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GENERAL DIRECTIONS AND REMARKS.

In order that the dishes prepared should be good, it is absolutely necessary that all the ingredients should be good and fresh, otherwise the result will not be satisfactory.

All the cooking utensils should be scrupulously clean, and the degchees should be tinned at least once a month, or if possible every fortnight.

The minutest directions have been given and often repeated several times, and all the quantities most carefully apportioned, in order that even an inexperienced cook need feel no doubts as to the result of an experiment.

In many instances when cream is not attainable, such as in sauces, soups, &c., fresh goat's milk, with the yolk of an egg beaten up in it, will be found to answer equally well.

When herbs cannot be procured fresh, they can always be purchased dried in bottles at the English store-shops.

The following is a list of stores, which should always be kept in readiness as they are required for all dishes.

Loaf sugar, moist sugar, sifted loaf sugar, whole pepper, ground pepper, black and white, cayenne, mustard, fine salt, soy, anchovy sauce, Harvey sauce, tomato sauce, chutney, mushroom ketchup, capers, pickles, vinegar, Lucca oil, Tarragon vinegar, Chilli vinegar, all kinds of herbs in bottles, and Parmesan cheese.

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SAUCES, CONDIMENTS, AND PICKLES.

1.—White Bechamel Sauce.

Put the flour and butter into a degchee, and knead together with a wooden spoon; add the vegetables cut into slices, the pepper and salt, and moisten with the milk. Stir over a clear fire while it boils sharply for twenty minutes, taking great care to stir all round the edges and the bottom so that it does not burn, then strain through a hair-sieve or coarse cloth and place in a basin for use.

Ingredients.

4 oz. flour
2 oz. butter
1 onion, 1 bunch of parsley
1 small carrot
½ head of celery
1 leaf of bay and thyme
1 teaspoonful of salt
1 saltspoonful of white pepper
1½ pint of milk

2.—White Sauce.

(Two ways.)

Boil the milk with the mace and lemon peel; beat the eggs with the cream. Strain the milk and pour it by degrees into the eggs and cream, beating all the time; then pour into a small saucepan and stir until it thickens. Serve immediately.

Ingredients, No. 1.

½ pint of new milk
½ inch of mace
2 inches of thin lemon peel
The yolks of 2 eggs
1 gill of good cream

Ingredients, No. 2.

3 oz. of fresh butter
1 tablespoonful of baked flour
½ pint of milk
2 tablespoonsful of cream

Boil the milk; knead the butter with the flour and stir into the milk; boil ten minutes, add the cream and serve at once.

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SOUPS, BROTHS, &c.

1.—Stock No. 1.

Four Quarts.

Ingredients.

Garlic
10 lbs. fresh-killed shin of beef
1 pint of water
¾ of a lb. lean ham
3 onions, 3 carrots
A small head of celery
4 cloves, 6 allspice
10 peppercorns
A large black onion, (*see* page 3)
A tablespoonful of brown sugar
A teaspoonful of mustard
A teaspoonful of salt

Rub your degchee six times across the bottom with garlic. Put in the beef and a pint of water; let it stand by the fire an hour, then add all the ingredients. Simmer and skim frequently for six hours. Strain through a fine hair sieve (or a coarse cloth) which has been dipped in cold water into an *earthen* pan (uncovered), and when cold remove the fat.

Note.—In India the stock should be made every day, therefore judgment must be used as to the quantity required.

2.—Stock No. 2.

Four Quarts.

Ingredients.

1 knuckle of veal (7 lbs.)
A cow heel
A fresh-killed old fowl
A turnip, 2 onions
A lettuce, 1 blade of mace
¼ of a nutmeg
½ lb. (4 chittacks) lean ham
1 teaspoonful of salt
A *small* bunch of sweet herbs
6 quarts of water

Put all the ingredients into a degchee, simmer gently and skim frequently for six hours. Strain through a fine hair sieve (or a coarse cloth) that has been dipped in cold water into an earthen pan (uncovered), and when cold remove the fat.

Note.—Two fresh truffles will be found a great improvement to both stocks.

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FISH.

1.—Boiled Salmon.

