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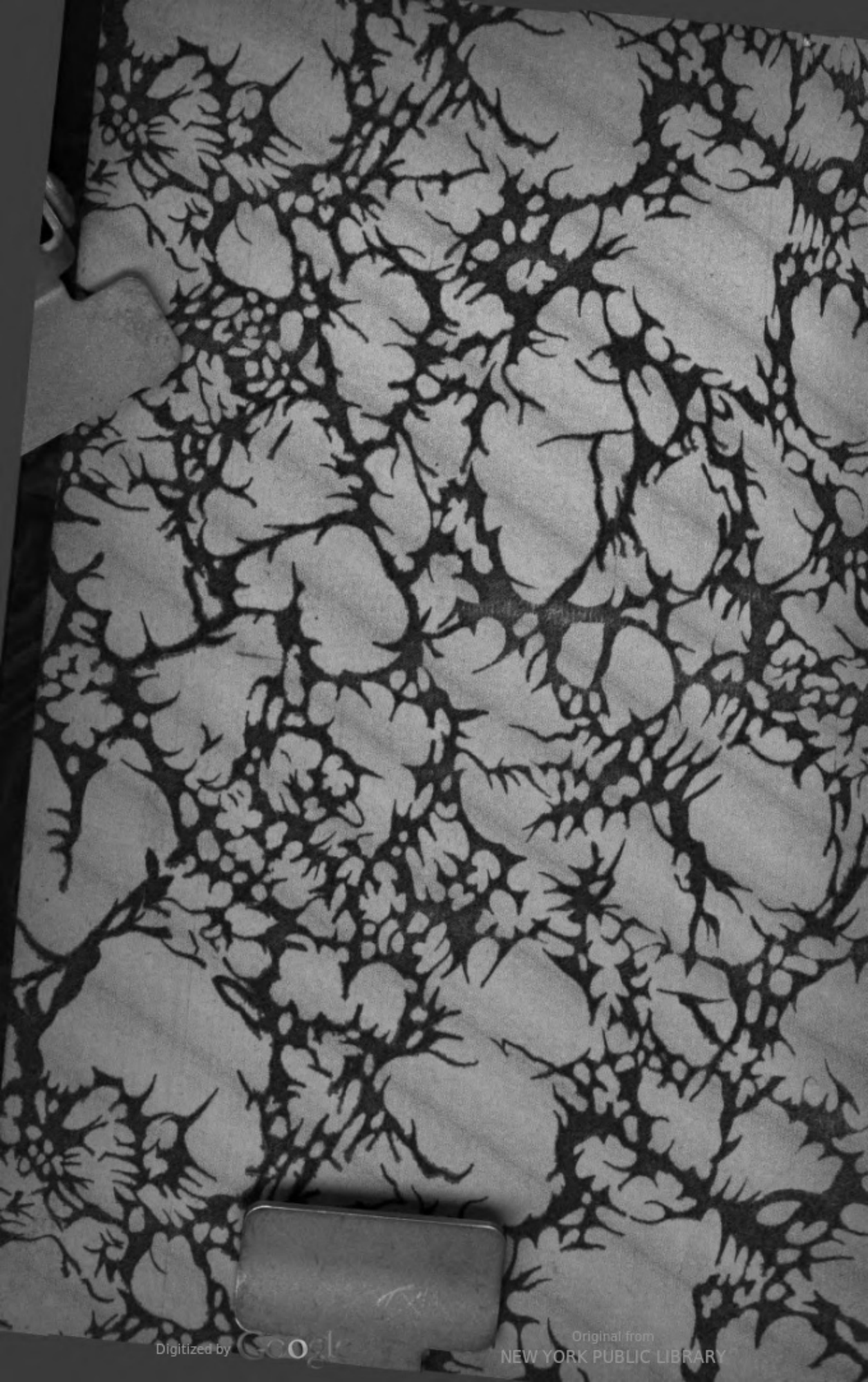
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