire. *Sage cheese* is so called from the practice of colouring some curd with bruised sage, marigold-leaves, and parsley, and mixing this with some uncoloured curd. With the Romans, and during the middle ages, this practice was extensively adopted. *Cheddar cheese* much resembles Parmesan. It has a very agreeable taste and flavour, and has a spongy appearance. *Brickbat cheese* has nothing remarkable except its form. It is made by turning with rennet a mixture of cream and new milk; the curd is put into a wooden vessel the shape of a brick, and is then pressed and dried in the usual way. *Dunlop cheese* has a peculiarly mild and rich taste: the best is made entirely from new milk. *New cheese* (as it is called in London) is made chiefly in Lincolnshire, and is either made of all cream, or, like Stilton, by adding the cream of one day's milking to the milk that comes immediately from the cow: they are extremely thin, and are compressed gently two or three times, turned for a few days, and then eaten new with radishes, salad, &c. *Skimmed Milk cheese* is made for sea voyages principally. *Parmesan cheese* is made in Parma and Piacenza. It is the most celebrated of all cheese: it is made entirely of skimmed cows' milk; the high flavour which it has is supposed to be owing to the rich herbage of the meadows of the Po, where the cows are pastured. The best Parmesan is kept for three or four years, and none is carried to market till it is at least six months old. *Dutch cheese* derives its peculiar pungent taste from the practice adopted in Holland of coagulating the milk with muriatic acid instead of rennet. *Swiss cheeses*, in their several varieties, are all remarkable for their fine flavour; that from *Gruyère*, a bailiwick in the canton of Fribourg, is best known in England; it is flavoured by the dried herb of *Melilotos officinalis* in powder. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. *Cream cheese*, although so called, is not properly cheese, but is nothing more than cream dried sufficiently to be cut with a knife.

CHEESE.

In families where much cheese is consumed, and it is bought in large quantities, a piece from the whole cheese should be cut, the larger quantity spread with a thickly-buttered sheet of white paper, and the outside occasionally wiped. To keep cheeses moist that are in daily use, when they come from table a damp cloth should be wrapped round them, and the cheese put into a pan with a cover to it, in a cool but not very dry place. To ripen cheeses, and bring them forward, put them into a damp cellar; and to check too large a production of mites, spirits may be poured into the parts affected. Pieces of cheese which are too near the rind, or too dry to put on table, may be made into Welsh rarebits, or grated down and mixed with macaroni. Cheeses may be preserved in a perfect state for years, by covering them with parchment made pliable by soaking in water, or by rubbing them over with a coating of melted fat. The cheeses selected should be free from cracks or bruises of any kind.

CHEESE, Mode of Serving.

The usual mode of serving cheese at good tables is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese-dish, this dish being handed round. Should the cheese crumble much, of course this method is rather wasteful, and it may then be put on the table in the piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white d'oyley or napkin, neatly folded. Cream cheese is often served in a cheese course, and, sometimes, grated Parmesan: the latter should be put into a covered glass dish. Rusks, cheese-biscuits, pats or slices of butter, and salad, cucumber, or water-cresses, should always form part of a cheese-course.

CHEESE-GLASS.

CHEESE, Pounded.

Ingredients.—To every lb. of cheese allow 3 oz. of fresh butter. *Mode.*—To pound cheese is an economical way of using it if it has become dry; it is ex-

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1 teaspoonful of pounded mace, ½ small nutmeg. *Mode.*—Strip the meat from the bones of cold roast fowl; when it is freed from gristle and skin, weigh it, and to every lb. of meat allow the above proportion of butter, seasoning, and spices. Cut the meat into small pieces, pound it well with the fresh butter, sprinkle in the spices gradually, and keep pounding until reduced to a perfectly smooth paste. Put it into potting-pots for use, and cover it with clarified butter, about ¼ inch in thickness, and, if to be kept for some time, tie over a bladder: 2 or 3 slices of ham, minced and pounded with the above ingredients, will be found an improvement. It should be kept in a dry place. *Seasonable* at any time.

CHICKEN (or Fowl) SALAD.

Ingredients.—The remains of cold roast or boiled chicken, 2 lettuces, a little endive, 1 cucumber, a few slices of boiled beetroot, salad-dressing. *Mode.*—Trim neatly the remains of the chicken; wash, dry, and slice the lettuces, and place in the middle of a dish; put the pieces of fowl on the top, and pour the salad-dressing over them. Garnish the edge of the salad with hard-boiled eggs cut in rings, sliced cucumber, and boiled beetroot cut in slices. Instead of cutting the eggs in rings, the yolks may be rubbed through a hair sieve, and the whites chopped very finely, and arranged on the salad in small bunches, yellow and white alternately. This should not be made long before it is wanted for table. *Average cost,* exclusive of the cold chicken, 8*d.* *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

CHILI VINEGAR.

Ingredients.—50 fresh red English chilies, 1 pint of vinegar. *Mode.*—Pound or cut the chilies in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people cannot eat it without the addition of an acid and cayenne pepper.

CHINA CHILO.

Ingredients.—1½ lb. of leg, loin, or neck of mutton, 2 onions, 2 lettuces, 1 pint of green peas, 1 teaspoonful of salt, 1 teaspoonful of pepper, ½ pint of water, ¼ lb. of clarified butter; when liked, a little

cayenne. *Mode.*—Mince the above quantity of undressed leg, loin, or neck of mutton, adding a little of the fat, also minced; put it into a stewpan with the remaining ingredients, previously shredding the lettuce and onion rather fine; closely cover the stewpan, after the ingredients have been well stirred, and simmer gently for rather more than two hours. Serve in a dish, with a border of rice round, the same as for curry. *Time.*—Rather more than two hours. *Average cost,* 1*s.* 6*d.* *Sufficient* for 3 or 4 persons. *Seasonable* from June to August.

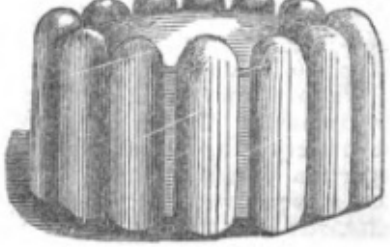
CHOCOLATE, to Make.

