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- | | | |
|---------------------|---------------------|--------------------------|
| 1. Loin: best end. | 5. Fore Knuckle. | 8. Blade bone. |
| 2. Loin: chump end. | 6. Neck: best end. | 9. Breast: best end. |
| 3. Fillet. | 7. Neck: scrag end. | 10. Breast: brisket end. |
| 4. Hind Knuckle. | | |



- 1 The Spine. 2 Hand. 3 Belly or Spring. 4 Fore Loin. 5 Hind Loin. 6 Leg.



- | | | |
|---------------------|---------------------|------------------------|
| 1. Leg. | 5. Neck: scrag end. | 7. Breast. |
| 2. Loin: best end. | 6. Shoulder. | A Chine is two Loins. |
| 3. Loin: chump end. | | A Saddle is two Necks. |

THE
 AMERICAN
Domestic Cookery
 BY
 A LADY.



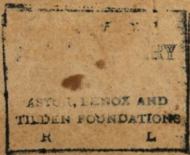
Hind Quarter.

1. Sirloin.
2. Lump.
3. Edge bone.
4. Buttock.
5. Mince Buttock.
6. Veiny Piece.
7. Thick Flank.
8. Thin Flank.
9. Leg.

Fore Quarter.

10. Fore Rib: five ribs.
11. Middle Rib: four ribs.
12. Chuck: three ribs.
13. Shoulder or Leg of Mutton piece.
14. Brisket.
15. Clod.
16. Neck or Steeking piece.
17. Shin.
18. Cheek.

*Published by E. Duyckinck, 68 Water street,
 NEW-YORK.*



Maria Elizabeth (Ketchum) *721-31*
Bundell
AMERICAN

DOMESTIC COOKERY,

FORMED ON

PRINCIPLES OF ECONOMY,

FOR THE USE OF

PRIVATE FAMILIES.



BY AN EXPERIENCED HOUSEKEEPER,



ILLUSTRATED BY

NINE ENGRAVINGS.

TO WHICH IS ADDED

THE COMPLETE FAMILY BREWER.



NEW-YORK :

PUBLISHED BY EVERT DUICKINCK,

NO. 68 WATER-STREET.

1823.

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Howe's 15 May 1931

MISCELLANEOUS OBSERVATIONS
FOR THE USE OF
THE MISTRESS OF A FAMILY.

IN every rank, those deserve the greatest praise, who best acquit themselves of the duties which their station requires. Indeed, this line of conduct is not a matter of choice but of necessity, if we would maintain the dignity of our character as rational beings.

In the variety of female acquirements, though domestic occupations stand not so high in esteem as they formerly did, yet, when neglected, they produce much human misery. There was a time when ladies knew nothing *beyond* their own family concerns; but in the present day there are many who know nothing *about* them. Each of these extremes should be avoided: but is there no way to unite in the female character, cultivation of talents and habits of usefulness? Happily there are still great numbers in every situation, whose example proves that this is possible. Instances may be found of ladies in the higher walks of life, who condescend to examine the accounts of their house-steward; and, by overlooking and wisely directing the expenditure of that part of their husband's income which falls under their own inspection, avoid the inconveniences of embarrassed circumstances. How much more necessary, then, is domestic knowledge in those whose limited fortunes press on their attention considerations of the strictest economy! There ought to be a material difference in the degree of care which a person of a large and independent estate bestows on money-concerns, and that of a person in confined circumstances: yet both may very commendably

employ some portion of their time and thoughts on this subject. The custom of the times tends in some measure to abolish the distinctions of rank; and the education given to young people, is nearly the same in all: but though the leisure of the higher may be well devoted to different accomplishments, the pursuits of those in a middle line, if less ornamental, would better secure their own happiness and that of others connected with them. We sometimes bring up children in a manner calculated rather to fit them for the station we wish, than that which it is likely they will actually possess; and it is in all cases worth the while of parents to consider whether the expectation or hope of raising their offspring above their own situation be well founded.

The cultivation of the understanding and disposition, however, is not here alluded to; for a judicious improvement of both, united to firm and early taught religious principles, would enable the happy possessor of these advantages to act well on all occasions; nor would young ladies find domestic knowledge a burthen, or inconsistent with higher attainments, if the rudiments of it were inculcated at a tender age, when activity is so pleasing. If employment be tiresome to a healthy child, the fault must be traced to habits which, from many causes, are not at present favourable to the future conduct of women. It frequently happens that before impressions of duty are made on the mind, ornamental education commences; and it ever after takes the lead: thus, what should only be the embellishment becomes the main business of life. There is no opportunity of attaining a knowledge of family management at school; and during vacations, all subjects that might interfere with amusement are avoided.

When a girl, whose family moves in the higher ranks of life, returns to reside at her father's house after completing her education, her introduction to the gay world, and continued course of pleasures, persuade her at once that she was born to be the ornament of fashionable circles, rather than to stoop (as

she would conceive it,) to undertake the arrangement of a family, though by that means she might in various ways augment the satisfaction and comfort of her parents. On the other hand, persons of an inferior sphere, and especially in the lower order of middling life, are almost always anxious to give their children such advantages of education as themselves did not possess. Whether their indulgence be productive of the happiness so kindly aimed at, must be judged by the effects, which are not very favourable, if what has been taught has not produced humility in herself, and increased gratitude and respect to the authors of her being. Were a young woman brought to relish home society, and the calm delights of agreeable occupation, before she entered into the delusive scenes of pleasure, presented by the theatre and other dissipations, it is probable she would soon make a comparison much in favour of the former, especially if restraint did not give to the latter additional relish.

If we carry on our observations to married life, we shall find a life of employment to be the source of unnumbered pleasures. To attend to the nursing, and *at least early* instruction of children, and rear a healthy progeny in the ways of piety and usefulness :--to preside over the family, and regulate the income allotted to its maintenance : to make home the sweet refuge of a husband fatigued by intercourse with a jarring world ; to be his enlightened companion and the chosen friend of his heart ; these, these, are women's duties ! and delightful ones they are, if happily she be married to a man whose soul can duly estimate her worth, and who will bring his share to the common stock of felicity. Of such a woman, one may truly say, "Happy the man who can call her his wife. Blessed are the children, who call her mother."

When we thus observe her, exercising her activity and best abilities in appropriate cares and increasing excellence, are we not ready to say, she is the agent for good, of that benevolent Being, who placed her on earth to fulfil such sacred obligations, not to waste the talents committed to her charge ?

When it is thus evident that the high intellectual attainments may find exercise in the multifarious occupations of the daughter, the wife, the mother, and the mistress of the house, can any one urge that the female mind is contracted by domestic employ? It is however a great comfort that the duties of life are within the reach of humbler abilities, and that *she* whose chief aim is to fulfil them, will rarely ever fail to acquit herself well. United with, and perhaps crowning all the virtues of the female character, is that well directed ductility of mind, which occasionally bends its attention to the smaller objects of life, knowing them to be often scarcely less essential than the greater.

Hence the direction of a *table* is no inconsiderable branch of a lady's concern, as it involves judgment in expenditure, respectability of appearance, and the comfort of her husband and those who partake their hospitality.

The mode of covering the table differs in taste. It is not the multiplicity of things; but the choice, the dressing and the neat pleasing look of the whole, which gives respectability to her who presides. Too much or too little dinners are extremes not uncommon: the latter is in appearance and reality the effort of poverty or penuriousness to be *genteel*: and the former, if constantly given, may endanger the circumstances of those who are not affluent.

Generally speaking, dinners are far less sumptuous than formerly, when half a dozen dishes were supplied for what one now costs; consequently those whose fortunes are not great, and who wish to make a *genteel* appearance without extravagance, regulate their table accordingly.

Perhaps there are few incidents in which the respectability of a man is more immediately felt, than the style of dinner to which he accidentally may bring home a visitor. Every one is to live as he can afford, and the meal of a tradesman ought not to emulate the entertainments of the higher classes; but if two or three dishes are well served, with usual sauces, the table-

linen clean, the small sideboard neatly laid, and all that is necessary be at hand, the expectation of the husband and friend will be gratified, because no irregularity of domestic arrangement will disturb the social intercourse. The same observation holds on a larger scale. In all situations of life, the entertainment should be no less suited to the situation than the fortune of the *entertainer*, and to the number and rank of those invited.

The manner of carving is not only a very necessary branch of information; to enable a lady to do the honours of her table, but makes a considerable difference in the consumption of a family; and though in large parties she is so much assisted as to render this knowledge apparently of less consequence, yet she must at times feel the deficiency; and should not fail to acquaint herself with an attainment, the advantage of which is evident every day.

Indeed, as fashions are so fleeting, it is more than probable that before the end of this century, great attention to guests may be again the mode, as it was in the commencement of the last. Some people haggle meat so much, as not to be able to help half-a-dozen persons decently from a large tongue, or a surloin of beef; and the dish goes away with the appearance of having been gnawed by dogs. If the daughters of the family were to take the head of the table under the direction of their mother, they would fulfil its duties with grace, in the same easy manner as an early practice in other domestic affairs gradually fits them for their own future houses. Habit alone can make good carvers; but some principal directions are hereafter given, with a reference to the annexed plates.

The mistress of a family should always remember that the welfare and good management of the house depend on the eye of the superior; and consequently that nothing is too trifling for her notice, whereby waste may be avoided; and this attention is of more importance now that the price of every necessary of life is increased to an enormous degree.

If a lady has never been accustomed, while single, to think of family management, let her not upon that account fear that she cannot attain it; she may consult others who are more experienced, and acquaint herself with the necessary quantities of the several articles of family expenditure, in proportion to the number it consists of, the proper prices to pay, &c. &c.

A minute account of the annual income, and the times of payment, should be taken in writing; likewise an estimate of the, supposed amount of each article of expense; and those who are early accustomed to calculations on domestic articles, will acquire so accurate a knowledge of what their establishment requires, as will give them the happy medium between prodigality and parsimony, without acquiring the character of meanness.