Take the salmon out of the tins and put it into plenty of water that is nearly boiling, with a dessertspoonful of salt; boil up quickly, skim, and simmer very gently for six minutes. Two pounds will require 12 minutes, four pounds 18 minutes, aud so on. Serve the salmon on a neatly-folded napkin, with either shrimp or cream sauce, (No. 20).

2.—Shrimp Sauce.

Boil the shrimps four minutes; put half of them in a mortar and pound to a smooth paste; add the cream, knead the butter with the baked flour, and stir into the boiling water. Boil eight minutes, put in the whole shrimps, simmer three minutes, then stir in the shrimp cream, and serve immediately.

Ingredients.

1 small tin of shrimps
3 tablespoonsful of cream
3 oz. fresh butter
1 tablespoonful of baked flour
½ pint of boiling water

3.—Salmon in Potato Paste.

(Second dressing.)

Mash the potatoes with a wooden spoon until quite smooth; add two spoonsful of the salt, the butter, and the yolk; beat till very light. Divide the

Ingredients.

6 mealey potatoes
3 saltspoonsful of salt
2 oz. of oiled butter
1 yolk

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BEEF.

1.—Roast Beef—Ribs or Sirloin.

Wipe the beef dry with a clean cloth and envelope it in thin paper thickly spread with sweet beef dripping, hang it before the fire, and let it roast there, basting frequently for a quarter of an hour. Then withdraw it to a distance of 18 inches from the grate, and let it roast there slowly till done. Half an hour before it is ready, take off the paper, dredge it with baked flour, and baste with 2 oz. of dissolved butter; place the beef on a *hot* dish; pour off the dripping; add one teaspoonful of boiling water and half a saltspoonful of salt, to the gravy dripped from the beef. Serve at once with a garnish of grated horse-radish, and horse-radish sauce (No. 10) and Yorkshire pudding on separate dishes. (Allow 11 minutes to the lb. for roasting *underdone.*)

2.—Boiled Salt Round of Beef.

Choose a round of beef well covered with rich delicate-looking fat; take out the kernels; rub in and all over it about 4 lbs. of salt, and rub it well with the salt every morning for ten days; roll it round, fasten it with skewers and bind it round with tape. Put it in a good sized deg-chee with plenty of cold water, and boil it very gently, skimming frequently until done. Allow half an hour to the pound *after it boils.* Take the beef out, trim off any

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SECOND DRESSINGS OF BEEF.

1.—Beef with Acid Sauce.

Ingredients.

2 onions
1 mushroom
2 oz. of butter
1 teaspoonful of salt
1 saltspoonful of pepper
1 teaspoonful of flour of mustard
1 ,, ,, grated horse-radish
¼ of a grain of cayenne
1 dessertspoonful of flour
½ wineglassful of vinegar
½ pint of beef gravy
2 lbs. of cold beef
1 tablespoonful of any wine

Chop the onions and mushroom, and put them in a degchee with the butter, salt, pepper, mustard, horse-radish and cayenne; fry till the onions are a bright brown color; dredge in the flour, and add the vinegar and gravy. Cut some neat slices of cold beef free from skin and gristle, lay them in the degchee, and simmer as gently as possible for quarter of an hour. Stir in a tablespoonful of any wine, and serve at once.

2.—Beef with Savoury Rice.

Ingredients.

1¼ lbs. of cold beef
Some salad oil
Some lemon juice
Some baked flour
1 teaspoonful of salt
1 saltspoonful of pepper
1 ,, ,, ,, flour of mustard
1 ,, ,, ,, loaf sugar
1 pinch of cayenne
2 shalots (finely chopped)
Some garlic
2 oz. of butter
½ pint of gravy
½ teacupful of pickled mushrooms
2 tablespoonsful of marsala

Cut the slices of beef off the sirloin a quarter of an inch thick, and trim off the fat and gristle; dip each piece into fine salad oil and then into lemon-juice and let them remain four hours; then dredge both sides with flour, and season with the salt, pepper, mustard, sugar, cayenne and shalots. Heat a degchee, rub it twice across the

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LAMB.

1.—Fore-quarter of Lamb.