Ingredients.—Allow ½ oz. of chocolate to each person; to every oz. allow ½ pint of water, ½ pint of milk. *Mode.*—Make the milk-and-water hot; scrape the chocolate into it, and stir the mixture constantly and quickly until the chocolate is dissolved; bring it to the boiling-point, stir it well, and serve directly with white sugar. Chocolate prepared within a mill, as shown in the engraving, is made by putting in the scraped chocolate, pouring over it the boiling milk-and-water, and milling it over the fire until hot and frothy. *Sufficient.*—Allow ½ oz. of cake chocolate to each person.

MILL.

CHOCOLATE CREAM.

Ingredients.—3 oz. of grated chocolate, ¼ lb. of sugar, 1½ pint of cream, 1½ oz. of clarified isinglass, the yolks of 6 eggs. *Mode.*—Beat the yolks of the eggs well, put them into a basin with the grated



CREAM-MOULD.

chocolate, the sugar, and 1 pint of the cream; stir these ingredients well together, pour them into a jug, and set this jug in a saucepan of boiling water; stir it one way until the mixture thickens, but *do not allow it to boil,* or it will

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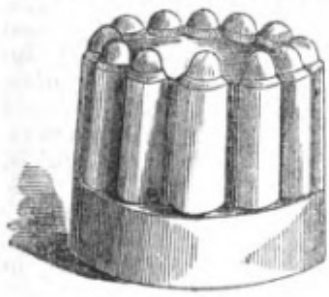
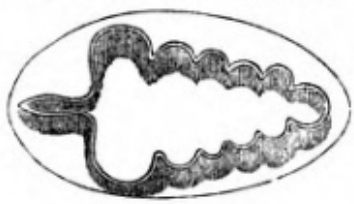
flavour the whole with essence of vanilla, put the mixture into a jug, and place this jug in a saucepan of boiling water. Stir the contents with a wooden spoon one way until the mixture thickens, but do not allow it to boil, or it will be full of lumps. Take it off the fire; stir in the isinglass, which should be previously dissolved in about ¼ pint of water, and boiled for 2 or 3 minutes; pour the cream into an oiled mould, put it in a cool place to set, and turn it out carefully on a dish. Instead of using the essence of vanilla, a pod may be boiled in the milk until the flavour is well extracted. A pod, or a pod and a half, will be found sufficient for the above proportion of ingredients. *Time.*—About 10 minutes to stir the mixture. *Average cost,* with the best isinglass, 2*s.* 6*d.* *Sufficient* to fill a quart mould. *Seasonable* at any time.



VANILLA-CREAM MOULD.

CREAM, Whipped, for putting on Trifles, serving in Glasses, &c.

Ingredients.—To every pint of cream allow 3 oz. of pounded sugar, 1 glass of sherry or any kind of sweet white wine, the rind of ½ lemon, the white of 1 egg. *Mode.*—Rub the sugar on the lemon-rind, and pound it in a mortar until quite fine, and beat up the white of the egg until quite stiff; put the cream into a large bowl, with the sugar, wine, and beaten egg, and whip it to a froth; as fast as the froth rises take it off with a skimmer, and put it on a sieve to drain in a cool place. This should be made the day before it is wanted, as the whip is then so much firmer. The cream should be whipped in a cool place, and in summer over ice, if it is obtainable. A plain whipped cream may be served on a glass dish, and garnished with strips of angelica, or pastry-leaves, or pieces of bright-coloured jelly: it makes a very pretty addition to the supper-table. *Time.*—About 1 hour to whip the cream. *Average cost,* with cream at 1*s.* per pint, 1*s.* 9*d.* *Sufficient* for 1 dish or 1 trifle. *Seasonable* at any time.



PASTRY-LEAF.

CRUMPETS.

These are made in the same manner as muffins, only, in making the mixture, let it be more like batter than dough. Let it rise for about ½ hour; pour it into iron rings, which should be ready on a hot-plate; bake them, and when one side appears done, turn them quickly on the other. *To toast them,* have ready a very *bright clear* fire; put the crumpet on a toasting-fork, and hold it before the fire, *not too close,* until it is nicely brown on one side, but do not allow it to blacken; turn it, and brown the other side; then spread it with good butter, cut it in half, and, when all are done, pile them on a hot dish, and send them quickly to table. Muffins and crumpets should always be served on separate dishes, and both toasted and served as expeditiously as possible. *Time.*—From 10 to 15 minutes to bake them. *Sufficient.*—Allow 2 crumpets to each person.

CRUST, Butter, for Boiled Puddings.

Ingredients.—To every lb. of flour allow 6 oz. of butter, ½ pint of water. *Mode.*—With a knife, work the flour to a smooth paste with ½ pint of water; roll the crust out rather thin; place the butter over it in small pieces, dredge lightly over it some flour, and fold the paste over; repeat the rolling once more, and the crust will be ready for use. It may be enriched by adding another 2 oz. of butter; but, for ordinary purposes, the above quantity will be found quite sufficient. *Average cost,* 6*d.* per lb.

CRUST, Common, for Raised Pies.

Ingredients.—To every lb. of flour allow ½ pint of water, 1½ oz. of butter, 1½ oz. of lard, ½ saltspoonful of salt. *Mode.*—Put into a saucepan the water; when it boils, add the butter and lard, and when these are melted, make a hole

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a melon-knife and fork, and nutcrackers, should always be put on table, if there are dishes of fruit requiring them. Zests are sometimes served at the close of the dessert; such as anchovy toasts or biscuits. The French often serve plain or grated cheese with a dessert of fresh or dried fruits. At some tables, finger-glasses are placed at the right of each person, nearly half filled with cold spring water, and in winter with tepid water. These precede the dessert. At other tables, a glass or vase is simply handed round, filled with perfumed water, into which each guest dips the corner of his napkin, and, when needful, refreshes his lips and the tips of his fingers. After the dishes are placed, and every one is provided with plates, glasses, spoons, &c., the wine should be put at each end of the table, cooled or otherwise, according to the season. If the party be small, the wine may be placed only at the top of the table, near the host. The following dishes may be introduced at dessert, according to season :—

Dish of Nuts.—These are merely arranged piled high in the centre of the dish, as shown in the engraving, with or without leaves round the edge. Filberts should always be served with the outer skin or husk on them; and walnuts should be well wiped with a damp cloth, and then with a dry one, to remove the unpleasant sticky feeling the shells frequently have. *Seasonable.*—Filberts from September to March; walnuts from September to January.