Perhaps few branches of female education are so useful, as great readiness at figures. Accounts should be regularly kept, and not the smallest article omitted to be entered; and if balanced every week and month, &c. the income and outgoings will be ascertained with facility, and their proportions to each other duly observed. Some people fix on stated sums to be appropriated to each different article, and keep the money in separate purses; as house, clothes, pocket, education of children, &c. Which ever way accounts be entered, a certain mode should be adopted, and strictly adhered to. Many woman are unfortunately ignorant of the state of their husband's income; and others are only made acquainted with it, when some speculative project, or profitable transaction, leads them to make a false estimate of what can be afforded; and it too often happens that both parties, far from consulting each other, squander money in ways that they would even wish to forget; whereas marriage should be a state of mutual and perfect confidence, and similarity of pursuits, which would secure that happiness it was intended to bestow.

There are so many valuable women who excel as wives, that it is a fair inference there would be a few

extravagant ones, where they consulted by their husbands on subjects that concern the mutual interests of both parties. Within the knowledge of the writer of these pages, many families have been reduced to poverty by the want of openness in the man on the subject of his affairs; and though on these occasions the women were blamed, it has afterwards appeared, that they never were allowed a voice of inquiry, or suffered to reason upon what sometimes appeared to them imprudent.

Many families have owed their prosperity full as much to the propriety of female management, as to the knowledge and activity of the father.

The lady of a general officer observed to her man cook, that her last weekly bill was higher than usual. Some excuse was offered;—to which she replied:—“Such is the sum I have allotted to house-keeping: should it be exceeded one week, the next must repay it. The general will have no public day this week.” The fault was never repeated.

“March’s Family Book-keeper,” is a very useful work, and saves much trouble; the various articles of expense being printed, with a column for every day in the year, so that at one view the amount of expenditure on each, and the total sum, may be known.

Ready money should be paid for all such things as come not into weekly bills, and even for them a check is necessary. The best places for purchasing should be attended to. In some articles a discount of five per cent is allowed for ready money in our large cities, and those who thus pay are usually the best served. Under the idea of purchasing cheap, many go to new shops, but it is safest to deal with people of established credit, who do not dispose of goods by underselling.

To make tradesmen wait for their money injures them greatly, besides that a higher price must be paid; and in long bills articles never bought are often charged. Perhaps the irregularity and failure of payment, may have much evil influence on the price of various articles, and

may contribute to the destruction of many families from the highest to the lowest.

Thus regularly conducted, the exact state of money affairs will be known with ease ; for it is delay of payment that occasions confusion. A common-place book should be always at hand, in which to enter such hints of useful knowledge, and other observations, as are given by sensible experienced people. Want of attention to what is advised, or supposing things too minute to be worth hearing, are the causes why so much ignorance prevails on necessary subjects, among those who are not backward in frivolous ones.

It is very necessary for a woman to be informed of the prices and goodness of all articles in common use, and of the best times, as well as places, for purchasing them. She should also be acquainted with the *comparative* prices of provisions, in order that she may be able to substitute those that are most reasonable, when they will answer as well for others of the same kind, but which are more costly. A false notion of economy leads many to purchase as bargains, what is not wanted, and sometimes never is used. Were this error avoided, more money would remain for other purposes. It is not usual among lower dealers to put off a large quantity of goods, by assurances that they are advancing in price ; and many who supply fancy articles are so successful in persuasion, that purchasers not unfrequently go far beyond their original intention, even to their own future disquiet. Some things are better for keeping, and, being in constant consumption should be laid in accordingly ; such as paper, soap and candles. Of these more hereafter.

To give unvarying rules cannot be attempted, for people ought to form their conduct on these circumstances ; but it is presumed that a judicious arrangement according to them, will be found equally advantageous to all. The minutiae of management must be regulated by every one's fortune and rank. Some ladies, not deficient in either, charge themselves with giving out, once in a month, to a superintending ser-

vant, such quantities of household articles, as by observation and calculation they know to be sufficient, reserving for their own key the large stock of things, usually laid in for very large families in the country. Should there be several more visitors than usual, they can easily account for increase of consumption, and *vice versa*. Such a degree of judgment will be respectable even in the eye of domestics, if they are not interested in the ignorance of their employers; and if they are, their services will not compensate for want of honesty.

When young ladies marry, they frequently continue their own maid in the capacity of house-keeper; who, as they may be more attached to their interest than strangers, become very valuable servants. To such, the economical observations in this work will be as useful as the cookery; and it is recommendable in them to be strictly observant of both, which, in the course of a year or two, will make them familiar in the practice.

It is much to be feared, that for the waste of many of the good things that God hath given for our use, not abuse, the mistress and servants of great houses will hereafter be called to a strict account.

Some part of every person's fortune should be devoted to charity; by which, "a pious woman will build up her house before God, while she that is foolish, (*i. e.* lends nothing to the Lord,) pulls it down with her hands." No one can complain of the wants of gifts to the poor in this land:—but there is a mode of relief which would add greatly to their comfort, and which being prepared from superfluity, and such materials as are often thrown away, the expense would not be felt. In the latter part of this work some hints for preparing the above are given.

By good hours, especially early breakfast, a family is more regular, and much time is saved. If orders be given soon in the morning, there will be more time to execute them; and servants, by doing their work with ease, will be more equal to it, and fewer will be necessary.

B

It is worthy of notice that the general expense will be reduced, and much time saved, if every thing be kept in its proper place, applied to its proper use, and mended, when the nature of the accident will allow, as soon as broken.

If the economy of time was duly considered, the useful affairs transacted before amusements were allowed, and a regular plan of employment was daily laid down, a great deal might be done without hurry or fatigue; and it would be a most pleasant retrospect at the end of the year, were it possible to enumerate all the valuable acquirement made, and the good actions performed, by an active woman.

If the subject of servants be thought ill-timed in a book upon family arrangement, it must be by those who do not recollect that the regularity and good management of the heads will be insufficient, if not seconded by those who are to execute orders. It behoves every person to be extremely careful whom he takes into his service; to be very minute in investigating the character he receives, and equally cautious and scrupulously just in giving one to others. Were this attended to, many bad people would be incapacitated for doing mischief, by abusing the trust imposed in them. It may be fairly asserted, that the robbery, or waste, which is but a milder epithet for the unfaithfulness of a servant, will be laid to the charge of that master or mistress, who knowing, or having well founded suspicions, of such faults, is prevailed upon by false pity, or entreaty, to slide him into another place. There are however some who are unfortunately capricious, and often refuse to give a character because they are displeased that a servant leaves their service: but this is unpardonable, and an absolute robbery, servants having no inheritance, and depending on their fair name for employment. To refuse countenance to the evil, and to encourage the good servant, are actions due to society at large; and such as are honest, frugal, and attentive to their duties, should be liberally rewarded, which would encourage merit, and inspire servants with zeal to acquit themselves.

It may be proper to observe that a retribute justice usually marks persons in that station sooner or later, even in this world. The extravagant and idle in servitude, are ill prepared for the industry and sobriety on which their own future welfare so essentially depends. Their faults, and the attendant punishment, comes home when they have children of their own; and sometimes much sooner. They will see their own folly and wickedness perpetuated in their offspring, whom they must not expect to be better than the example and instruction given by themselves.

It was the observation of a sensible and experienced woman, that she could always read the fate of her servants who married, those who had been faithful and industrious in her service, continued their good habits in their own families, and became respectable members of the community:—those who were the contrary, never were successful, and not unfrequently were reduced to the parish.

A proper quantity of household articles should be always ready, and more bought in before the others be consumed, to prevent inconvenience, especially in the country.

A bill of parcels and receipt should be required, even if the money be paid at the time of purchase; and to avoid mistakes, let the goods be compared with these when brought home.

Though it is very disagreeable to suspect any one's honesty, and perhaps mistakes have been unintentional; yet it is prudent to weigh meat, sugars, &c. when brought in, and compare with the charge. The butcher should be ordered to send the weight with the meat, and the cook to file these checks, to be examined when the weekly bill shall be delivered.

Much trouble and irregularity are saved when there is company, if servants are required to prepare the table and sideboard in similar order daily.

All things likely to be wanted should be in readiness; sugars of different qualities kept broken, currants washed, picked, and perfectly dry, spices pound-

éd, and kept in very small bottles closely corked; not more than will be used in four or five weeks should be pounded at a time. Much less is necessary than when boiled whole in gravies, &c.

Where noonings or suppers are served (and in every house some preparation is necessary for accidental visitors,) care should be taken to have such things in readiness as are proper for either; a list of several will be subjoined, a change of which may be agreeable, and if duly managed, will be attended with little expense and much convenience.

A ticket should be exchanged by the cook for every loaf of bread, which when returned will show the number to be paid for; as tallies may be altered, unless one to be kept by each party.

Those who are served with brewer's beer, or any other articles not paid for weekly or on delivery, should keep a book for entering the dates; which will not only serve to prevent overcharges, but will show the whole year's consumption at one view.

An inventory of furniture, linen, and china, should be kept, and the things examined by it twice a year, or oftener if there be a change of servants; into each of whose care the articles used by him or her, should be intrusted, with a list, as is done with plate. Tickets of parchment with the family name, numbered, and specifying what bed it belongs to, should be sewed on each feather-bed, bolster, pillow, and blanket. Knives, forks, and house-cloths, are often deficient: these accidents might be obviated, if an article at the head of every list required the former should be produced whole or broken, and the marked part of the linen, though all the others should be worn out. The inducement to take care of glass is in some measure removed, by the increased price given for old flint glass.—Those who wish for trifle-dishes, butter-stands, &c. at a lower charge than cut glass, may buy them made in moulds, of which there is a great variety that look extremely well, if not placed near the more beautiful articles.

The price of starch depends upon that of flour; the

best will keep good in a dry warm room for some years; therefore when bread is cheap it may be bought to advantage, and covered close.