Cover the joint with white paper thickly spread with sweet dripping or butter, hang it before a clear fire, and roast for an hour and a half constantly basting. Half an hour before serving take off the paper, dredge the lamb slightly with flour and a little salt, and continue to baste until every part is of a delicate brown color; just before taking it up. baste it with one ounce of dissolved butter. Place the joint on the dish, and with a sharp knife divide the shoulder from the ribs; rub the ribs over with an ounce of butter, and drop equally over it the strained juice of a small lemon; then replace the shoulder. Pour off the fat; add a teacupful of boiling water and a saltspoonful of salt to the gravy dripped from the lamb; pour the gravy into the dish (not over the meat), and serve at once, with mint sauce separately, and a hot dish to receive the shoulder.

2.—Mint Sauce.

Chop some fresh well-washed mint quite fine, and put two tablespoonsful in a sauce tureen with two tablespoonsful of good vinegar and the same quantity of moist sugar.

3.—Ribs or Target of Lamb.

This consists of the breast and neck-joints left in their natural position, and the ribs are partially sawn through.

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MUTTON.

1.—Saddle of Mutton Roasted.

Dredge the saddle with dried flour; put it in a sheet of paper thickly spread with sweet dripping; hang it before a good fire, quite close for 20 minutes, then at a distance until done. A quarter of an hour before serving, take off the paper; put half a saltspoon of salt into a teacupful of boiling water; pour it over the mutton; then baste till slightly browned. Pour off the fat, and serve the dripped gravy in the dish. Send to table *very hot* with a pot of red currant jelly turned out on a plate.

Note.—A saddle of mutton will require seven minutes to the pound to be underdone; with the gravy in ten minutes.

2.—Leg of Mutton Roasted

Is done in precisely the same manner as a saddle.

3.—Leg of Mutton Boiled.

Put the mutton into a big degchee, and cover it well with cold water; boil up quickly; skim; add a handful of salt, a few carrots and turnips, and simmer gently till done, allowing a quarter of an hour to the pouud. Dish it up with a cut paper ruffle on the shank bone. Mash the turnips, mix them with a dessertspoonful of flour, a pat of butter, and a wineglass of milk with the yolk of one egg beaten up in it, and a pinch of pepper and salt. Mould the mashed turnips

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ENTREES OF MUTTON.

1.—Mutton Chops, plain.

Season with pepper and salt; heat the gridiron; lay on the chops, and broil over a clear fire (about ten minutes); turn frequently, and serve with a little chopped shalot and a pat of butter under each chop.

2.—Mutton Chops.

(Another way.)

Mince an onion and some parsley very fine, put this in a little oil and rub the cutlets well with the mixture, leave them to soak two hours, season with a little pepper and salt, and broil as directed above.

3.—Mutton Cutlets, Bread-crumbed.

The cutlets must be from the best end of a neck of mutton; each cutlet must have a bone in it and the meat should not be thicker than the bone; trim them neatly, scrape all the sinew off the bone so as to leave it bright and clean, and beat the cutlets flat with a chopper. Season the bread-crumbs with the salt, pepper and cayenne; dip the cutlets into the bread-crumbs, then into the beaten egg, then into the bread-crumbs again; broil in plenty of boiling fat till of a *pale* brown color, fifteen or twenty minutes. Serve with either a purée of potatoes or thick

Ingredients.

2 oz. of fine bread-crumbs
1 saltspoonful of salt
1 beaten egg,
(or 1 oz. of oiled butter)

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SECOND DRESSINGS OF MUTTON.

1.—Saddle of Mutton á la Polonaise.

Cut all the meat from a cold saddle and mince it fine; put it into a degchee with the gravy, parsley and shalot (chopped), the pepper, salt and Oude sauce; stir over the fire for ten minutes. Boil and mash the potatoes and stir them over the fire for a few minutes with a wooden spoon, adding the butter, two yolks, salt and pepper, until it becomes a firm paste. Fill up the bone of the saddle with this, leaving only a little space for the mince in the centre; when this is filled up the saddle should have assumed its original shape. Egg over the potato crust, strew the mince thickly with bread-crumbs, bake in the oven for half an hour till of a light brown color; poach the four eggs, place them on the saddle, pour a little gravy or sauce round the base, and serve.

Ingredients.

½ pint of brown sauce or gravy
1 sprig of parsley
1 shalot chopped
1 saltspoonful of pepper
1 teaspoonful of salt
1 dessertspoonful of Oude sauce
12 potatoes
2 oz. of butter
2 yolks of eggs
1 saltspoonful of salt
½ ,, ,, pepper
Some bread-crumbs
1 white of an egg
4 eggs

Note.—This is a most excellent dish, and looks very nice.