DISH OF NUTS.

Box of French Plums.—If the box which contains them is exceedingly ornamental, it may be placed on the table; if small, on a glass dish; if large, without one. French plums may also be arranged on a glass

BOX OF FRENCH PLUMS.

plate, and garnished with bright-coloured sweetmeats, which make a very good effect. All fancy boxes of preserved and crystallized fruit may be put on the table or not, at pleasure. These little matters of detail must, of course, be left to individual taste. *Seasonable.*—May be purchased all the year; but are in greater perfection in the winter.

Dish of Mixed Fruit.—For a centre dish, a mixture of various fresh fruits has a remarkably good effect, particularly if a pine be added to the list. A high raised appearance should be given to the fruit, which is done in the following manner. Place a tumbler in the centre of the dish, and, in this tumbler,

DISH OF MIXED FRUIT.

the pine, crown uppermost; round the tumbler put a thick layer of moss, and, over this, apples, pears, plums, peaches, and such fruit as is simultaneously in season. By putting a layer of moss underneath, so much fruit is not required, besides giving a better shape to the dish. Grapes should be placed on the top of the fruit, a portion of some of the bunches hanging over the sides of the dish in a négligé kind of manner, which takes off the formal look of the dish. In arranging the plums, apples, &c., let the colours contrast well. *Seasonable.*—Suitable for a dessert in September or October.

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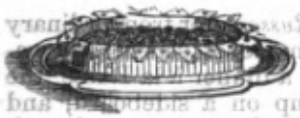
Box of Chocolate.—This is served in an ornamental box, placed on a glass plate or dish. *Seasonable.*—May be purchased at any time.



BOX OF CHOCOLATE.

Dish of Apples.—The apples should be nicely wiped with a dry cloth, and arranged on a dish, piled high in the centre, with evergreen leaves between each layer. The inferior apples should form the bottom layer, with the bright-coloured large ones at the top. The leaves of the laurel, bay, holly, or any shrub green in winter, are suitable for garnishing dessert dishes. Oranges may be arranged in the same manner; they should also be wiped with a dry cloth before being sent to table.

DISH OF APPLES.

Dish of Mixed Summer Fruit.—This dish consists of cherries, raspberries, currants, and strawberries, piled in different layers, with plenty of leaves between each layer, so that each fruit is well separated. The fruit should be arranged with a due regard to colour, so that they contrast nicely one with the other. Our engraving shows a layer of white cherries at the bottom, then one of red raspberries, over that a layer of white currants, and at the top some fine scarlet strawberries. *Seasonable* in June, July, and August.

DISH OF MIXED SUMMER FRUIT.

Almonds and Raisins.—These are usually served on glass dishes, the fruit piled high in the centre, and the almonds blanched and strewn over. To blanch the almonds, put them into a small mug or teacup, pour over them boiling water, let them remain for 2 or 3 minutes, and the skins may then be easily removed. Figs, dates, French plums, &c., are all served on small glass plates or oval dishes, but without the almonds. *Seasonable* at any time, but more suitable in winter, when fresh fruit is not obtainable.

ALMONDS AND RAISINS.

Dish of Strawberries.—Fine strawberries, arranged in the manner shown in the engraving, look exceedingly well. The inferior ones should be placed at the bottom of the dish, and the others put in rows pyramidically, with the stalks downwards, so that when the whole is completed, nothing but the red part of the fruit is visible. The fruit should be gathered with rather long stalks, as there is then something to support it, and it can be placed more upright in each layer. A few of the finest should be reserved to crown the top.

DISH OF STRAWBERRIES.

DEVONSHIRE JUNKET.

Ingredients.—To every pint of new milk allow 2 dessertspoonfuls of brandy, 1 dessertspoonful of sugar, and 1½ dessertspoonful of prepared rennet; thick cream, pounded cinnamon, or grated nutmeg. *Mode.*—Make the milk blood-warm; put it into a deep dish with the brandy, sugar, and rennet; stir it altogether, and cover it over until it is set. Then spread some thick or clotted cream over the top, grate some nutmeg, and strew some sugar over, and the dish will be ready to serve. *Time.*—About 2 hours to set the milk. *Seasonable* at any time.

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possible to the body, to plump up the breast, passing the same quite through the body. Cut off the heads and necks, and the pinions at the first joint; bring these close to the sides, twist the feet

ROAST DUCK.

round, and truss them at the back of the bird. After the duck is stuffed, both ends should be secured with string, so as to keep in the seasoning. *Mode.*—To insure ducks being tender, never dress them the same day they are killed; and, if the weather permits, they should hang a day or two. Make a stuffing of sage and onion sufficient for one duck, and leave the other unseasoned, as the flavour is not liked by everybody. Put them down to a brisk clear fire, and keep them well basted the whole of the time they are cooking. A few minutes before serving, dredge them lightly with flour, to make them froth and look plump; and when the steam draws towards the fire, send them to table hot and quickly, with a good brown gravy poured *round*, but not *over* the ducks, and a little of the same in a tureen. When in season, green peas should invariably accompany this dish. *Time.*—Full-grown ducks from ¾ to 1 hour; ducklings from 25 to 35 minutes. *Average cost*, from 2*s.* 3*d.* to 2*s.* 6*d.* each. *Sufficient.*—A couple of ducks for 6 or 7 persons. *Seasonable.*—Ducklings from April to August; ducks from November to February.

DUCK, Roast, to carve.