Sugars being an article of considerable expense in all families, the purchase demands particular attention. The cheapest does not go so far as that more refined; and there is a difference even in the degree of sweetness. The white should be chosen that is close, heavy, and shining. The best sort of brown has a bright gravelly look, and it is often to be bought pure as imported. East India sugars are finer for the price, but not so strong, consequently unfit for wines and sweetmeats, but do well for common purposes, if good of their kind. To prepare white sugar, pounded, rolling it with a bottle, and sifting, wastes less than a mortar.

Candles made in cool weather are best; and when their price, and that of soap, which rise and fall together, is likely to be higher, it will be prudent to lay in the stock of both. This information the chandler can always give; they are better for keeping eight or ten months, and will not injure for two years, if properly placed in the cool; and there are few articles that better deserve care in buying, and allowing a due quantity of, according to the size of the family.

Paper, by keeping, improves in quality: and if bought by half or whole reams from large dealers, will be much cheaper than purchased by the quire. The surprising increase of the price of this article may be accounted for by the additional duties, and a larger consumption, besides the monopoly of rags; of the latter it is said, there is some scarcity, which might be obviated if an order were given to a servant in every family to keep a bag to receive all the waste bits from cuttings out, &c.

Many well-meaning servants are ignorant of the best means of managing, and thereby waste as much as would maintain a small family, beside causing the mistress of the house much chagrin by their irregularity; and many families, from the want of method, have

the appearance of chance rather than of regular system. To avoid this, the following hints may be useful as well as economical:—

Every article should be kept in the place best suited to it, as much waste may be thereby avoided, viz.

Vegetables will keep best on a stone floor if the air be excluded.—Meat in a cold dry place.—Sugar and sweetmeats require a dry place; so does salt.—Candles cold, but not damp.—Dried meats, hams, &c. the same.—All sorts of seeds for puddings, saloop, rice, &c. should be close covered to preserve from insects; but that will not prevent it, if long kept.

Bread is now so heavy an article of expense, that all waste should be guarded against; and having it cut in the room will tend much to prevent it. Since the scarcity in 1795 and 1800, that custom has been much adopted. It should not be cut until a day old. Earthen pans and covers keep it best.

Straw to lay apples on should be quite dry to prevent a musty taste.

Large pears should be tied up by the stalk.

Basil, savoury, or knotted marjoram, or thyme, to be used when herbs are ordered; but with discretion, as they are very pungent.

The best means to preserve blankets from moths is to fold and lay them under the feather-beds that are in use; and they should be shaken occasionally. When soiled, they should be washed, not scoured.

Soda, by softening the water, saves a great deal of soap. It should be melted in a large jug of water, some of which pour into the tubs and boiler; and when the lather becomes weak, add more. The new improvement in soft soap is, if properly used, a saving of near half in quantity; and though something dearer than the hard, reduces the price of washing considerably.

Many good laundresses advise soaping linen in warm water the night previous to washing, as facilitating the operation with less friction.

Soap should be cut with a wire or twine, in pieces that will make a long square when first brought in

and kept out of the air two or three weeks; for if it dry quick, it will crack, and when wet, break. Put it on a shelf, leaving a space between, and let it grow hard gradually. Thus, it will save a full third in the consumption.

Some of the lemons and oranges used for juice should be pared first to preserve the peel dry; some should be halved, and when squeezed, the pulp cut out, and the outsides dried for grating. If for boiling in any liquid, the first way is best. When these fruits are cheap, a proper quantity should be bought and prepared as above directed, especially by those who live in the country, where they cannot always be had; and they are perpetually wanted in cookery.

When whites of eggs are used for jelly, or other purposes, contrive to have pudding, custard, &c. to employ the yolks also. Should you not want them for several hours, beat them up with a little water, and put them in a cool place, or they will be hardened and useless. It was a mistake of old, to think that the whites made cakes and puddings heavy; on the contrary, if beaten long and seperately, they contribute greatly to give lightness, are an advantage to paste, and make a pretty dish beaten with fruit, to set in cream, &c.

If copper utensils be used in the kitchen the cook should be charged to be very careful not to let the tin be rubbed off, and to have them fresh done when the least defect appears, and never to put by any soup; gravy, &c. in them, or any metal utensil; stone and earthen vessels should be provided for those purposes, as likewise plenty of common dishes, that the table-set may not be used to put by cold meat.

Tin vessels, if kept damp, soon rust, which causes holes. Fenders, and tin linings of flower-pots, &c. should be painted every year or two.

Vegetables soon sour, and corrode metals and glazed red ware, by which a strong poison is produced. Some years ago, the death of several gentlemen was occasioned at Salt-hill, by the cook sending a ragout to the

table, which she had kept from the preceding day in a copper vessel badly tinned.

Vinegar, by its acidity, does the same, the glazing being of lead or arsenic.

To cool liquors in hot weather, dip a cloth in cold water, and wrap it round the bottle two or three times, then place it in the sun; renew the process once or twice.

The best way of scalding fruits, or boiling vinegar, is in a stone jar on a hot iron hearth: or by putting the vessel into a saucepan of water, called a water-bath.

If chocolate, coffee, jelly, gruel, bark, &c. be suffered to boil over, the strength is lost.

The cook should be encouraged to be careful of coals and cinders, for the latter there is a new contrivance to sift, without dispersing the dust of the ashes, by means of a covered tin bucket.

Small coal wetted makes the strongest fire for the back, but must remain untouched until it cake. Cinders lightly wet, give a great degree of heat, and are better than coal for furnaces, ironing-stoves, and ovens.

The cook should be charged to take care of jelly-bags, tapes for the collared things, &c. which if not perfectly scalded, and kept dry, give an unpleasant flavour when next used.

Cold water thrown on cast-iron, when hot, will cause it to crack.

In the following and indeed all other receipts, though the quantities may be as accurately directed as possible, yet much must be left to the discretion of the person who uses them. The different tastes of people require more or less of the flavour of spices, salt, garlic, butter, &c. which can never be ordered by general rules; and if the cook has not a good taste, and attention to that of her employers, not all the ingredients which nature and art can furnish, will give exquisite flavour to her dishes. The proper articles should be at hand, and she must proportion them until the true *zest* be obtained, and a variety of flavour be given to the different dishes served at the same time.

Those who require maigre dishes will find abundance in this little work; and where they are not strictly so, by suet or bacon being directed into stuffings, the cook must use butter instead; and where meat gravies, (or stock as they are called,) ordered, those made of fish must be adopted.

DIRECTIONS FOR CARVING.

THE carving-knife for a lady should be light, and of a middling size and fine edge. Strength is less required than address, in the manner of using it: and to facilitate this the cook should give orders to the butcher to divide *the joints* of the bones of all carcass-joints of mutton, lamb, and veal, (such as neck, breast, and loin; which may then be easily cut into thin slices attached to the adjoining bones. If the whole of the meat belonging to each bone should be too thick, a small slice may be taken off between every two bones.

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

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

In helping fish, take care not to break the flakes; which in cod and very fresh salmon are large and contribute much to the beauty of its appearance. A fish knife, not being sharp, divides it best on this account. Help a part of the roe, milt, or liver, to each person. The heads of carp, part of those of cod and salmon, sounds of cod, and fins of turbot, are likewise esteemed niceties, and are to be attended to accordingly.

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

A Cod's Head.—Fish in general requires very little carving, the fleshy parts being those principally esteemed. A cod's head and shoulders, when in season, and properly boiled, is a very genteel and handsome dish. When cut it should be done with a fish-trowel, and the parts about the back-bone on the shoulders are the most firm and the best. Take off a piece quite down to the bone, in the direction, *a, b, c, d*, putting in the spoon at *a, c* and with each slice of fish give a piece of the sound, which lies underneath the back-bone and lines it, the meat of which is thin, and a little darker colored than the body of the fish itself: this may be got by passing a knife or spoon underneath, in the direction *d, f*. About the head are many delicate parts, and a great deal of the jelly kind. The jelly part lies about the jaw-bones, and the firm parts within the head. Some are fond of the palate, and others the tongue, which likewise may be got by putting a spoon into the mouth.

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

Sirloin of Beef.—May be begun either at the end, or by cutting into the middle. It is usual to inquire whether the outside or the inside is preferred. For the outside the slice should be cut down to the bones: and the same with every following helping. Slice the inside likewise, and give with each piece some of the soft fat.





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The inside done as follows eats excellently: Have ready some shallot-vinegar boiling hot: mince the meat large, and a good deal of the fat; sprinkle it with salt, and pour the shallot-vinegar and the gravy on it. Help with a spoon, as quick as possible, on hot plates.

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

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

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

Calf's Head has a great deal of meat upon it, if properly managed. Cut slices from *a* to *b*, in the figure opposite page 22, letting the knife go close to the bone. In the fleshy part, at the neck end *c*, there lies the throat sweetbread, which you should help a slice of from *c* to *d* with the other part. Many like the eye; which you must cut out with the point of your knife, and divide in two. If the jaw-bone be taken off, there will be found some fine lean. Under the head is the palate, which is reckoned a nicety; the lady of the house should be acquainted with all things that are thought so, that she may distribute them among her guests.

Shoulder of Mutton.—This is a very good joint, and

by many preferred to the leg; it being very full of gravy, if properly roasted, and produces many nice bits. The figure represents it as laid in the dish with its back uppermost. When it is first cut, it should be in the hollow part of it, in the direction of *a, b*, and the knife should be passed deep to the bone. The prime part of the fat lies on the outer edge, and is to be cut out in thin slices in the direction *e*. If many are at table, and the hollow part cut in the line *a, b*, is eaten, some very good and delicate slices may be cut out on each side the ridge of the blade-bone, in the direction *c, d*. The line between these two dotted lines, is that in the direction of which the edge or ridge of the blade-bone lies, and cannot be cut across.

Leg of Mutton. A leg of wether mutton, (which is the best flavoured,) may be known by a round lump of fat at the edge of the broadest part, as at *a*. The best part is in the midway, at *b*, between the knuckle and farther end. Begin to help there, by cutting thin deep slices to *c*. If the outside is not fat enough, help some from the side of the broad end in slices from *e* to *f*. This part is most juicy: but many prefer the knuckle, which in fine mutton will be very tender though dry. There are very fine slices on the back of the leg; turn it up, and cut the broad end; not in the direction you did the other side, but longways. To cut out the cramp-bone, take hold of the shank with your left hand, and cut down the thigh-bone at *d*; then pass the knife under the cramp-bone in the direction, *d, g*.