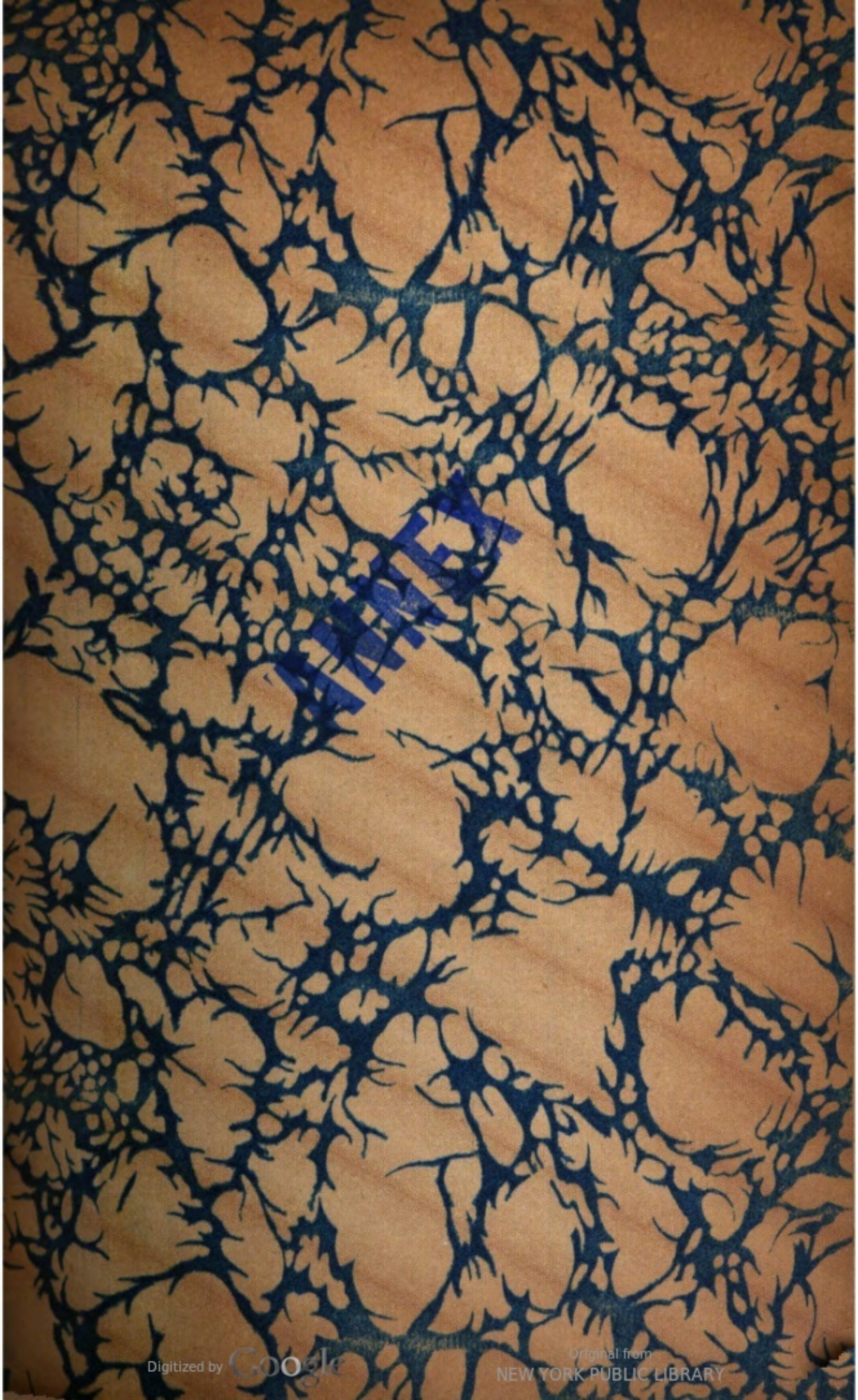
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PREFACE.