No dishes require so much knowledge and skill in their carving as do game and poultry; for it is necessary to be well acquainted with the anatomy of the bird

ROAST DUCK.

in order to place the knife at exactly the proper point. A tough fowl and an old goose are sad triers of a carver's powers and temper, and, indeed, sometimes of the good humour of those in the neighbourhood of the carver; for a sudden tilt

of the dish may eventuate in the placing of a quantity of the gravy in the lap of the right or left-hand supporter of the host. We will endeavour to assist those who are unacquainted with the "gentle art of carving," and also those who are but slightly acquainted with it, by simply describing the rules to follow, and referring to the distinctly-marked illustrations of each dish, which will further help to bring light to the minds of the uninitiated. If the bird be a young duckling, it may be carved like a fowl, viz., by first taking off the leg and the wing on either side; but in cases where the duckling is very small, it will be as well not to separate the leg from the wing, as they will not then form too large a portion for a single serving. After the legs and wings are disposed of, the remainder of the duck will be also carved in the same manner as a fowl; and not much difficulty will be experienced, as ducklings are tender, and the joints are easily broken by a little gentle forcing, or penetrated by the knife. In cases where the duck is a large bird, the better plan to pursue is then to carve it like a goose, that is, by cutting pieces from the breast in the direction indicated by the lines marked from 1 to 2, commencing to carve the slices close to the wing, and then proceeding upwards from that to the breastbone. If more should be wanted than can be obtained from both sides of the breast, then the legs and wings must be attacked, in the same way as is described in connection with carving a fowl. It may be here remarked, that as the legs of a duck are placed far more backward than those of a fowl, their position causing the waddling motion of the bird, the thigh-bones will be found considerably nearer towards the backbone than in a chicken; this is the only difference worth mentioning. The carver should ask each guest if a portion of stuffing would be agreeable; and in order to get at this, a cut should be made below the breast, as shown by the line from 3 to 4, at the part called the "apron," and the spoon inserted.

LEG, WING, AND NECKBONE OF DUCK.

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DUCK, Wild, Hashed.

Ingredients.—The remains of cold roast wild duck, 1 pint of good brown gravy, 2 tablespoonfuls of bread crumbs, 1 glass of claret, salt, cayenne, and mixed spices to taste; 1 tablespoonful of lemon or Seville orange juice. *Mode.*—Cut the remains of the duck into neat joints, put them into a stewpan, with all the above ingredients; let them get gradually hot by the side of the fire, and occasionally stir the contents; when on the point of boiling, serve, and garnish the dish with sippets of toasted bread. *Time.*—About ¼ hour. *Seasonable* from November to February.

DUCK, Wild, Ragout of.

Ingredients.—2 wild ducks, 4 shalots, 1 pint of stock (*see* STOCK), 1 glass of port wine, 1 oz. of butter, a little flour, the juice of ½ lemon, cayenne and salt to taste. *Mode.*—Ducks that have been dressed and left from the preceding day will answer for this dish. Cut them into joints, reserve the legs, wings, and breasts until wanted; put the trimmings into a stewpan with the shalots and stock, and let them simmer for about ½ hour, and strain the gravy. Put the butter into a stewpan; when melted, dredge in a little flour, and pour in the gravy made from the bones; give it one boil, and strain it again; add the wine, lemon-juice, and cayenne; lay in the pieces of duck, and let the whole gradually warm through, but do not allow it to boil, or the duck will be hard. The gravy should not be too thick, and should be very highly seasoned. The squeeze of a Seville orange is a great improvement to this dish. *Time.*—About ½ hour to make the gravy; ¼ hour for the duck gradually to warm through. *Seasonable* from November to February.

DUCK, Wild, Roast.

Ingredients.—Wild duck, flour, butter. *Mode.*—Carefully pluck and draw them; cut off the heads close to the necks, leaving sufficient skin to turn over, and do not cut off the feet; some twist each leg at the knuckle, and rest the claws on each side of the breast; others truss them as shown in our illustration. Roast the birds before a quick fire, and, when they are first put down, let them remain for 5 minutes without basting (this will keep the gravy in); afterwards baste plentifully with butter, and a few minutes before serving dredge them lightly with flour; baste well, and send them to table nicely frothed, and full of gravy. If

ROAST WILD DUCK.

overdone, the birds will lose their flavour. Serve with a good gravy in the dish, or orange gravy, and send to table with them a cut lemon. To take off the fishy taste which wild fowl sometimes have, baste them for a few minutes with hot water to which have been added an onion and a little salt; then take away the pan, and baste with butter. *Time.*—When liked underdressed, 20 to 25 minutes; well done, 25 to 35 minutes. *Average cost*, 4*s.* to 5*s.* the couple.

DUCK, Wild, to Carve.

As game is almost universally served as a dainty, and not as a dish to stand the assaults of an altogether fresh appetite, these dishes are not usually cut upentirely, but only those parts are served of each which are considered the best flavoured and the primest. Of wild fowl, the breast alone is considered by epicures worth eating, and slices are cut from this, in the direction indicated by the lines, from 1 to 2; if necessary, the leg and the wing can be taken off by passing the knife from 3 to 4, and by generally following the directions described for carving boiled fowl.

WILD DUCK.

DUMPLINGS, Sussex, or Hard.

Ingredients.—1 lb. of flour, ½ pint of water, ½ saltspoonful of salt. *Mode.*—Mix the flour and water together to a smooth paste, previously adding a small quantity of salt. Form this into small round dumplings; drop them into boiling water, and boil from ½ to ¾ hour. They may be served with roast or boiled meat; in the latter case, they may be cooked with the meat, but should be dropped into the water when it is quite boiling. *Time.*—½ to ¾ hour. *Sufficient*

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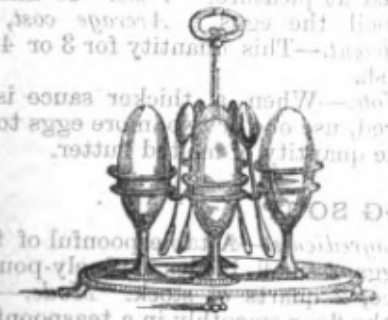
contents one way until they thicken, but *do not allow them to boil.* Serve in a glass with sippets of toasted bread or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink. *Sufficient* for 1 person.