Afore Quarter of Lamb.—Separate the shoulder from the scoven, (which is the breast and ribs,) by passing the knife under in the direction of *a, b, c, d*, in the figure opposite the last page; keeping it towards you horizontally, to prevent cutting the meat too much off the bones. If grass lamb, the shoulder being large, put it into another dish. Squeeze the juice of half a Seville orange (or lemon) on the other part, and sprinkle a little salt and pepper. Then separate the gristly part from the ribs in the line *e, c*; and help either from that, or from the ribs, as may be chosen.

Shoulder of Mutton*Leg of Mutton**Quarter of Lamb*

Haunch of Venison



Ham



Pig



Goose



Haunch of Venison.—Cut down to the bone in the line *a, b, c*, in the figure opposite the next page, to let out the gravy: then turn the broad end of the haunch toward you, put in the knife at *b*, and cut as deep as you can to the end of the haunch *d*; then help in thin slices, observing to give some fat to each person. There is more fat, (which is a favorite part) on the left side of *c* and *d* than on the other: and those who help must take care to proportion it, as likewise the gravy, according to the number of the company.

Haunch of Mutton is the leg and part of the loin, cut so as to resemble haunch of venison, and is to be helped at table in the same manner.

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

Ham may be cut three ways; the common method is to begin in the middle, by long slices from *a b*, from the centre through the thick fat. This brings to the prime at first; which is likewise accomplished by cutting a small round hole on the top of the ham as at *c*, and with a sharp knife enlarging that by cutting successive thin circles: this preserves the gravy, and keeps the meat moist.

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

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

Sucking Pig.—The cook usually divides the body before it is sent to table, and garnishes the dish with the jaws and ears.

The first thing is, to separate a shoulder from the carcass on one side, and then the leg, according to the direction given by the dotted line *a, b, c*. The ribs are then to be divided into about two helpings; and an ear or jaw presented with them, and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The ribs are reckoned

the finest part ; but some people prefer the neck-end between the shoulders.

Goose.—Cut off the apron in the circular line *a, b, c*, in the figure opposite the last page ; and pour into the body a glass of port wine, and a large tea-spoonful of mustard, first mixed at the sideboard. Turn the neck end of the goose towards you, and cut the whole breast in long slices from one wing to another ; but only remove them as you help each person, unless the company is so large as to require the legs likewise. This way gives more prime bits than by making wings. Take off the leg, by putting the fork into the small end of the bone, pressing it to the body, and having passed the knife at *d*, turn the leg back, and if a young bird, it will easily separate. To take off the wing, put your fork in the small end of the pinion, and press it close to the body, then put in the knife at *d*, and divide the joint, taking it down in the direction, *d, e*. Nothing but practice will enable people to hit the joint exactly at the first trial. When the leg and wing of one side are done, go on to the other but it is not often necessary to cut up the whole goose, unless the company be very large. There are two side-bones by the wing, which may be cut off ; as likewise the back and lower side bones : but the best pieces are the breast and the thighs after being divided from the drumsticks.

Hare.—The best way of cutting it up is, to put the point of the knife under the shoulder at *a*, in the figure opposite the next page, and so cut all the way down to the rump, on one side of the back-bone, in the line *a, b*. Do the same on the other side, so that the whole hare will be divided into three parts. Cut the back into four, which with the legs is the part most esteemed. The shoulder must be cut off in a circular line, *c, d, a* ; lay the pieces neatly on the dish as you cut them ; and then help the company, giving some pudding and gravy to every person. This way can only be practised when the hare is young ; if old, do not divide it down, which will require a strong arm : and put the

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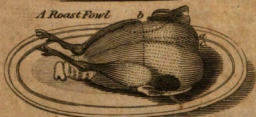
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to Oct 20 11 1/2 qts 57

From Oct 20,
to Nov. 1 8 qts 48

175



A Roast Fowl



Boil'd Fowl



Wing



Leg



Neck Bone

knife between the leg and back, and give it a little turn inwards at the joint; which you must endeavour to hit, and not to break by force. When both legs are taken off, there is a fine collop on each side the back; then divide the back into as many pieces as you please, and take off the shoulders, which are by many preferred, and are called the sportsman's pieces. When every one is helped, cut off the head; put your knife between the upper and lower jaw, and divide them, which will enable you to lay the upper flat on your plate; then put the point of the knife into the centre and cut the head into two. The ears and brains may be helped then to those who like them.

Carve *Rabbits* as directed the latter way for hare; cutting the back in two pieces, which with the legs are the prime.

A fowl.—A boiled fowl's legs are bent inwards, and tucked into the belly; but before it is served, the skewers are to be removed. Lay the fowl on your plate; and place the joints, as cut off on the dish. Take the wing off in the direction of *a* and *b*, in the annexed engraving, only dividing the joint with your knife; and then with your fork lift up the pinion, and draw the wing towards the legs, and the muscles will separate in a more complete form than if cut. Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. When the four quarters are thus removed, take off the merrythought from *a*, and the neck-bones; these last by putting in the knife at *c*, and pressing it under the long broad part of the bone in the line *c, b*: then lift it up, and break it off from the part that sticks to the breast. The next thing is, to divide the breast from the carcass, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half-way from the neck to the rump and on raising the lower end it will separate readily. Turn the rump from you, and very neatly take off the two sides-men, and the whole will be done. As each part

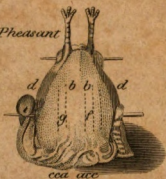
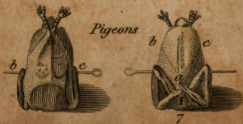
is taken off, it should be turned neatly on the dish: and care should be taken that what is left goes properly from table. The breast and wings are looked upon as the best parts; but the legs are most juicy, in young fowls. After all, more advantage will be gained by observing those who carve well, and a little practice, than by any written directions whatever.

A Pheasant.—The bird in the annexed engraving is as trussed for the spit; with its head under one of its wings. When the skewers are taken out, and the bird served, the following is the way to carve it.

Fix your fork in the centre of the breast; slice it down in the line *a, b*; take off the leg on one side in the dotted line *b, d*; then cut off the wing on the same side in the line *c, d*. Separate the leg and wing on the other side, and then cut off the slices of breast you divided before. Be careful how you take off the wings; for if you should cut too near the neck, as at *g*, you will hit on the neck bone, from which the wing must be separated. Cut off the merrythought in the line *f, g*, by passing the knife under it towards the neck. Cut the other parts as in a fowl. The breast, wings and merrythought, are the most esteemed; but the leg has a higher flavour.

Partridge.—The partridge is here represented as just taken from the spit; but before it is served up the skewers must be withdrawn. It is cut up in the same manner as a fowl. The wings must be taken off in the line *a, b*, and the merrythought in the line *c, d*. The prime parts of a partridge are the wings, breast, and merrythought; but the bird being small, the two latter are not often divided. The wing is considered as the best, and the tip of it reckoned the most delicate morsel of the whole.

Pigeons.—Cut them in half, either from top to bottom, or across. The lower part is generally thought the best; but the fairest way is to cut from the neck to *a*, figure 7, rather than from *c* to *b*, by *a*, which is the most fashionable. The figure represents the back of the pigeon; and the direction of the knife is in the line *b*, by *a, c*, if done the last way.

Pheasant*Partridge**Pigeons*

AMERICAN
DOMESTIC COOKERY.

FISH.

To choose Fish.

Rock Fish.—A remarkably fine firm and well flavoured fish, should be chosen by the redness of the gills and a full bright eye ; if the eye is sunken and the gills pale, they have been too long out of the water ; their fineness depends on their being cooked immediately after they are killed ; the same fish in New-York, and to the eastward of it, is known by the name of *Streaked Bass*.

Sheep's Head.—This fish is generally esteemed one of the finest brought to our markets. It should be firm and thick, and the eyes bright. They are in season during the whole summer.

Sea Bass and Black Fish are fine solid fish, and generally to be had alive in the Philadelphia market and to the eastward, it is seldom seen in the southern market.

Salmon.—If new, the flesh is of a fine red, (the gills particularly,) the scales bright, and the whole fish stiff. When just killed, there is a whitness between the flakes, which gives great firmness ; by keeping this melts down, and the fish is more rich.

Cod.—The gills should be very red, the fish should be very thick at the neck, the flesh white and firm, and the eyes fresh. When flabby they are not good. They are in season from the beginning of December till the end of April.

Shad.—If good, they are very white and thick, their

gills of a fine red and the eyes bright ; the whole fish must be stiff and firm. Season April and May.

Herrings.—If good, their gills are of a fine red and the eyes bright ; as is likewise the whole fish, which must be stiff and firm.

Soles.—If good, they are thick, and the belly is of a cream-color ; if this is of a bluish cast and flabby, they are not fresh. They are in the market almost the whole year, but are in the highest perfection about midsummer.

Whitings.—The firmness of the body and fins is to be looked to, as in herrings ; their high season is during the first three months of the year, but they may be had a great part of it.

Mackerel.—Choose as whitings. Their season is May, June, and July. They are so tender a fish that they carry and keep worse than any other.

Pike.—For freshness observe the above marks. The best are taken in rivers ; they are very dry fish, and are much indebted to stuffing and sauce.

Carp live sometime out of water, and may therefore get wasted ; it is best to kill them as soon as caught, to prevent this. The same signs of freshness attend them as other fish.

Trout.—They are a fine-flavoured fresh-water fish, and should be killed and dressed as soon as caught.—When they are to be bought, examine whether the gills are red and hard to open, the eyes bright, and the body stiff. The season is July, August and September.

Perch.—Take the general rules given to distinguish the freshness of other fish.