2.—Mutton hashed Venison fashion.

Cut some slices of cold mutton ⅓ of an inch thick; trim off the skin and browned fat. Season with the pepper, salt and baked flour. Make

Ingredients.

1 saltspoonful of salt
½ oz. of white pepper
1 desertspoonful of baked flour
¼ of a pint of strong gravy

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VEAL.

1.—Chump end of the loin of Veal stuffed and roasted.

If possible keep the veal three or four days. Make a stuffing by chopping the suet and the yolk of the hard-boiled egg quite fine; add the ham pounded, the bread-crumbs, pepper, parsley, herbs, and lemon rind; mix all well together; add two yolks well beaten and *one white;* with sharp knife loosen the skin round the thick part of the joint; put in the stuffing; secure it with skewers. Butter a sheet of white paper, fasten it over the veal and hang it *close* to a good fire for twenty minutes; then withdraw it to a distance and roast slowly till done, allowing 26 minutes to the pound; baste frequently; half an hour before serving remove the paper that the veal may become nicely browned. Knead the two ounces of butter with the flour, and stir into ⅓ of a pint of boiling water; add the salt, and boil ten minutes; pour off the dripping; stir the veal gravy into the melted butter; place the veal on a hot dish, the broad side downwards, pour the gravy over, and serve at once with the cut lemon on a plate.

Ingredients.

4 oz. of suet
1 oz. of lean ham
1 egg, hard-boiled
1 oz. of fine bread-crumbs
1 saltspoonful of white pepper
1 teaspoonful of chopped parsley
1 teaspoonful of mixed herbs
Grated rind of ½ lemon
2 raw eggs
2 oz. of butter
1 dessertspoonful of flour
½ saltspoonful of salt
Some cut lemon

2.—Loin of Veal à la Creme.

Get the kidney end of the loin of veal; wrap it securely in

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PORK.

1.—Roast Loin of Pork, seasoned.

Ingredients.

1 large onion
1 saltspoonful of finely powdered sage
½ saltspoonful of white pepper
2 ,, of flour of mustard
Some butter and salt

Score the skin with a very sharp knife at half inch distances. Soak the onion in cold water and plenty of salt for an hour; then chop it quite fine; add the sage, pepper, and mustard; mix this seasoning well together and rub it over the pork; spread a sheet of white paper with butter, fold it round the pork, and roast before a brisk fire at a distance allowing half an hour to the pound, and basting frequently; half an hour before serving take off the paper and continue to baste till the pork is nicely browned and the skin crisp. Pour off the fat; add a gill of boiling water or thin stock to the gravy dripped from the meat. Pour it into a hot dish, place the pork on it, skin uppermost, and serve with a tureen of apple or tomato sauce. (*See* Sauces.)

2.—Loin of Pork, French fashion.

Ingredients.

A small loin of pork
A gill of salad oil
2 teaspoonsful of salt
A saltspoonful of white pepper
A small onion
Half a clove of garlic

Put a small loin of pork (about 3½ lbs.) into a pie-dish, with the salad oil, salt, white pepper, onion (finely chopped), garlic (chopped), sweet herbs, chopped parsley, and grated

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POULTRY.

1.—Boiled Turkey with Celery Sauce.

Ingredients of stuffing.

¼ lb. of beef suet
2 oz of fine bread-crumbs
1 tablespoonful of fresh chopped parsley
1 saltspoonful of salt
½ ,, ,, white pepper
⅛ of a nutmeg grated
The rind of ½ lemon grated
The strained juice of a lemon
½ saltspoonful of mixed sweet herbs
½ saltspoonful of thyme
2 well beaten fresh eggs
2 tablespoonsful of cream

Chop the beef suet; mix it with the bread-crumbs and parsley, and season with the salt, pepper, nutmeg, lemon rind and juice, sweet herbs and thyme; add the eggs and cream. Put this stuffing into the breast of the turkey; fasten the skin loosely over it; rub the turkey with a cut lemon; cover the breast with thin slices of fat bacon; tie it over with a clean white cloth; put it into a large pot with sufficient water to cover it; boil up quickly, then *simmer gently* till done. A turkey weighing ten pounds will take two hours, one of fifteen pounds two hours and a half. Take it out of the cloth, remove the bacon, and pull out the skewers. Place the turkey on a hot dish; pour half a pint of the celery sauce (*see* recipe) over the breast; put the rest of the sauce in a tureen, and serve immediately.