EGGS, to Boil for Breakfast, Salads, &c.

Eggs for boiling cannot be too fresh, or boiled too soon after they are laid; but rather a longer time should be allowed for boiling a new-laid egg than for one that is three or four days old. Have ready a saucepan of boiling water; put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, that the egg may not fall, and consequently crack. For those who like eggs lightly boiled, 3 minutes will be found sufficient; 3¼ to 4 minutes will be ample time to set the white nicely; and, if liked hard, 6 to 7 minutes will not be found too long. Should



EGG-STAND FOR THE BREAKFAST-TABLE.

the eggs be unusually large, as those of black Spanish fowls sometimes are, allow an extra ½ minute for them. Eggs for salads should be boiled from 10 minutes to ¼ hour, and should be placed in a basin of cold water for a few minutes; they should then be rolled on the table with the hand, and the shell will peel off easily. *Time.*—To boil eggs lightly, for invalids or children, 3 minutes; to boil eggs to suit the generality of tastes, 3¼ to 4 minutes; to boil eggs hard, 6 to 7 minutes; for salads, 10 to 15 minutes.

EGGS, Buttered.

Ingredients.—4 new-laid eggs, 2 oz. of butter. *Mode.*—Procure the eggs new-laid if possible; break them into a basin, and beat them well; put the butter into another basin, which place in boiling water, and stir till the butter is melted. Pour that and the eggs into a lined saucepan; hold it over a gentle fire, and, as the mixture begins to warm, pour it two or three times into the basin, and back again, that the two ingredients may be well incorporated. Keep stirring the eggs and butter one way until they are hot, *without boiling*, and serve on hot buttered toast. If the mixture is allowed to boil, it will curdle, and so be entirely spoiled. *Time.*—About 5 minutes to make the eggs hot. *Average cost*, 7d. *Sufficient.*—Allow a slice to each person. *Seasonable* at any time.

EGGS, to Choose.

In choosing eggs, apply the tongue to the large end of the egg, and, if it feels warm, it is new, and may be relied on as a fresh egg. Another mode of ascertaining their freshness is to hold them before a lighted candle or to the light, and, if the egg looks clear, it will be tolerably good; if thick, it is stale; and if there is a black spot attached to the shell, it is worthless. No egg should be used for culinary purposes with the slightest taint in it, as it will render perfectly useless those with which it has been mixed. Eggs that are purchased, and that cannot be relied on, should always be broken in a cup, and then put into a basin: by this means stale or bad eggs may be easily rejected, without wasting the others.

EGGS, Ducks'.

Ducks' eggs are usually so strongly flavoured that, plainly boiled, they are not good for eating; they answer, however, very well for various culinary preparations where eggs are required; such as custards, &c. &c. Being so large and highly-flavoured, 1 duck's egg will go as far as 2 small hen's eggs, besides making whatever they are mixed with exceedingly rich. They also are admirable when used in puddings.

EGGS, Fried.

Ingredients.—4 eggs, ½ lb. of lard, butter or clarified dripping. *Mode.*—Place a delicately-clean frying-pan over a gentle fire; put in the fat, and allow

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it to come to the boiling-point. Break the eggs into cups, slip them into the boiling fat, and let them remain until the whites are delicately set; and, whilst they are frying, ladle a little of the fat over them. Take them up with a slice, drain them for a minute from their greasy moisture, trim them neatly, and serve on slices of fried bacon or ham; or the eggs may be placed in the middle of the dish, with the bacon put round as a garnish. *Time.*—2 to 3 minutes. *Average cost*, 1*d.* each; 2*d.* when scarce. *Sufficient* for 2 persons. *Seasonable* at any time.

FRIED EGGS ON BACON.

EGGS à la Maître d'Hôtel.

Ingredients.—¼ lb. of fresh butter, 1 tablespoonful of flour, ½ pint of milk, pepper and salt to taste, 1 tablespoonful of minced parsley, the juice of ½ lemon, 6 eggs. *Mode.*—Put the flour and half the butter into a stewpan; stir them over the fire until the mixture thickens; pour in the milk, which should be boiling; add a seasoning of pepper and salt, and simmer the whole for 5 minutes. Put the remainder of the butter into the sauce, and add the minced parsley; then boil the eggs hard, strip off the shell, cut the eggs into quarters, and put them on a dish. Bring the sauce to the boiling-point, add the lemon-juice, pour over the eggs and serve. *Time.*—5 minutes to boil the sauce; the eggs, 10 to 15 minutes. *Average cost*, 1*s.* *Sufficient* for 4 or 5 persons. *Seasonable* at any time.

EGGS, to Pickle.

Ingredients. — 16 eggs, 1 quart of vinegar, ½ oz. of black pepper, ½ oz. of Jamaica pepper, ½ oz. of ginger. *Mode.*—Boil the eggs for 12 minutes, then dip them into cold water, and take off the shells. Put the vinegar, with the pepper and ginger, into a stewpan, and let it simmer for 10 minutes. Now place the eggs in a jar, pour over them the vinegar, &c., boiling hot, and, when cold, tie them down with bladder to exclude the air. This pickle will be ready for use in a month. *Average cost*, for this quantity, 1*s.* 9*d.* *Seasonable.*—This should be made about Easter, as at this time eggs are plentiful and cheap. A store of pickled eggs will be found very useful

and ornamental in serving with many first and second course dishes.

EGGS AU PLAT, or AU MIROIR, served on the Dish in which they are Cooked.

