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1, Cookery, American

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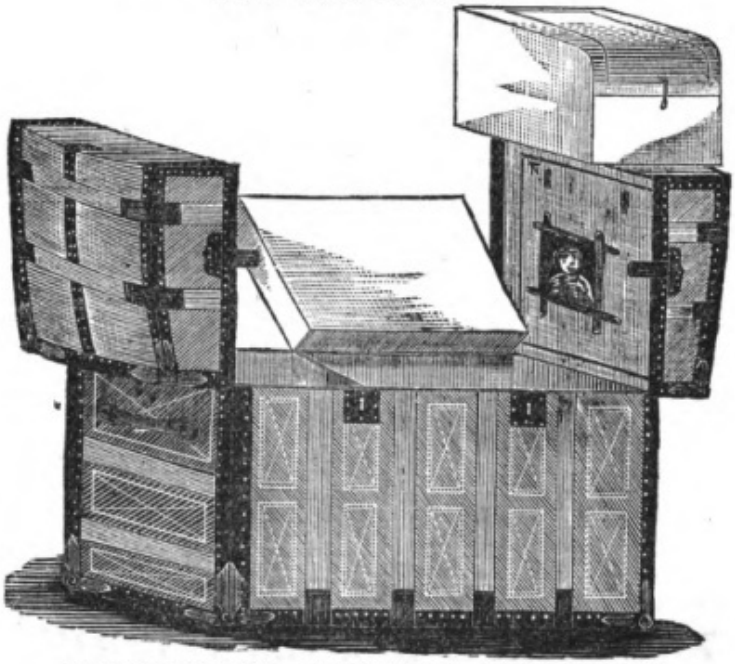

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BEEF SOUP.

Cut all the lean off the shank and with a little beef suet in the bottom of the kettle ,fry it to a nice brown, put in the bones and cover with water, cover the kettle closely. Let it cook slowly until the meat drops from the bones. Strain through a colander and leave it in the dish during the night which is the only way to get off all the fat. The day it is wanted for the table, fry as brown as possible a carrot, an onion and a very small turnip sliced thin; just before taking up put in half a teaspoonful of sugar, a blade of mace, six cloves, a dozen kernels of allspice, and a small tablespoonfull of celery seed. With the vegetables this must cook slowly in the soup an hour, then strain again for the table. If you use vermicelli or pearl barley, soak in water.

FISH.

Fish are good when the gills are red, eyes are full, and the body of the fish firm and stiff.

FISH A LA CREME.

Take any firm salt water fish, rub it with salt and put it in a kettle with enough boiling water to cover it. As soon as it boils set it back where it will simmer, let it stand for an hour, then take it up and draw out all the bones; put one ounce of flour into a saucepan to which add by degrees one quart of cream or new milk, mixing it very smoothly, then add the juice of one lemon, one onion chopped fine, a bunch of parsley, a little nutmeg, salt and pepper, put this on the fire stirring it till it forms a thick sauce; stir in a quarter of a pound of butter. Strain the auce through a sieve, put a little on a dish then lay the fish on it and turn the remainder of the sauce over it; beat to a froth the whites

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baked if baked right, soak it for an hour in water and wipe it dry, next spread it all over with thin batter and then put it into a deep dish with sticks under it to keep it out of the gravy. When it is fully done and the batter crusted on the flesh side, take off the skin and set it away to cool.

YORKSHIRE PUDDING.

One and a half pints of milk six large tablespoons of flour, three eggs, one salt spoon of salt. Bake under the meat for one hour and a half.

VEAL LOAF.

Two and a half pounds of raw veal cutlet chopped fine, six pounded crackers, two eggs, piece of butter size of an egg, teaspoonful of salt, teaspoonful of pepper, mix all together, and form into a loaf. Cover with grated bread crumbs and bake two hours. Baste with juice that drips from it.

DEVILED HAM.

One pint of boiled ham chopped fine with a good proportion of fat, one teaspoon of dry mustard, one tablespoon of flour, one half a cup of boiling water, press in a mould and cut in slices.

ROAST BEEF.

Prepare for the oven by dredging lightly with flour, and seasoning with salt and pepper. Place in the oven, and baste frequently while roasting. Allow a quarter of an hour for a pound of meat if you like it rare. Longer if you like it well done. Serve with a sauce made from the drippings in the pan, thickened with flour.

BOILED FOWL.

Take a young fowl and fill the inside with oysters. Place in a jar and plunge into a kettle of water. Boil for one and one half hours. There will be a quantity of gravy in the jar from the juice of the fowl and the oysters. Make this in to a white sauce with the addition of egg, cream, or a little flour, and butter. Add oysters, or serve up plain with the fowl. This is very nice with the addition of a little parsley to the sauce.

SAVORY BEEF.

Three and a half pounds of lean raw beef chopped fine.(take out all the stringy substances,) six soda crackers, butter the size of an egg, warmed a little, but not melted, four tablespoonfuls of sweet cream, three eggs four teasponfuls of salt, two and a half teaspoons of black pepper, one tablespoonful of sweet marjoram, and one half teaspoon of red pepper. Knead all together with your hands, make in rolls the size of a beef

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tongue, bake and baste with butter and water, when cold cut in slices. This is a very nice relish sliced for tea.