2.—Boned Turkey served with Tongue and Forcemeat.

Cut the legs off the turkey; scald, trim, and set them aside; bone the turkey without removing the wings; prepare

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GAME.

1.—Guinea-fowl, larded and roasted.

Lard a young guinea-fowl thickly and deeply with fat bacon; spread a sheet of white paper with three oz. of butter; wrap the guinea-fowl in it and roast before a quick fire for 35 minutes, basting frequently; ten minutes before serving remove the paper and baste with dissolved butter till of a light brown color, and serve with the following gravy in the dish (not poured over the bird), and bread-sauce (*see* recipe) in a tureen.

Gravy.

Ingredients of Gravy.

1 onion
1 oz. of butter
1 tablespoonful of flour
½ saltspoonful of salt
½ ,, ,, pepper
½ ,, ,, sugar
½ ,, ,, mustard
¾ of a pint of stock
1 tablespoonful of mushroom ketchup
2 tablespoonsful of port wine

Slice the onion and fry it in the butter until it is of a nice brown color; add while frying the flour, salt, pepper, sugar and mustard; stir in the stock, ketchup and port, boil fast for 25 minutes, and then strain into a tureen.

Note.—The recipes for pheasants may be followed for guinea-fowl.

2.—Roast Pheasant.

The hen is the nicer bird. Lay a thick slice of fat bacon over the breast; stuff the bird with as many mushrooms as it will hold, two oz. of butter, one saltspoonful of salt, and a grain of cayenne. Baste it constantly, and roast for half an hour. Ten minutes before serving take off the

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CURRIES.

Note.—In all cases where ghee is given in the recipe butter or *good salad oil* may be substituted. The latter will be found far the most wholesome ingredient in hot weather.

1.—Fish Curry.

Ingredients.

2 lbs. fish
4 oz. ghee
4 oz. curds
8 oz onions
1 teaspoonful { dried chillies, green chillies, green ginger, garlic
1 oz. salt
1 dessertspoonful { Mathee Bajee seeds, ginger
1 oz. tamarind
½ oz. turmeric
½ oz. coriander seed
A few leaves of green coriander

Pound the chillies in a mortar; mix the ginger, garlic, mathee bajee seeds, turmeric, coriander seed, and 4 oz. of onions with the chillies and pound them well together; fry the remainder of the onions in the ghee till they are well browned. Express the tamarind juice and mix it with the dhye, ghee, browned onions, coriander leaves and chillies; fry the fish in the ghee with the onions; add all the other ingredients and simmer until done—about 20 minutes.

2.—Another Fish Curry.

Ingredients.

2 lbs. of fish
8 oz. of ghee or oil
8 oz. of curds
4 oz. of gram (chenna) flour
4 oz. of Thillee oil
10½ oz. of onions
2 oz. of tamarind

Clean the fish and cut it up in pieces; prick it then with the point of a fork, and rub it with the flour; mix the salt and turmeric in the oil; dip the pieces of fish in it, and leave them to soak for an hour; take them out

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PELAUS.

1.—Fish Pelau.

Ingredients.

2 lbs. fish
1½ lbs. of meat
1 lb. of rice
¾ lb. of ghee
½ lb. of onions
4 oz. green ginger
¾ oz. of coriander seeds
2 oz. of blanched almonds
1 drachm of cinnamon
½ ,, ,, cardamom
½ ,, ,, cloves
½ ,, ,, black pepper
1½ oz. pounded raw gram flour
2 oz. of sweet oil
1 ,, ,, salt
¼ oz. of garlic
¼ lb. of curds
Some rice water

Clean the fish well; cut it into slices and dip it in the salad-oil; leave it for half an hour; wipe it; rub it over with the pounded gram flour and wash it in water; prick the fish with a fork; bruise some of the onions, a little of the ginger, salt and spices with the curds, and cover the fish with this. Fry it in some of the ghee to a nice brown color; fry some of the onions sliced in a little ghee, and give the fish a quick turn in this; fry some more sliced onions separately in ghee with a little garlic and a few cloves, the almonds and some coriander seeds (ground), and a little rice water and turmeric till it forms a sauce; stand it off the fire. Cut the meat in slices, wash it well, put it in a saucepan with a little water, the rest of the onions, green ginger, salt and pounded coriander seeds; boil till thoroughly done. Put the meat and gravy into a coarse cloth; strain out the gravy into a basin; put some ghee and cloves into a saucepan, add the strained sauce and give it a quick turn over the fire. Parboil the rice; mix it with the gravy, and boil till the rice is thoroughly done; put the rice in another saucepan, add the

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VEGETABLES.