Ingredients.—4 eggs, 1 oz. of butter, pepper and salt to taste. *Mode.*—Butter a dish rather thickly with good fresh butter; melt it, break the eggs into it the same as for poaching, sprinkle them with white pepper and fine salt, and put the remainder of the butter, cut into very small pieces, on the top of them. Put the dish on a hot plate, or in the oven, or before the fire, and let it remain until the whites become set, but not hard, when serve immediately, placing the dish they were cooked in on another. To hasten the cooking of the eggs, a salamander may be held over them for a minute; but great care must be taken that they are not too much done. This is an exceedingly nice dish, and one very easily prepared for breakfast. *Time.*—3 minutes. *Average cost*, 5*d.* *Sufficient* for 2 persons. *Seasonable* at any time.

EGGS, Plovers'.

Plovers' eggs are usually served boiled hard, and sent to table in a napkin, either hot or cold; they may also be shelled, and served the same as eggs à la Tripe, with a good Béchamel sauce, or brown gravy, poured over them. They are also used for decorating salads, the beautiful colour of the white being generally so much admired.

EGGS, Poached.

Ingredients.—Eggs, water. To every pint of water allow 1 tablespoonful of vinegar. *Mode.* — Eggs for poaching should be perfectly fresh, but not quite new-laid; those that are about 36 hours old are the best for the purpose. If quite new-laid, the white is so milky it is almost impossible to set it; and, on the other hand, if the egg be at all stale, it is equally difficult to poach it nicely. Strain some boiling water into a deep clean frying-pan; break the egg into a cup without damaging the yolk, and, when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Place the pan over a gentle fire, and keep the water simmering until the white looks nicely set, when the egg is ready. Take it up gently with a slice,

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cut away the ragged edges of the white, and serve either on toasted bread or on slices of ham or bacon, or on spinach, &c. A poached egg should not be overdone, as its appearance and taste will be quite spoiled if the yolk be allowed to harden. When the egg is slipped into the water, the white should be gathered together, to keep it a little in form, or the cup should be turned over it for ½ minute. To poach an egg to perfection is rather a difficult operation; so, for inexperienced cooks, a tin egg-poacher may be purchased, which greatly facilitates this manner of dressing eggs. Our illustration clearly shows what it is: it consists

EGGS POACHED ON TOAST.

TIN EGG-POACHER.

of a tin plate with a handle, with a space for three perforated cups. An egg should be broken into each cup, and the machine then placed in a stewpan of boiling water, which has been previously strained. When the whites of the eggs appear set, they are done, and should then be carefully slipped on to the toast or spinach, or with whatever they are served. In poaching eggs in a frying-pan, never do more than four at a time; and, when a little vinegar is liked mixed with the water in which the eggs are done, use the above proportion. *Time.*—2½ to 3½ minutes, according to the size of the egg. *Sufficient.*—Allow 2 eggs to each person. *Seasonable* at any time, but less plentiful in winter.

EGGS, Poached, with Cream.

Ingredients.—1 pint of water, 1 teaspoonful of salt, 4 teaspoonfuls of vinegar, 4 fresh eggs, ½ gill of cream, salt, pepper, and pounded sugar to taste, 1 oz. of butter. *Mode.*—Put the water, vinegar, and salt into a frying-pan, and break each egg into a separate cup; bring the water, &c., to boil, and slip the eggs

gently into it without breaking the yolks. Simmer them from 3 to 4 minutes, but not longer, and, with a slice, lift them out on to a hot dish, and trim the edges. Empty the pan of its contents, put in the cream, add a seasoning to taste of pepper, salt, and pounded sugar; bring the whole to the boiling-point; then add the butter, broken into small pieces; toss the pan round and round till the butter is melted; pour it over the eggs, and serve. To insure the eggs not being spoiled whilst the cream, &c. is preparing, it is a good plan to warm the cream with the butter, &c. before the eggs are poached, so that it may be poured over them immediately after they are dished. *Time.*—3 to 4 minutes to poach the eggs, 5 minutes to warm the cream. *Average cost* for the above quantity, 9*d.* *Sufficient* for 2 persons. *Seasonable* at any time.

EGGS, Scotch.

Ingredients.—6 eggs, 6 tablespoonfuls of forcemeat, hot lard, ½ pint of good brown gravy. *Mode.*—Boil the eggs for 10 minutes; strip them from the shells, and cover them with forcemeat, or substitute pounded anchovies for the ham. Fry the eggs a nice brown in boiling lard, drain them before the fire from their greasy moisture, dish them, and pour round from ¼ to ½ pint of good brown gravy. To enhance the appearance of the eggs, they may be rolled in beaten egg and sprinkled with bread-crumbs; but this is scarcely necessary if they are carefully fried. The flavour of the ham or the anchovy in the forcemeat must preponderate, as it should be very relishing. *Time.*—10 minutes to boil the eggs, 5 to 7 minutes to fry them. *Average cost*, 1*s.* 4*d.* *Sufficient* for 3 or 4 persons. *Seasonable* at any time.

EGGS, Snow, or Œufs à la Neige (a very pretty Supper Dish).

Ingredients.—4 eggs, ¾ pint of milk, pounded sugar to taste, flavouring of vanilla, lemon-rind, or orange-flower water. *Mode.*—Put the milk into a saucepan with sufficient sugar to sweeten it nicely, and the rind of ½ lemon. Let this steep by the side of the fire for ½ hour, when take out the peel; separate the whites from the yolks of the eggs, and whisk the former to a perfectly stiff froth, or until there is no liquid remain-

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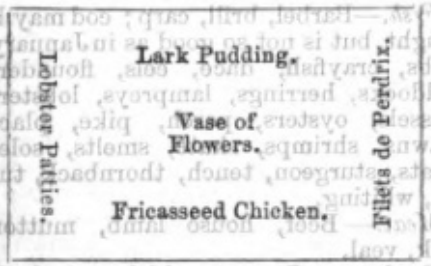
Second Course.

Entrées.



Third Course.

Dinner for 12 persons.

First Course.—Soup à la reine; clear gravy soup; brill and lobster sauce; fried smelts. *Entrées.*—Lobster rissoles; beef palates; pork cutlets à la soubise; grilled mushrooms. *Second Course.*—Braised turkey; haunch of mutton; boiled capon and oysters; tongue, garnished with tufts of broccoli; vegetables and salads. *Third Course.*—Wild ducks; plovers; orange jelly; clear jelly; Charlotte Russe; Nesselrode pudding; gâteau de riz; sea-kale; maids of honour; dessert and ices.