IT is proposed, in this present work, to make an attempt to carry the simplicity and exactness of the science of cookery one step forward, and thus contribute toward bringing this most excellent and necessary branch of chemistry (of which cooking certainly forms a part) into the more immediate and practical use of our own households. It is most earnestly desired to help house-keepers to set forth a dainty table at moderate outlay, and to give them receipts so clearly and accurately explained that the percentage of success shall be materially increased—granted that the same house-keeper or her cook shall bring to the undertaking an average amount of intelligence; for, no matter how much pains any writer or compiler of cookery-books may take to make receipts clear and practical, the same necessity exists as that recognized by the great painter, who, when asked how he mixed his colors, replied, "With brains, sir."

There has been, within the last few years, a marked improvement in the designation of the various ingredients and their quantities to be used in the preparation of dishes; it is much less common nowadays than formerly to be told to "take some" of this, that, or the other, thereby leaving the chance of success entirely dependent upon the accident of guessing happily, or otherwise, at the relative proportion of the component parts of dishes. The noticeable improvement in this respect is already a stride taken in the right direction, and receives full consideration in the present work.

It is frequently found to be a stumbling-block to the success of a dish that the time for the fire to do its work is not

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TABLE OF COMPARATIVE WEIGHTS AND MEASURES.

		lb.	oz.
16 ounces	equal	1	
1 quart of sifted flour	"	1	
1 quart of powdered sugar	"	1	7
1 quart of granulated sugar	"	1	9
1 closely-packed pint of butter	"	1	
10 moderate-sized eggs	"	1	
3 cups of sugar	"	1	
5 cups of sifted flour	"	1	
Butter, size of an egg	about		2
Butter, size of a walnut	"		1
1 tablespoonful of butter	"		2
Average weight of a good-sized egg	"		2
1 pint of water or fruit juice	"	1	

1 sherry glass = ½ gill.

1 wineglass = 1 gill.

1 cup = about ½ pint or 2 gills.

5 sherry or whiskey bottles to 1 gallon.

4 gills = 1 pint, 2 pints = 1 quart, 4 quarts = 1 gallon.

60 drops = 1 teaspoonful, 2 teaspoonfuls = 1 dessertspoonful.

4 teaspoonfuls = 1 tablespoonful.

2 dessertspoonfuls = 1 tablespoonful.

1 tumbler = ½ pint or 2 gills.

2 saltspoons = 1 teaspoon (dry).

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GOOD-LIVING.

SOUPS, PURÉES, AND SOUPS WITHOUT MEAT.

GENERAL DIRECTIONS FOR MAKING SOUP.

CONSOMMÉ.

8 lbs. shin of beef,
10 quarts of water,
3 or 4 large carrots,
4 large onions,
10 allspice,
1 head of celery,
Whole shin of veal,
Salt and pepper,
3 leeks,
6 cloves,
1 cup of tomatoes or a handful of sorrel,
Bunch of parsley.

Put the meat, water, pepper, and salt into a large-soup-kettle. (An old hen may be substituted for the shin of veal.) Keep it where it will come slowly to a boil, 1 hour; then draw it forward, and bring it to a good boil; skim as the scum rises; in another hour add the vegetables, etc.; boil very gently, but *incessantly* for about 10 hours, making in all about 12 hours of cooking.

Too much stress cannot be laid upon the importance of these two great essentials to the making of good soup: First, never let the soup stop boiling for one instant: Never add water, once the soup is started. Neither, on the other hand, must you let the soup boil at a racking rate, or it will be muddy, and you will lose a great deal by evaporation. If the fire needs replenishing, have your cook feed first one

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GENERAL DIRECTIONS FOR FRYING.

Particular attention is called to the fact that every thing depends upon the manner in which an article of food is fried, as to whether it is most unwholesome or comparatively innocuous. There is no process of cooking which can be made to render food more indigestible than this same process of frying; therefore it is of paramount importance that it should be most carefully studied and well understood. The sense of the matter is this: If an article to be fried is put into lukewarm or even quite hot fat, whether lard, drippings, or butter, the same article warms with it, drawing in at every pore the greasy fluid; whereas, if, on the contrary, the fat is heated to boiling-point, that point being much higher for fatty fluid than for water, the moment the article to be fried is plunged into it, the intense heat closes every pore, and, it being instantly seared, cannot absorb an atom of the fat; when removed from the grease and drained of all moisture that may remain on the surface (which may be accomplished by placing the article upon absorbent paper) there is really no grease remaining to tax the digestive powers. A well-fried croquette, for instance, should not leave a trace of grease upon the cut paper or folded napkin upon which it is served; a well-fried Saratoga-chip may be taken up by gloved fingers, and not a trace of grease appear on the glove. The secret of all, then, is to have the lard or drippings sufficiently deep in the pan to serve for whatever frying may be necessary at the one time; not to be obliged to add (Hibernian fashion) a great lump of cold lard,

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FISH.

GENERAL DIRECTIONS.

TO BOIL FISH NO. I.