1.—Boiled Potatoes.

They should be as nearly the same size as possible; wash off the earth and rub them with a clean cloth, but neither scrape them nor take off the eyes. Rinse them in cold water, and put them into a saucepan *close together*, so that they may not lie loose, and a small quantity of water will suffice to cover them. Pour this in cold, and when it boils throw in a tablespoonful of salt, and *simmer* the potatoes until they are nearly done; then boil *quickly* for three or four minutes. When they are quite tender (which may be known by probing them with a fork), pour off all the water, tip up the lid so as to let the steam escape, and put the saucepan close beside the fire for ten minutes. They must be sent to table *instantly* either peeled or in their skins, and should be served on a hot napkin. Some potatoes are done in twenty minutes, some take one hour or more, it depends on the size and also on the kind of potato.

Note.—This common vegetable which is so delicious when properly cooked, is generally prepared in such a manner as to be perfectly uneatable, sodden and heavy, and many people who find it disagree with them attribute the fault to the vegetable instead of to the manner of cooking. Dressed as above, served in their skins and eaten with a little fresh butter, they afford in themselves an almost sufficient meal.

Note 2.—Potatoes are better boiled in salt water than in fresh.

2.—New Potatoes.

Rub off the skins with a rough cloth: let them stand half

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SALADS.

In order to ensure a good salad it is essential that the lettuce should be perfectly fresh and crisp, that the oil should be really good, (a very rare thing in India) and that the dressing should not be poured over the salad until just before it is wanted.

After rinsing, all lettuces should be carefully wiped in a clean cloth or shaken dry in a salad basket, and then *broken up* with the fingers into small pieces.

1.—An English Salad.

Ingredients.

2 tablespoonsful of salad oil
1 ,, ,, vinegar
1 teaspoonful of sugar
2 saltspoonsful of salt
1 ,, ,, pepper

Never let the lettuce soak in water; rinse it and wipe it immediately in a soft clean cloth; split it down the stalk and divide each leaf into four pieces; add water-cress, beetroot, radish, and shalots if you have them; mix the ingredients of the sauce together carefully, stir in, and serve at once.

2.—A French Salad.

Ingredients.

Only *one* kind of lettuce
1 tablespoonful of fine salad oil
1½ ,, ,, ,, tarragon vinegar
1 ,, ,, French vinegar
1 teaspoonful of salt
1 saltspoonful of pepper
Some chopped chervil & chives

Rinse and dry the lettuce as in the foregoing recipe; break it into small pieces; mix the sauce carefully, stir it in lightly, and serve at once.

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EGGS.

1.—Boiled Eggs.

The eggs should be perfectly fresh and must be cooked in sufficient water to cover them completely. The water must be *boiling* when they are put in and then the time required will be: underdone, three minutes; to render the whites firm, three and half to four minutes; hard, eight to ten minutes.

Eggs cooked in the shell without boiling, for invalids: Put some boiling water into a strong basin—a slop basin; let it remain a few seconds; pour it out; lay in the egg or eggs, and roll them over to take off the chill; then pour in over the egg *quite boiling* water from a kettle, till the egg is well covered; put a plate over the basin instantly and let it remain on the table for twelve minutes, when it will be found beautifully cooked, so as to be palatable even to people who cannot eat eggs dressed in the usual way.

2.—Poached Eggs.

Half fill a bright frying pan with boiling water; add one and a half saltspoonsful of salt and two teaspoonsful of vinegar; break each egg separately into a cup; pour them carefully into the water, while *boiling;* with a small slice throw the white over the yolk; when done, drain for half a minute, then serve either on hot buttered toast or on spinach, or sorrel.

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