Mulletts.—The sea are preferred to the river mulletts, and the red to the grey. They should be very firm.—Their season is August.

Gudgeons.—They are chosen by the same rules as other fish. They are taken in running streams ; come in about midsummer, and are to be had for five or six months.

Eels.—There is a greater difference in the goodness of eels than of any other fish. The true silves-eel (so

called from the bright colour of the belly,) is caught in all our rivers; those taken in great floods are generally good, but in ponds they have usually a strong rank flavour. Except the middle of summer, they are always in season.

Flounders.—They should be thick, firm, and have their eyes bright. They very soon become flabby and bad. They are in season from January to March, and from July to September.

Lobsters.—If they have not been long taken, the claws will have a strong motion when you put your finger on the eyes and press them. The heaviest are the best, and it is preferable to boil them at home. When you buy them ready-boiled, try whether their tails are stiff, and pull them up with a spring; otherwise that part will be flabby. The cock-lobster is known by the narrow back part of his tail; and the two uppermost fins within it are stiff and hard; but those of the hen are soft, and the tail broader. The male, though generally smaller, has the highest flavour, the flesh is firmer, and the colour when boiled is a deeper red.

Crabs.—The heaviest are best, and those of a middling size are sweetest. If light they are watery, when in perfection the joints of the legs are stiff, and the body has a very agreeable smell. The eyes look dead and loose when stale.

Prawns and Shrimps.—When fresh they have a sweet flavour, are firm and stiff, and the colour is bright.—Shrimps are of the prawn kind, and may be judged by the same rules.

Oysters.—They are taken in every section of the Union, on the seaboard; those most esteemed are taken in the Chesapeake Bay, about York and Rappahanock rivers, &c. when alive and strong, the shell is close.—They should be eaten as soon as opened, otherwise they lose their flavour. In choosing, care should be taken to get them with a thin sharp shell, as this is a mark of their being young; and when open, the oyster should have a plump solid appearance; the largest are by no means the best.

Besides the above enumerated fish, our waters afford an immense quantity, many of which are extremely delicate, particularly as *pan fish*; but as the directions already given may be applied to them, it is deemed unnecessary to go more into detail.

Terrapins.—There are several species, those most preferred are taken in the Chesapeake Bay, at the mouths of the Potomac, Chester, and other rivers.—Those that are full and heavy for the size are the best; those with a smooth shell are old.

Turtle.—There are several species, but the green is in the highest estimation for the table, and is generally brought to us from the West India islands. They weigh from eighty to two hundred pounds; when an opportunity of choice offers, those which are heaviest in proportion to their bulk, are to be preferred; and the general liveliness of the animal is also to be attended to.

Observations on Dressing Fish.

When quite clean, if to be boiled, some salt and a little vinegar should be put into the water, to give it firmness; but cod, whiting, and haddock, are far better if a little salted, and kept a day; and if not very hot weather they would be good two days.

Those who know how to purchase fish, may, by taking more at a time than they want for one day, often get it cheap; and such kinds as will pot or pickle, or keep by being sprinkled with salt and hung up, or by being fried will serve for stewing the next day, may then be bought with advantage.

Fresh-water fish has often a muddy smell and taste, to take off which, soak it in strong salt and water after it is nicely cleaned; or if a size to bear it, scald it in the same; then dry and dress it.

The fish must be put into the water while cold, and set to do very gently, or the outside will break before the inner part is done.

Crimp fish should be put into boiling water; and when

It boils up, pour a little cold water in, to check extreme heat and simmer it a few minutes.

The fish-plate on which it is done may be drawn up, to see if it be ready ; it will leave the bone when it is.—It should then be immediately taken out of the water ; or it will be woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving ; and a clean cloth over the fish, to prevent its losing its colour.

Small fish nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain.—Great attention should be paid to garnishing fish : use plenty of horse-radish, parsley, and lemon.

When well done, and with very good sauce, fish is more attended to than almost any other dish. The liver and roe should be placed on the dish, so that the lady may see them, and help a part to every one.

If fish is to be fried or broiled, it must be wrapped in a nice soft cloth after it is well cleaned and washed.—When perfectly dry, wet with an egg, if for frying, and sprinkle the finest crumbs of bread over it ; if done a second time with the egg and bread, the fish will look much better : then having a thick-bottomed frying-pan on the fire, with a large quantity of lard or dripping boiling-hot, plunge the fish into it, and let it fry middlingly quick, till the colour is a fine brown yellow, and it is judged ready. If it is done enough before it has obtained a proper degree of colour, the cook should draw the pan to the side of the fire ; carefully take it up, and either place it on a large sieve turned upwards, and to be kept for that purpose only, or on the under side of a dish to drain ; and if wanted very nice, a sheet of cap paper must be put to receive the fish, which should look a beautiful colour, and all the crumbs appear distinct ; the fish being free from grease. The same dripping, with a little fresh, will serve a second time. Butter gives a bad colour ; oil fries of the finest colour for those who will allow the expense.

Garnish with a fringe of curled raw parsley, or pars-

ley fried, which must be thus done. When washed and picked, throw it again into clean 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; this may be done after the fish is fried.

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

SALMON.

To boil Salmon.

Clean it carefully, boil it gently, and take it out of the water as soon as done. Let the water be warm if the fish be split. If underdone it is very unwholesome.

Shrimp or anchovy sauce.

To broil Salmon.

Cut slices an inch thick, and season with pepper and salt; lay each slice in half a sheet of white paper, well buttered, twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve in the paper with anchovy-sauce.

To pot Salmon.

Take a large piece, scale and wipe, but do not wash it; salt very well, let it be till the salt is melted and drained from it, then season with beaten mace, cloves, and whole pepper: lay in a few bay-leaves, put it close into a pan, cover it over with butter, and bake it; when well done, drain it from the gravy, put it into the pots to keep, and when cold cover it with clarified butter.

In this manner you may do any firm fish.

To dry Salmon.

Cut the fish down, take out the inside and roe. Rub the whole with common salt after scaling it; let it hang

24 hours to drain. Pound three or four ounces of salt-petre, according to the size of the fish, two ounces of bay salt, and two ounces of course sugar: rub these when mixed well, into the salmon, and lay it on a large dish or tray two days, then rub it well with common salt, and in 24 hours more it will be fit to dry: wipe it well after draining. Hang it either in a wood chimney, or in a dry place; keeping it open with two small sticks.

Dried salmon is eaten broiled in paper, and only just warmed through; egg-sauce and mashed potatoes with it; or it may be boiled, especially the bit next the head.

An excellent dish of dried Salmon.

Pull some into flakes; have ready some eggs boiled hard and chopped large; put both into half a pint of thin cream, and two or three ounces of butter rubbed with a tea-spoonful of flour; skim it and stir till boiling hot; make a wall of mashed potatoes round the inner edge of a dish, and pour the above into it.

To pickle Salmon,

Boil as before directed, take the fish out, and boil the liquor with bay-leaves, pepper-corns, and salt; add vinegar, when cold, and pour it over the fish.

Another way.

After scaling and cleaning, split the salmon, and divide it into such pieces as you choose, lay it on the kettle to fill the bottom, and as much water as will cover it; to three quarts put a pint of vinegar, a handful of salt, twelve bay-leaves, six blades of mace, and a quarter of an ounce of black pepper. When the salmon is boiled enough, drain it and put it on a clean cloth; then put more salmon into the kettle, and pour the liquor upon it, and so on till all is done. After this, if the pickle be not smartly flavoured with the vinegar and salt, and more, and boil it quick three quarters of an hour. When all is cold, pack the fish in something deep, and let there be enough of pickle to plentifully cover. Preserve it from the air. The liquor must be

drained from the fish, and occasionally boiled and skimmed.

Salmon collared.

Split such a part of the fish as may be sufficient to make a handsome roll, wash and wipe it, and having mixed salt, white pepper, pounded mace, and Jamaica pepper, in quantity to season it very high, rub it inside and out, well. Then roll it tight and bandage it, put as much water and one third vinegar as will cover it, with bay-leaves, salt, and both sorts of pepper. Cover close, and simmer till done enough. Drain and boil quick the liquor, and put on when cold. Serve with fennel. It is an elegant dish, and extremely good.

To dress Halibut.

Having cut the Halibut in thin slices, fry them with butter, afterwards boil the bones of the fish with four onions, some celery and thyme, for half an hour, in a little water. Then strain it, and stew the fish for half an hour in a little water, with the addition of some butter browned. Season with white pepper, a spoonful of catsup, salt, and mace, a spoonful of lemon juice, and a little shred lemon peel. Add flour and fresh butter to thickening it.

COD.

Some people boil the cod whole; but a large head and shoulders contain all the fish that is proper to help the thinner parts being overdone and tasteless before the thick are ready. But the whole fish may be purchased at times more reasonable; and the lower half, if sprinkled and hung up, will be in high perfection one or two days. Or it may be made salter and served with egg-sauce, potatoes, and parsneps.

Cod when small is usually very cheap. If boiled quite fresh it is watery but eats excellently if salted and hung up for a day, to give it firmness then stuffed, and broiled, or boiled.

Cod's Head and Shoulders,

Will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if it be eaten the same day.

Tie it up, and put it on the fire in cold water which will completely cover it; throw a handful of salt into it. Great care should be taken to serve it without the smallest speck of black or scum. Garnish with a large quantity of double parsley, lemon, horse-radish, and the milt, roe, and liver, and fried smelts if approved. If with smelts, be careful that no water hangs about the fish; or the beauty of the smelts will be taken off as well as their flavour.

Serve with plenty of Oyster or Shrimp sauce, and anchovy and butter.

Crimp Cod,

Boil, broil, or fry.

Cod Sounds boiled,

Soak them in warm water half an hour, then scrape and clean; and if to be dressed white, boil them in milk and water; when tender, serve them in a napkin, with egg sauce. The salt must not be much soaked out, unless for fricassee.

Cod Sounds to look like small Chickens.