Wash the fish thoroughly inside and out. Wipe dry with a clean cloth. Trim the fins close to the body with scissors. Have in a kettle on the fire enough water to cover the fish entirely. It should be well salted—that is, from 4 to 8 oz. of salt and ¼ oz. of saltpetre to every gallon of water. The water must boil when the fish is put in. It is almost impossible to boil fish handsomely without a regulation fish-kettle, with its drainer inside. When the fish is cleaned and the water boiling, lay the fish on the drainer and set the drainer in the kettle. Allow about 8 minutes to the pound for a large, thick fish, and 5 minutes to the pound for small, thin fish, counting from the time when the water begins again to boil after the fish is put in. It should boil very gently, in order not to crack the skin. You can tell when it is done by the flesh parting very easily from the bone. A little vinegar is a good addition to the water. When done lift out the drainer, set it across the kettle, and drain the fish dry. Serve on a folded napkin, garnished with parsley and sliced lemon. Always serve also an appropriate sauce.

TO BOIL FISH NO. II.

There come times and seasons when it is difficult to vary one's supply of fish, and the only resource from monotony is to vary the mode of cooking the fish at our

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SHELL-FISH.

TERRAPIN.

Terrapins are always sold alive, and are in season from November to March. Diamond-backs are the best, but are very expensive. The males are small and of inferior flavor. The common red-legs or fresh-water terrapins are quite good and much less expensive.

PHILADELPHIA STEWED TERRAPIN.

3 terrapins,
5 eggs, boiled hard,
2 tablespoons of flour,
1 dessertspoon of salt,
2 gills of thick cream,
½ lb. of butter,
2 gills of madeira or sherry,
Cayenne to taste.

Put the terrapins alive into a pot of boiling water and boil 10 or 15 minutes, or until you can pull off the outer skin and the toe-nails. Now put them back into fresh boiling water; add a heaping teaspoonful of salt, and boil slowly until the shells part easily and the flesh on the legs is quite tender, from 1 to 1½ hours. When done, take out of the pot; save 2 gills of the liquor in which they are boiled. Remove the under shell and allow it to stand until cool enough to handle. Then take the meat out of the upper shells. Carefully remove the sand-bags, bladders, the thick, heavy part of the intestines, and the gall-bag which is found embedded in the lobe of the liver, and throw them away. In removing the gall-bag, be careful not to break it, as it would spoil the whole terrapin. In the finer preparations of terrapin the "ribbons" are not used. Break the terrapin into convenient-sized pieces, add it to the liver broken up, also all the eggs

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TIME-TABLE FOR COOKING MEATS.

	Hr.	Minutes.
Sirloin of beef, oven, moderately under-done.....per lb.		9
Sirloin of beef, before the fire, moderately under-done, per lb.		10
Rib-roast, boned and rolled, oven, moderately under-done, per lb.		10
Leg of mutton, oven, moderately under-done.....per lb.		10
Stuffed shoulder of mutton, oven, well-done.....per lb.		16
Saddle of mutton, oven, very under-done .....per lb.		9
Loin of mutton, oven, " " .....per lb.		8
Loin of veal, slow oven, very well-done (covered).....per lb.		15 to 18
Fillet of veal, slow oven, " " " .....per lb.		18 to 20
Stuffed shoulder of veal, slow oven, well-done (covered), per lb.		18 to 20
Leg of pork, slow oven, very well-done .....per lb.		20
Loin of pork, slow oven, very well-done.....per lb.		15 to 18
Shoulder of pork, slow oven, very well-done .....per lb.		20
Filet of beef, moderately-quick oven, under-done.....whole		45 to 60
Liver, moderate oven, well-done .....whole	2	
Liver, braised, simmered gently, well-done ..... whole	2	
Beef, braised, simmered gently (from first putting on) .per lb.		About 36
Bouilli, simmered very gently " " " " ..per lb.		32 to 35
Cornbeef, simmered very gently " " " " ..per lb.		30 to 32
Brisket of beef, simmered gently " " " " ..per lb.		About 30
Ham, in cider. When cider begins to boil, allow....per lb.		18 to 20
Ham, in water. When water begins to boil, allow....per lb.		18 to 20
Leg of mutton, simmered very gently .....per lb.		15 to 18
Bacon, boil gently .....per lb.		15
Tripe, boil .....fully	5	

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BEEF.