CHICKEN CROQUETTES.

Four and one half pounds of chicken boiled and chopped very fine. Moisten to a thick pulp with the liquor in which it has been boiled. Mix with this a pint and a half of mashed potatoes beaten to a cream, three eggs, one teaspoonful of mustard, sweet marjoram, salt and pepper to taste, a little celery chopped very fine. Soften with milk till very soft, and add a quarter of a pound of butter. Mould into forms, dip in egg and cracker dust and fry in boiling lard.

HAM SANDWICHES.

Chop fine some cold boiled ham a little fat with the lean. Add tongue and chicken, also chopped fine. Make a dressing of one half a pound of butter, three tablespoons of salad oil, three of mustard, the yelk of one egg, and a little salt. Mix well together, and spread over the meat smoothly on thin slices of bread.

CHICKEN PIE,

Take two good sized chickens, and cut in pieces, put in a pot and cover with cold water. Boil until tender, and remove the chicken carefully. Thicken and season the liquor to your taste. Line a deep dish with a very thick rich crust, and fill the dish with chicken. Add butter, salt and pepper, and pour the gravy over and cover with a thick crust, Close the edges of the crust tightly and make an opening in the center. Bake from two to three hours.

SWEET BREADS

Scald in salt and water, take out the stringy parts, then put in cold water, a few minutes, dry in a towel, dip in egg, and bread crumbs, and fry brown in butter. When done, place in a hot dish. Pour into the pan a cup of sweet cream, a little pepper and salt, and a little parsley chopped fine. Add flour, and when boiling pour over the sweet breads. Add mushrooms if desired.

TO CURRY CHICKEN

Slice an onion and brown in a little butter.

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VEGETABLES.

PARSNIP CAKES

Boil some parsnips, and mash them real fine; one egg, a little flour and a little yeast powder. Fry in hot lard until brown; then serve while hot.

POTATO SOUP.

To one pint of mashed potatoes, put two and one-half pints of milk; let them stew together a short time, then strain through a sieve or colander. Season with salt, a little mace and cayenne pepper, rub a piece of butter into a spoonful of flour. Make a short time before dinner.

BAKED BEANS.

Take one quart of small white beans and put them in soak over night; in the morning turn off water and rinse them in a colander; turn them into a bean pot, cover with water and put on the stove; let them stand until the beans crack open, then turn off the water, and add nearly a pound of salt pork, (scraped, washed and scored,) also a teaspoonful of molasses to color the beans, put in the oven and bake two or more hours; add water if needed.

BOILED POTATOES.

Old potatoes are better for being peeled and put in cold water an hour before being put on to boil, they should then be put into fresh cold water, when set over the fire. New Potatoes should always be put into boiling water; they are better steamed than boiled.

TO BOIL RICE.

One cup of rice; rinse in cold water, have one quart of boiling water; let the rice boil fifteen or twenty minutes, drain off the water, set it back and let it cook slowly.

BAKED BEANS.

Boil the beans until they begin to crack, with a pound or two of salt pork; put the beans in a deep earthen vessel, score the pork across the top, and settle it in the middle, add one table spoon of sugar or molasses and bake all day. Keep adding warm water when they dry away.

MACCARONI.

Cook maccaroni in water until soft, then put it in a deep dish with layers of grated cheese, butter and salt; pour over this water to moisten and bake half an hour.

General Directions for Making Bread.

In the composition of good bread, there are three important requisites. Good flour, good

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WINE JELLY.

One quart of water to each ounce of isinglass, break it in the water, and let stand over night to soften. On the following morning add to this, the white and shell of one egg to each ounce of isinglass, stick cinnamon, tied in a cloth and boiled until it tastes strong enough. Juice and rind of lemon to taste (if the rind is not bitter use it), sweeten to taste. Let it boil till it seems to be full of white flakes. If an eight ounce package of isinglass is used, three pints of sherry is wanted. Then strain all through a flannel bag till as clear as water. When you do not have ice, or it is made in warm weather, run seven quarts, scant, of water to eight ounces of isinglass.

FLOATING ISLAND.

Beat the yolks of three eggs very light, sweeten and flavor to taste, stir into a quart of boiling water, cook till it thickens; when cool, pour into a low glass dish. Whip the whites of the eggs to a stiff froth, sweeten and pour over a dish of boiling water to cook. Take a tablespoon and drop the whites on top of the cream far enough apart so that the little white islands will not touch each other. By dropping bits of jelly on each island adds much to the beauty of the arrangement.

BIRD'S NEST PUDDING.

Core and pare apples to fill a dish; make a batter of three eggs, two cups of milk, one and a half of flour, a little salt; pour over apples and bake in moderate oven. To be eaten with egg sauce.

GATEAU DE NOUGAT.

Make a sponge cake batter, and bake in jelly cake pans. Then make a stiff icing. Put in a half pound of pecans, half pound of English walnuts, half pound of almonds, one-quarter pound citron, cut in thin slices; cut

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