A good maigre-day dish. Wash three large sounds nicely, and boil in milk and water, but not too tender; when cold, put a forcemeat of chopped oysters, crumbs of bread, a bit of butter, nutmeg, pepper, salt, and the yolks of two eggs; spread it thin over the sounds, and roll up each in the form of a chicken, skewering it; then lard them as you would chickens, dust a little flour over, and roast them in a tin oven slowly. When done enough, pour over them a fine oyster-sauce.—Serve for side or corner dish.

To broil Cod Sounds.

Scald in hot water, rub well with salt, pull off the dirty skin, and put them to simmer till tender; take them out, flour, and broil. While this is doing, season a little brown gravy with pepper, salt, a tea spoonful of soy, and a little mustard; give it a boil with a bit of flour and butter, and pour it over the sounds.

D

Cod Sounds ragout.

Prepare as above; then stew them in white gravy seasoned, cream, butter, and a little bit of flour added before you serve, gently boiling up. A bit of lemon-peel, nutmeg, and the least pounded mace, should give the flavour.

Currie of Cod,

Should be made of sliced cod, that has either been crimped or sprinkled a day, to make it firm. Fry it of a fine brown with onions; and stew it with a good white gravy, a little currie-powder, a bit of butter and flour, three or four spoonfuls of rich cream, salt, and Cayenne, if the powder be not hot enough.

To dress salt Cod.

Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish; pour over it parsneps boiled, beaten in a mortar, and then boil up with cream and a large piece of butter rubbed with a bit of flour. It may be served as above with egg-sauce instead of the parsnep, and the root sent up whole; or the fish may be boiled and sent up without flaking, and sauces as above.

STURGEON.

To dress fresh Sturgeon.

Cut slices, rub egg over them, then sprinkle with crumbs of bread, parsley, pepper, salt; fold them in paper, and broil gently.

Sauce: butter, anchovy, soy.

To roast Sturgeon.

Put it on a lark-spit, then tie it on a large spit; baste it constantly with butter, and serve with a good gravy, an anchovy, a squeeze of Seville orange or lemon, and a glass of sherry.

Another.

Put a piece of butter, rolled in flour, into a stew-pan with four cloves, a bunch of sweet herbs, two onions,

some pepper and salt, half a pint of water, and a glass of vinegar. Stir it over the fire till hot; then let it become lukewarm, and steep the fish in it an hour or two. Butter a paper well, tie it round, and roast it without letting the spit run through. Serve with sorrel and anchovy sauce.

An excellent imitation of pickled Sturgeon.

Take a fine large turkey, but not old, pick it very nicely, singe, and make it extremely clean: bone and wash it, and tie it across and across with a bit of mat string washed clean. Put into a very nice tin saucepan a quart of water, a quart of vinegar, a quart of white (but not sweet) wine, and a very large handful of salt; boil and skim it well, then boil the turkey. When done enough, tighten the strings, and lay it upon a dish with a weight of two pounds over it.

Boil the liquor half an hour; and when both are cold, put the turkey into it. This will keep some months, and eats more delicately than sturgeon; vinegar, oil, and sugar, are usually eaten with it. If more vinegar or salt should be wanting, add when cold. Send fennel over it to table.

Perch.

Put them into cold water, boil them carefully, and serve with melted butter and soy. Perch are a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavour.

To fry Trout.

Scale, gut, and well wash; then dry them, and lay them separately on a board before the fire, after dusting some flour over them. Fry them of a fine colour with fresh dripping; serve with crimp parsley, and plain butter.

Perch may be done the same way.

Trout a-la-Genoise.

Clean the fish very well; put it into your stew-pan, adding half Champagne, and half Mosselle, or Rhenish,

or sherry wine. Season it with pepper, salt and onion, a few cloves stuck in it, and a small bunch of parsley and thyme; put it in a crust of French bread; set it on a quick fire. When the fish is done, take the bread out, bruise it; and then thicken the sauce; add flour and a little butter, and let it boil up. See that your sauce is of a proper thickness. Lay your fish on the dish, and pour the sauce over it. Serve it with sliced lemon and fried bread.

MACKEREL.

Boil, and serve with butter and fennel.

To broil them, split, and sprinkle with herbs, pepper, and salt; or stuff with the same, crumbs and chopped fennel.

Collared, as eel, page 42.

Potted; clean, season, and bake them in a pan with spice, bay-leaves, and some butter; when cold, lay them in a potting-pot, and cover with butter.

Pickled; boil them, then boil some of the liquor, a few peppers, bay-leaves, and some vinegar; when cold pour it over them.

Pickled Mackerel, called Caveach.

Clean and divide them; then cut each side into three, or, leaving them undivided, cut each side into five or six pieces. To six large mackerel, take near an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all in the finest powder; mix, and making holes in each bit of fish, thrust the seasoning into them, rub each piece with some of it; then fry them brown in oil; let them stand till cold, then put them into a stone jar, and cover with vinegar; if to keep long, pour oil on the top. Thus done, they may be preserved for months.

To bake Pike.

Scale it, and open as near the throat as you can, then stuff it with the following; greated bread, herbs, anchovies, oysters, suet, salt, pepper, mace, half a pint of cream, four yolks of eggs; mix all over the fire till it

thickens, then put it into the fish, and sew it up, butter should be put over it in little bits, bake it. Serve sauce of gravy, butter, and anchovy. *Note*: if, in helping a pike, the back and belly are slit up, and each slice gently drawn downwards, there will be fewer bones given.

HADDOCK.

Boil; or broil with stuffing as under, having salted them a day.

To dry Haddock.

Choose them of two or three pounds weight; take out the gills, eyes, and entrails, and remove the blood from the back bone. Wipe them dry, and put some salt into the bodies and eyes. Lay them on a board for a night; then hang them up in a dry place, and after three or four days they will be fit to eat; skin and rub them with egg, and strew crumbs over them. Lay them before the fire, and baste with butter until brown enough.—Serve with egg sauce.

Whitings, if large are excellent this way; and it will prove an accommodation in the country where there is no regular supply of fish.

Stuffing for Pike, Haddock, and small Cod.

Take equal parts of fat bacon, beef-suet, and fresh-butter, some parsley, thyme, and savoury; a little onion, and a few leaves of scented marjoram shred fine; an anchovy or two; a little salt and nutmeg, and some pepper. Oysters will be an improvement with or without anchovies; add crumbs and an egg to bind.

To fry Smelts.

They should not be washed more than is necessary to clean them. Dry them in a cloth; then lightly flour them, but shake it off. Dip them into plenty of egg, then into bread crumbs grated fine, and plunge them into a good pan of *boiling* lard; let them continue gently boiling, and a few minutes will make them a bright yellow-brown. Take care not to take off the light roughness of the crumbs, or their beauty will be lost.

EELS.

Spitchcock Eels.

Take one or two large eels, leave the skin on, cut them into pieces of three inches long, open them on the belly-side, and clean them nicely; wipe them dry, and then wet them with beaten egg, and strew over on both sides chopped parsley, pepper, salt, a very little sage, and a bit of mace pounded fine and mixed with the seasoning. Rub the gridiron with a bit of suet, and broil the fish of a fine colour.

Serve with anchovy and butter for sauce.

Fried Eels.

If small they should be curled round and fried, being first dipped into egg and crumbs of bread.

Boiled Eels.

The small ones are best; do them in a small quantity of water, with a good deal of parsley, which should be served up with them and the liquor.

Serve chopped parsley and butter for sauce.

Eel Broth, very nourishing for the sick.

Do as above; but stew two hours, and add an onion and peppercorns; salt to taste.

Collared Eel.

Bone a large eel, but do not skin it; mix pepper, salt, mace, allspice, and a clove or two, in the finest powder, and rub over the whole inside; roll it tight, and bind with a coarse tape. Boil in salt and water till enough, then add vinegar, and when cold keep the collar in pickle. Serve it either whole or in slices. Chopped sage, parsley, and a little thyme, knotted marjoram, and savoury, mixed with the spices, greatly improve the taste.

Flounders.

Let them be rubbed with salt inside and out, and lie two hours to give them some firmness. Dip them into egg, cover with crumbs, and fry them.

HERRINGS.

To smoke Herrings.

Clean, and lay them in salt and a little saltpetre one night; then hang them on a stick, through the eyes, in a row. Have ready an old cask, in which put some sawdust, and in the midst of it a heater red-hot; fix the stick over the smoke, and let them remain twenty-four hours.

Fried Herrings.

Serve them of a light brown, with onions sliced and fried.

Broiled Herrings.

Flour them first, and do of a good colour; plain butter for sauce.

Potted Herrings

Are very good done like Mackerel, see page 40.

To dress Red Herrings.

Choose those that are large and moist, cut them open, and pour some boiling small beer over them to soak half an hour; drain them dry, and make them just hot through before the fire, then rub some cold butter over them and serve. Egg-sauce, or buttered eggs, and mashed potatoes, should be sent up with them.

Baked Herrings.

Wash and drain without wiping them; season with allspice in fine powder, salt, and a few whole cloves; lay them in a pan with plenty of black pepper, an onion, and a few bay leaves. Add half vinegar and half small beer enough to cover them. Put paper over the pan, and bake in a slow oven. If you like, throw saltpetre over them the night before, to make them look red. Gut, but do not open them.

LOBSTERS AND SHRIMPS.

To pot Lobsters.

Half-boil them, pick out the meat, cut it into small bits, season with mace, white pepper, nutmeg, and salt, press close into a pot, and cover with butter; bake half an hour; put the spawn in. When cold take the lob-

ster out, and put it into the pots with a little of the butter. Beat the other butter in a mortar with some of the spawn; then mix that coloured butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added, if approved.

Another way to pot Lobsters.

Take out the meat as whole as you can; split the tail and remove the gut; if the inside be not watery, add that. Season with mace, nutmeg, white pepper, salt, and a clove or two, in the finest powder. Lay a little fine butter at the bottom of the pan, and the lobster smooth over it, with bay-leaves between; cover it with butter, and bake gently. When done, pour the whole on the bottom of the seive, and with a fork lay the pieces into potting pots, some of each sort, with the seasoning about it.—When cold pour clarified butter over, but not hot. It will be good next day; or highly seasoned, and thick covered with butter will keep some time.