GENERAL DIRECTIONS.

TO ROAST BEEF.

ROSBIF.

The best cut of beef for roasting is the sirloin or English cut; that most commonly used is the rib-roast. The former has the tenderloin under the rib-bone. A good piece of this, where the filet is fine, should weigh at least 10 to 12 pounds.

Of the rib-roast, the third, fourth and fifth are the choice cuts. Two ribs "cut full," as the butchers say, will make a good-sized roast and weigh about 10 lbs. It certainly makes a more sightly dish of this cut to have the butcher trim out the bones and skewer the end around the eye of the meat. It lies nicely on the dish, and looks well; but is hardly as sweet as when roasted with the bones left in. If the bones are removed, save them for the soup-pot.

A third cut for roasting which is much used on the continent, and very little known here, is the cross-rib; a solid piece of meat, with no bone and only a fair allowance of fat. It is a most profitable cut, there being no waste, and it certainly contains far richer juices than either of the other cuts; very good qualities in a family where there are many children or delicate digestions.

See that the piece, whatever may be the cut selected, is neatly skewered, that, when roasted, it may present a proper appearance. Place it in the roasting-pan (unless you are blessed with an old-fashioned Dutch oven and can roast be-

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MUTTON AND LAMB.

GENERAL REMARKS ON MUTTON.

The great point of having mutton sufficiently mature before cooking becomes quite a perplexing question in summer, when the meat is liable to spoil before it has been hung long enough to become tender. If you are in the country, the following simple and most effective mode of treatment may be possible for you to practise. It has been followed, within my own experience, very frequently, and with perfectly satisfactory results.

The day before you wish to use the piece of mutton, be it leg or saddle, have a hole dug in the garden, wrap your mutton in a clean, white cloth, lay it deep down in the hole, cover the earth tightly over it and leave it until next morning. Then dig it out, set it in a cool place where it can not spoil, and cook it for dinner. If a leg, it will be further improved by being very thoroughly beaten with the rolling-pin on all sides. It is quite remarkable how the burying process will shorten the fibre of the meat and produce the same results as are obtained by hanging for days at a cooler season of the year.

NOTE.—Never attempt to keep mutton without cooking after it has been beaten.

The directions given for the time in cooking mutton (see Time-Table) are based upon the consideration that, being a dark meat, it should always be served underdone. Those who prefer it cooked brown all through should allow 12 or

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turning frequently. Dip in melted butter and broil until firm under pressure. If you use plated or silver skewers, lay the whole on a hot dish; add lemon-juice, chopped parsley, pepper and salt and melted butter, and serve. If common skewers are used, the kidneys must be slipped off before dressing as directed. N. B.—Serve very hot.

LAMB CROQUETTES.

CROQUETTES D'AGNEAU.

Proceed exactly as for any of the various receipts for Chicken Croquettes.

LAMBS' FRIES.

Parboil these as described for Calf's Brains. Then prepare according to any of the various receipts for Calf's Brains or Sweetbreads; or fry in butter.

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VEAL.

GENERAL REMARKS.

The best veal is very firm and pinkish white ("ashes of roses" describes the color exactly, if not too poetical for such a prosaic subject). Never buy that which has a bluish tinge. It should not be too young (less than 6 weeks) nor too old (over 6 months). The best season is from the middle of April until the first of July; but it continues to be quite good until the end of October. From that to April 1st it is not very good, being particularly stringy. Like all young meats, it spoils very quickly, and in summer must not be kept any longer than necessity demands, and not more than 2 or 3 days in cooler weather. In this country the utility of veal is not sufficiently recognized; as a rule it is shockingly cooked, therefore indigestible; hence its bad reputation. Whereas in reality it is no more indigestible than other young meats and far less so than pork, which, though not young meat, is also white. Young meats as a rule are not nutritious, but, if properly cooked, need not be particularly unwholesome; lamb might be disapproved of on the same grounds, and yet it is very popular. If veal is sufficiently cooked, and cooked slowly, it will be found to be quite as safe for the average person as lamb. A very great improvement, and a practice to be strongly recommended, is to pound veal, not as you would pound beef, but almost to a pulp; this makes it deliciously tender and quite digestible. It is indeed a most useful meat, furnishing an endless variety of dishes.

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