Dinner for 10 persons.

First Course.—Palestine soup; John Dory, with Dutch sauce; red mullet, with sauce Génoise. *Entrées.*—Sweetbread cutlets, with poivrade sauce; fowl au Béchamel. *Second Course.*—Roast saddle of mutton; boiled capon and oysters; boiled tongue, garnished with Brussels sprouts. *Third Course.*—Guinea-fowls; ducklings; pain de rhubarb; orange jelly; strawberry cream; cheesecakes; almond pudding; fig pudding; dessert and ices.

Dinner for 8 persons.

First Course.—Mock turtle soup; fillets of turbot à la crême; fried filleted soles and anchovy sauce. *Entrées.*—Larded fillets of rabbits; tendrons de veau with purée of tomatoes. *Second Course.*—Stewed rump of beef à la Jardinère; roast fowls; boiled ham. *Third Course.*—Roast pigeons or larks; rhubarb tartlets; meringues; clear jelly; cream; ice pudding; soufflé; dessert and ices.

Dinners for 6 persons.

First Course.—Rice soup; red mullet, with Génoise sauce; fried smelts. *Entrées.*—Fowl pudding; sweetbreads. *Second Course.*—Roast turkey and sausages; boiled leg of pork; pease pudding. *Third Course.*—Lemon jelly; Charlotte à la vanille; maids of honour; plum-pudding, removed by ice pudding; dessert.

First Course.—Spring soup; boiled turbot and lobster sauce. *Entrées.*—Fricasseed rabbit; oyster patties. *Second Course.*—Boiled round of beef and marrow-bones; roast fowls, garnished with water-cresses and rolled bacon; vegetables. *Third Course.*—Marrow pudding; cheesecakes; tartlets of greengage jam; lemon cream; rhubarb tart; dessert.

First Course.—Vermicelli soup; fried whitings; stewed eels. *Entrées.*—Poulet à la Marengo; breast of veal stuffed and rolled. *Second Course.*—Roast leg of pork and apple sauce; boiled capon and oysters; tongue, garnished with tufts of broccoli. *Third Course.*—Wild ducks; lobster salad; Charlotte aux pommes; pain de rhubarb; vanilla cream; orange jelly; dessert.

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FIG PUDDING.

Ingredients.—2 lbs. of figs, 1 lb. of suet, ½ lb. of flour, ½ lb. of bread crumbs, 2 eggs, milk. *Mode.*—Cut the figs into small pieces, grate the bread finely, and chop the suet very small; mix these well together, add the flour, the eggs, which should be well beaten, and sufficient milk to form the whole into a stiff paste; butter a mould or basin, press the pudding into it very closely, tie it down with a cloth, and boil for 3 hours, or rather longer; turn it out of the mould, and serve with melted butter, wine-sauce, or cream. *Time.*—3 hours, or longer. *Average cost*, 2*s*. *Sufficient* for 7 or 8 persons. *Seasonable.*—Suitable for a winter pudding.

FIG PUDDING (Staffordshire Recipe).

Ingredients.—1 lb. of figs, 6 oz. of suet, ¾ lb. of flour, milk. *Mode.*—Chop the suet finely, mix with it the flour, and make these into a smooth paste with milk; roll it out to the thickness of about ½ inch, cut the figs in small pieces, and strew them over the paste; roll it up, make the ends secure, tie the pudding in a cloth, and boil it from 1½ to 2 hours. *Time.*—1½ to 2 hours. *Average cost*, 1*s*. 1*d*. *Sufficient* for 5 or 6 persons. *Seasonable* at any time.

FIGS, Compôte of Green.

Ingredients.—1 pint of syrup, 1½ pint of green figs, the rind of ½ lemon. *Mode.*—Make a syrup as directed, boiling with it the lemon-rind, and carefully remove all the scum as it rises. Put in the figs, and simmer them very slowly until tender; dish them on a glass dish; reduce the syrup by boiling it quickly for 5

COMPÔTE OF FIGS.

minutes; take out the lemon-peel, pour the syrup over the figs, and the compôte, when cold, will be ready for table. A little port wine, or lemon-juice, added just before the figs are done, will be found an improvement. *Time.*—2 to 3 hours to stew the figs. *Average cost*, figs, 2*s*. to 3*s*. per dozen. *Seasonable* in August and September.

FISH.

Fish shortly before they spawn are, in general, best in condition. When the spawning is just over, they are out of season, and unfit for human food.

When fish is out of season, it has a transparent, bluish tinge, however much it may be boiled; whenever it is in season, its muscles are firm, and boil white and curdy.

As food for invalids, white fish, such as the ling, cod, haddock, coal-fish, and whiting, are the best; flat fish, as soles, skate, turbot, and flounders, are also good.

Salmon, mackerel, herrings, and trout soon spoil or decompose after they are killed; therefore, to be in perfection, they should be prepared for the table on the day they are caught. With flat fish, this is not of such consequence, as they will keep longer. The turbot, for example, is improved by being kept for a few hours.

FISH, General Directions for Dressing.

In dressing fish of any kind, the first point to be attended to, is to see that it is perfectly clean. It is a common error to wash it too much, as by doing so the flavour is diminished. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. Cod-fish, whiting, and haddock, are none the worse for being a little salted, and kept a day; and, if the weather be not very hot, they will be good for two days.

When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled, or salted, and hung up; or it may be fried, that it may serve for stewing the next day. Fresh-water fish, having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and afterwards dried and dressed.

Fish should be put into cold water and set on the fire to do very gently, or the outside will break before the inner part is done. Unless the fishes are small, they should never be put into warm water; nor should water, either hot or cold, be poured *on* to the fish, as it is

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liable to break the skin; if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. It should then be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a cloth laid over the fish, to prevent its losing its colour.