Potted lobster may be used cold, or as a fricassee, with a cream sauce; it then looks very nicely and eats excellently, especially if there is spawn.

Mackerel, Herrings, and Trout, are good potted, as above.

Stewed Lobster, a very high relish.

Pick the lobster, put the berries into a dish that has a lamp, and rub them down with a bit of butter, two spoonfuls of any sort of gravy, one of soy, or walnut-ketchup, a little salt and Cayenne, and a spoonful of port; stew the lobster cut into bits with the gravy as above.

Buttered Lobsters.

Pick the meat out, cut it, and warm with a little weak brown gravy, nutmeg, salt, pepper, and butter, with a little flour. If done white, a little white gravy and cream.

To roast Lobsters.

When you have half-boiled the lobster take it out of the water, and while hot, rub it with butter and lay it before the fire. Continue basting it with butter till it has a fine froth.

Currie for Lobsters or Prawns.

Take them from the shells, and lay into a pan, with a small piece of mace, three or four spoonfuls of veal gravy; and four of cream; rub smooth one or two tea-spoonfuls of currie-powder, a tea-spoonful of flour, and an ounce of butter; simmer an hour; squeeze half a lemon in, and add salt.

Prawns and Cray-fish in jelly, a beautiful dish.

Make a savoury fish-jelly, and put some into the bottom of a deep small dish; when cold lay the cray-fish with their back downwards, and pour more jelly over them. Turn out when cold.

To butter Prawns or Shrimps.

Take them out of the shells; and warm them with a little good gravy, a bit of butter and flour, a scrape of nutmeg, salt, and pepper; simmer a minute or two, and serve with sippets; or with a cream sauce, instead of brown.

To pot Shrimps.

When boiled, take them out of the skins, and season them with salt, white pepper, and a very little mace and cloves. Press them into a pot, set it in the oven ten minutes, and when cold put butter.

CRABS.

Hot Crab.

Pick the meat out of a crab, clear the shell from the head, then put the meat with a little nutmeg, salt, pepper, a bit of butter, crumbs of bread, and three spoonfuls of vinegar, into the shell again, and set it before fire. You may brown it with a salamander.

Dry toast should be served to eat it upon.

Dressed Crab, cold.

Empty the shells, and mix the flesh with oil, vinegar, salt, and a little white pepper and Cayenne: then put the mixture into the large shell, and serve. Very little oil is necessary.

OYSTERS.

To feed Oysters.

Put them into water, and wash them with a birch bescum till quite clean; then lay them bottom downwards into a pan, sprinkle with flour or oatmeal and salt, and cover with water. Do the same every day, and they will fatten. The water should be pretty salt.

To stew Oysters.

Open and separate the liquor from them, then wash them from the grit; strain the liquor, and put with the oysters a bit of mace and lemon-peel, and a few white peppers. Simmer them very gently, and put some cream, and a little flour and butter.

Serve with sippets.

Boiled Oysters

Eat well. Let the shells be nicely cleaned first; and serve in them, to eat with cold butter.

To scallop Oysters.

Put them with crumbs of bread, pepper, salt, nutmeg, and a bit of butter, into scallop-shells or saucers, and bake before the fire in a Dutch oven.

Fried Oysters, to garnish boiled fish.

Make a batter of flour, milk, and eggs, season it a very little, dip the oysters into it, and fry them a fine yellow brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

Oyster Sauce.

See SAUCES.

Oyster Loaves.

Open them, and save the liquor; wash them in it; then strain it through a sieve, and put a little of it into a tasser, with a bit of butter and flour, white pepper, a scrape of nutmeg, and a little cream. Stew them, and cut in dice; put them into rolls sold for the purpose.

Oyster Patties.

See PATTIES.

To pickle Oysters.

Wash four dozen of the largest oysters you can get, in their own liquor, wipe them dry, strain the liquor off, adding to it a dessert-spoonful of pepper, two blades of mace, a table-spoonful of salt, if the liquor be not very salt, three of white wine, and four of vinegar.—Simmer the oysters a few minutes in the liquor, then put them in small jars, and boil the pickle up, skim it, and when cold, pour over the oysters; cover close.

Another way to pickle Oysters.

Open the number you intend to pickle, put them into a saucepan with their own liquor for ten minutes, simmer them very gently; then put them into a jar, one by one, that none of the grit may stick to them, and cover them when cold with the pickle thus made.—Boil the liquor with a bit of mace, lemon-peel, and black peppers, and to every hundred put two spoonfuls of the best undistilled vinegar.

They should be kept in small jars, and tied close with bladder, for the air will spoil them.

Note. *Directions for making Fish Pies will be found under the head PIES.*



MEATS.

To choose Meats.

Venison.—If the fat be clear, bright, and thick, and the cleft part smooth and close, it is young; but if the cleft is wide and tough, it is old. To judge of its sweetness, run a very sharp narrow knife into the shoulder or haunch, and you will know by the scent. Few people like it when it has much of the *haut-gout*.

Beef.—If the flesh of ox-beef is young, it will have a fine smooth open grain, be of a good red, and feel tender. The fat should look white rather than yellow; for when that is of a deep colour, the meat is seldom

good : beef fed by oil cakes is in general so, and the flesh is flabby. The grain of cow-beef is closer and the fat whiter, than that of ox-beef ; but the lean is not of so bright a red. The grain of bull beef is closer still, and the fat hard and skinny, the lean of a deep red, and a stronger scent. Ox beef is the reverse. Ox-beef is the richest and largest ; but in small families, and to some tastes, heifer-beef is better if finely fed. In old meat there is a streak of horn in the ribs of beef : the harder this is, the older ; and the flesh is not so finely flavoured.

Veal.—The flesh of a bull calf is firmest, but not so white. The fillet of the cow-calf is generally preferred for the udder. The whitest is not the most juicy, having been made so by frequent bleeding and having had whiting to lick. Choose the meat of which the kidney is well covered with white thick fat. If the bloody vein in the shoulder looks blue, or of a bright red it is newly killed ; but any other colour shows it stale. The other parts should be dry and white ; if clammy or spotted, the meat is stale and bad. The kidney turns first in the loin, and the suet will not then be firm.

Mutton.—Choose this by the fineness of its grain, good colour, and firm white fat. It is not the better for being young ; if of a good breed and well fed, it is better for age ; but this only holds with wether-mutton : the flesh of the ewe is paler, and the texture finer. Ram mutton is very strong flavoured, the flesh is of a deep red, and the fat is spongy.

Lamb.—Observe the neck of a fore quarter ; if the vein is bluish, it is fresh ; if it has a green or yellow cast, it is stale. In the hind quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunk, the head is not fresh. Grass lamb comes into season in April or May, and continues till August. House-lamb may be had in great towns almost all the year, but is in highest perfection in December and January.

Pork.—Pinch the lean, and if young it will break. If the rind is tough, thick, and cannot easily be im-

pressed by the finger it is old. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy it is tainted. What is called measly pork is very unwholesome; and may be known by the fat being full of kernels, which in good pork is never the case. Pork fed at still-houses does not answer for curing any way, the fat being spongy. Dairy-fed pork is the best.

Bacon.—If the rind is thin, the fat firm, and of a red tinge, the lean tender, of a good colour, and adhering to the bone, you may conclude it good, and not old. If there are yellow streaks in it, it is going, if not already rusty.

Hams—Stick a sharp knife under the bone: if it comes out with a pleasant smell, the ham is good; but if the knife is daubed and has a bad scent, do not buy it. Hams short in the hock are best, and long legged pigs are not to be chosen for any preparation of pork.

Brawn.—The horny part of young brawn will feel moderately tender, and the flavour will be better; the rind of old will be hard.

Observations on purchasing, keeping, and dressing Meat.

In every sort of provisions, the best of the kind goes farthest; it cuts out with most advantage, and affords most nourishment. Round of beef, fillet of veal, and leg of mutton, are joints that bear higher price; but as they have more solid meat, they deserve the preference. It is worth notice, however, that those joints which are inferior may be dressed as palatably: and being cheaper; they ought to be bought in turn; for, when they are weighed with the prime pieces, it makes the price of these come lower.

In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edge bones of beef are often bruised by the blows the drovers give the beasts, and the part that has been struck always taints; therefore do not purchase these joints if bruised.

The shank-bones of mutton should be saved; and after soaking and brushing, may be added to give richness to gravies or soups. They are also particularly nourishing for sick persons.

When sirloins of beef, or loins of veal or mutton, come in, part of the suet may be cut off for puddings, or to clarify.

Dripping will baste every thing as well as butter, except fowls and game; and for kitchen pies, nothing else should be used.

The fat of a neck or loin of mutton makes a far lighter pudding than suet.

Meat and vegetables, that the frost has touched, should be soaked in cold water two or three hours before used, or more if they are much iced. Putting them into hot water, or to the fire, till thawed, makes it impossible for any heat to dress them properly afterwards.

In warm weather, meat should be examined well when it comes in: and if flies have touched it, the part must be cut off, and then well washed. In the height of summer, it is a very safe way to let meat that is to be salted lie an hour in very cold water, rubbing well any part likely to have been fly-blown; then wipe it quite dry, and have salt ready, and rub it thoroughly in every part, throwing a handful over it besides. Turn it every day, and rub the pickle in, which will make it ready for the table in three or four days. If to be very much corned, wrap it in well floured cloth, after rubbing it with salt. This last method will corn fresh beef fit for the table the day it comes in, but it must be put into the pot when the water boils.

If the weather permit, meat eats much better for hanging two or three days before it is salted.

The water in which meat has been boiled makes an excellent soup for the poor, by adding to it vegetables, oatmeal, or peas.

Roast-beef bones, or shank bones of ham, make fine peas soup; and should be boiled with the peas the day before eaten, that the fat may be taken off.