In garnishing fish great attention is required, and plenty of parsley, horse-radish, and lemon should be used. If fried parsley be used, it must be washed and picked, and thrown into fresh water. When the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice. When well done, and with very good sauce, fish is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe will be appended the proper mode of serving and garnishing.

If fish is to be fried or broiled it must be dried in a nice soft cloth after it is well cleaned and washed. If for frying, brush it over with egg, and sprinkle it with some fine crumbs of bread. If done a second time with the egg and bread, the fish will look so much the better. If required to be very nice, a sheet of white blotting-paper must be placed to receive it, that it may be free from all grease; it must also be of a beautiful colour, and all the crumbs appear distinct. Butter gives a bad colour; lard and clarified dripping are most frequently used; but oil is the best, if the expense be no objection. The fish should be put into the lard when boiling, and there should be a sufficiency of this to cover it.

When fish is broiled, it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over a very clear fire, that it may not taste smoky; and not too near, that it may not be scorched.

In choosing fish, it is well to remember that it is possible it may be *fresh*, and yet not *good*. Under the head of each particular fish in this work, are appended rules for its choice, and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good; as, if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.

FISH, General Directions for Carving.

In carving fish, care should be taken to help it in perfect flakes, as, if these are broken, the beauty of the fish is lost. The carver should be acquainted, too, with the choicest parts and morsels; and to give each guest an equal share of these *titbits* should be his maxim. Steel knives and forks should on no account be used in helping fish, as these are liable to impart to it a very disagreeable flavour. When silver fish-carvers are considered too dear to be bought, good electro-plated ones answer very well, and are inexpensive.

FISH CAKE.

Ingredients.—The remains of any cold fish, 1 onion, 1 faggot of sweet herbs; salt and pepper to taste, 1 pint of water, equal quantities of bread-crumbs and cold potatoes, ½ teaspoonful of parsley, 1 egg, bread-crumbs. *Mode.*—Pick the meat from the bones of the fish, which latter put, with the head and fins, into a stewpan with the water; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours; chop the fish fine, and mix it well with bread-crumbs and cold potatoes, adding the parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread-crumbs, fry of a light brown; strain the gravy, pour it over, and stew gently for ¼ of an hour, stirring it carefully once or twice. Serve hot, and garnish with thin slices of lemon and parsley. *Time.*—½ an hour after the gravy is made.

FISH AND OYSTER PIE.

[Cold Meat Cookery.] *Ingredients.*—Any remains of cold fish, such as cod or haddock; 2 dozen oysters, pepper and salt to taste, bread-crumbs sufficient for the quantity of fish; ½ teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley. *Mode.*—Clear the fish from the bones, and put a layer of it in a pie-dish, which sprinkle with pepper and salt; then a layer of bread-crumbs,

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little flour. *Mode.*—Take the fleshy part of veal, scrape it with a knife, till all the meat is separated from the sinews, and allow about ½ lb. for an entrée. Chop the meat, and pound it in a mortar till reduced to a paste; then roll it into a ball; make another of panada the same size, and another of udder, taking care that these three balls be of the same *size*. (It is to be remembered, that equality of *size*, and not of weight, is here necessary.) When the three ingredients are properly prepared, pound them altogether in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mould it into balls, or whatever shape is intended, roll them in flour, and poach in boiling water, to which a little salt should have been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside. In the preparation of this recipe, it would be well to bear in mind that the ingredients are to be well pounded and seasoned, and must be made hard or soft according to the dishes they are intended for. For brown or white ragoûts they should be firm, and when the quenelles are used very small, extreme delicacy will be necessary in their preparation. Their flavour may be varied by using the flesh of rabbit, fowl, hare, pheasant, grouse, or an extra quantity of mushroom, parsley, &c.

FORCEMEAT for Veal, Turkeys, Fowls, Hare, &c.

Ingredients.—2 oz. of ham or lean bacon, ½ lb. of suet, the rind of half a lemon, 1 teaspoonful of minced parsley, 1 teaspoonful of minced sweet herbs; salt, cayenne, and pounded mace to taste; 6 oz. of bread-crumbs, 2 eggs. *Mode.*—Shred the ham or bacon, chop the suet, lemon-peel, and herbs, taking particular care that all be very finely minced; add a seasoning to taste of salt, cayenne, and mace, and blend all thoroughly together with the bread-crumbs, before wetting. Now beat and strain the eggs; work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown, in boiling lard, or put them on a tin and bake for ½ hour in a moderate oven. As we have stated before, no one flavour should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the eggs; but for ordinary cooking, mincing very finely answers the purpose. *Average cost*, 8*d*. *Sufficient* for a turkey, a moderate-sized fillet of veal, or a hare.

Note.—In the forcemeat for Hare, the liver of the animal is sometimes added. Boil for 5 minutes, mince it very small, and mix it with the other ingredients. If it should be in an unsound state, it must be on no account made use of.

FOWLS, Boiled, à la Béchamel.

Ingredients.—A pair of fowls, 1 pint of Béchamel, a few bunches of boiled broccoli or cauliflower. *Mode.*—Truss and boil the flowers; make a pint of Béchamel sauce; pour some of this over the fowls, and the remainder send to table in a tureen. Garnish the dish with bunches of boiled cauliflowers or broccoli, and serve very hot. The sauce should be made sufficiently thick to adhere to the fowls; that for the tureen should be thinned by adding a spoonful or two of stock. *Time.*—From ½ to 1 hour, according to size. *Average cost*, in full season, 5*s*. a pair. *Sufficient* for 6 or 7 persons. *Seasonable* all the year, but scarce in early spring.

FOWLS, Boiled, to Carve.

This will not be found a very difficult member of the poultry family to carve, unless, as may happen, a very old farmyard occupant, useless for egg-laying purposes, has, by some unlucky mischance, been introduced into the kitchen as a "fine young chicken." Skill, however, and the application of a small amount of strength, combined with a fine keeping of the temper, will even get over that difficulty. Fixing the fork firmly in the breast, let the knife be firmly passed along the line shown from 1 to 2; then cut downwards from that line to fig. 3;

BOILED FOWL.

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