In some families great loss is sustained by the spoiling of meat. The best way to keep what is to be eaten unsalted, is, as before directed, to examine it well, wipe it every day, and put some pieces of charcoal over it. If meat is brought from a distance in warm weather, the butcher should be ordered to cover it close, and bring it early in the morning; but even then, if is kept on the road while he serves the customers who live nearest to him, it will very likely be fly-blown. This happens often in the country.

Wash all meat before you dress it: if for boiling, the colour will be better for soaking; but if for roasting, dry it.

Boiling in a well-floured cloth will make meat white.

Particular care must be taken that the pot is well skimmed the *moment* it boils, otherwise the foulness will be dispersed over the meat. The more soups or broth are skimmed, the better and cleaner they will be.

The boiler and utensils should be kept delicately clean.

Put the meat into cold water, and flour it well first. Meat boiled quick will be hard; but care must be taken that in boiling slow it does not stop, or the meat will be underdone.

If the steam is kept in, the water will not lessen much; therefore when you wish it to boil away, take off the cover of the soup-pot.

Vegatables should not be dressed with the meat, except carrots or parsneps with boiled beef.

As to the length of time required for roasting and boiling, the size of the joint must direct; as also the strength of the fire, the nearness of the meat to it, and in boiling, the regular though slow progress it makes; for if the cook, when told to hinder the copper from boiling quick, lets it stop from boiling up at all, the usual time will not be sufficient, and the meat will be underdone.

Weigh the meat; and allow for all solid joints a quarter of an hour for every pound, and some minutes (from ten to twenty) over, according as the family like it done.

A ham of twenty pounds will take four hours and a half, and others in proportion.

A tongue, if dry, takes four hours slow boiling, after soaking; a tongue out of pickle, from two hours and a half to three hours, or more if very large; it must be judged by feeling whether it is very tender.

A leg of pork, or of lamb, takes the allowance of twenty minutes, above a quarter of an hour to a pound.

In roasting beef of ten pounds will take above two hours and a half; twenty pounds will take three hours and three quarters.

A neck of mutton will take an hour and a half, if kept at a proper distance. A chine of pork, two hours.

The meat should be put at a good distance from the fire, and brought gradually nearer when the inner part becomes hot, which will prevent its being scorched while yet raw. Meat should be much basted; and when nearly done, floured to make it look frothed.

Veal and mutton should have a little paper put over the fat to preserve it. If not fat enough to allow for basting, a little good dripping answers as well as butter.

The cook should be careful not to run the spit through the best parts; and should observe that it be well cleaned before and at the time of serving, or a black stain appears on the meat. In many joints the spit will pass into the bones, and run along them for some distance, so as not to injure the prime of the meat; and the cook should have leaden skewers to balance it with; for want of which, ignorant servants are often troubled at the time of serving.

In roasting meat it is a very good way to put a little salt and water into the dripping-pan, and baste for a little while with this, before using its own fat or dripping. When dry, dust it with flour, and baste as usual.

Salting meat before it is put to roast draws out the gravy; it should only be sprinkled when almost done.

Time, distance, basting often, and a clear fire of a proper size for what is required, are the first articles of a good cook's attention in roasting.

Old meats do not require so much dressing as young; not that they are sooner done, but they can be eaten with the gravy more in.

A piece of writing-paper should be twisted round the bone at the knuckle of a leg or shoulder of lamb, mutton or vension, when roasted, before they are served.

When you wish fried things to look as well as possible, do them *twice* over with egg and crumbs. Bread that is not stale enough to grate quite fine, will not look well. The fat you fry in must always be boiling hot the moment the meat, fish, &c. are put in, and kept so till finished; a small quantity never fries well.

To keep meat hot—It is best to take it up when done, though the company may not be come; set the dish over a pan of boiling water, put a deep cover over it so as not to touch the meat, and then throw a cloth over that. This way will not dry up the gravy.

VENSION.

To keep Vension.

Preserve the vension dry, wash it with milk and water very clean, and dry it with clean cloths till not the least damp remains, then dust pounded ginger over every part, which is a good preventative against the fly. By thus managing and watching, it will hang a fortnight. When to be used, wash it with a little lukewarm water, and dry it. Pepper is likewise good to keep it.

To dress Vension.

A haunch of buck will take three hours and a half, or three quarters, roasting: dove, only three hours and a quarter. Vension should be rather under than over done.

Spread a sheet of white paper with butter, and put it over the fat, first sprinkling it with a little salt; then lay a coarse paste on strong paper, and cover the haunch; tie it with fine packthread, and set it at distance from the fire, which must be a good one. Baste it often: ten minutes before serving take off the paste,

draw the meat nearer the fire, and baste it with butter and a good deal of flour, to make it froth up well.

Gravy for it should be put into a boat, and not into the dish (unless there is none in the venison,) and made thus: Cut off the fat from two or three pounds of a loin of old mutton, and set in steaks on a gridiron for a few minutes just to brown one side; put them into a saucepan with a quart of water, cover quite close for an hour, and simmer it gently; then uncover it, and stew till the gravy is reduced to a pint. Season with salt only.

Current-jelly sauce must be served in a boat.

Formerly pap-sauce was eaten with venison; which, as some still like it, it may be necessary to direct. Grate white bread, and boil it with port wine, water, and a large stick of cinnamon; and when quite smooth take out the cinnamon and add sugar. Claret may be used for it.

Make the jelly-sauce thus. Beat some currant-jelly and a spoonful or two of port wine, and set it over the fire till melted. Where jelly runs short put more wine and a few lumps of sugar, to the jelly, and melt as above. Serve with French beans

Haunch, Neck, and Shoulder of Venison.

Roast with paste as directed above, and the same sauce.

To stew a Shoulder of Mutton.

Let the meat hang till you judge proper to dress it then take out the bone, beat the meat with a rolling-pin, lay some slices of mutton fat, that have lain a few hours in a little port wine, among it, sprinkle a little pepper and allspice over it in fine powder, roll it up tight, and tie it. Set it in a stew-pan that will only just hold it, with some mutton or beef gravy not strong, half a pint of port wine, and some pepper and allspice. Simmer it close covered, and as slow as you can, for three or four hours. When quite tender, take off the tape, set the meat on a dish, and strain the gravy over it. Serve with current-jelly sauce.

• This is the best way to dress this joint, unless it is

very fat, and then it should be roasted. The bone should be stewed with it.

Breast of Venison.

Do it as the shoulder, or make it into a small pasty.

Hashed Venison

Should be warmed with its own gravy, or some without seasoning, as before; and only warmed through, not boiled. If there is no fat left, cut some slices of mutton fat, set it on the fire with a little port wine and sugar, simmer till dry; then put to the hash, and it will eat as well as the fat of the venison.

For Venison pasty, look under the head PASTRY; as likewise an excellent imitation.

BEEF.

To keep Beef.

The butcher should take out the kernels in the neck pieces, where the shoulder-clod is taken off, two from each round of beef; one is in the middle, which is called the pope's eye: the other from the flap; there is also one in the thick flank, in the middle of the fat. If these are not taken out, especially in the summer, salt will be of no use for keeping the meat sweet. There is another kernel between the rump and the edgebone.

As the butchers seldom attend to this matter, the cook should take out the kernels; and then rub the salt well into such beef as is for boiling, and slightly sprinkle that which is for roasting.

The flesh of cattle that are killed when not perfectly cleared of food soon spoils. They should fast twenty-four hours in winter, and double that time in summer, before being killed.

To salt beef or Pork, for eating immediately.

The piece should not weigh more than five or six pounds. Salt it very thoroughly just before you put it into the pot; take a coarse cloth, flour it well, put the meat in, and fold it up close. Put it into a pot of boiling water, and boil it as long as you would any

salt beef of the same size, and it will be as salt as if done four or five days.

Great attention is requisite in salting meat; and in the country, where large quantities are cured, this is of particular importance. Beef and pork should be well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with the salt; which method, by cleansing the meat from the blood, serves to keep it from tasting strong. It should be turned every day; and if wanted soon, should be rubbed as often. A salting tub or lead may be used, and a cover to fit close. Those who use a good deal salt meat will find it answer well to boil up the pickle, skim it, and when cold, pour it over meat that has been sprinkled and drained. Salt is so much increased in price, from the heavy duties, as to require great care in using it; and the brine ought not to be thrown away, as is the practice of some, after once using.

To salt Beef red: which is extremely good to eat fresh from the pickle, or to hang to dry.

Choose a piece of beef with as little bone as you can (the flank is most proper,) sprinkle it, and let it drain a day; then rub it with common salt, saltpetre, and bay-salt, but only a small proportion of the saltpetre, and you may add few grains of cochineal, all in fine powder. Rub the pickle every day into the meat for a week, then only turn it.

It will be excellent in eight days. In sixteen, drain it from the pickle; and let it be smoaked at the oven-mouth when heated with wood, or send it to the baker's. A few days will smoke it.

A little of the coarsest sugar may be added to the salt.

It eats well boiled tender with greens or carrots. If to be grated as Dutch, then cut a *lean* bit, boil it till extremely tender, and while hot put it under a press. When cold fold it in a sheet of paper, and it will keep in a dry place two or three months, ready for serving on bread and butter.

The Dutch way to salt Beef.

Take a lean piece of beef; rub it well with treacle or brown sugar, and let it be turned often. In three days wipe it, and salt it with common salt and saltpetre beaten fine; rub these well in, and turn it every day for a fortnight. Roll it tight in a coarse cloth, and press it under a large weight; hang to dry in a wood-smoke, but turn it upside down every day. Boil it in pump-water, and press it: it will grate or cut into shivers, like Dutch beef.

Beef a-la-mode.

Choose a piece of thick flank of a fine heifer or ox. Cut into long slices some fat bacon, but quite free from yellow; let each bit be near an inch thick; dip them into vinegar, and then into a seasoning ready prepared, of salt, black pepper, allspice, and a clove, all in fine powder, with parsley, chives, thyme, savoury, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding, then rub the beef over with the seasoning, and bind it up tight with tape. Set it in a well-tinned pot over a fire or rather stove; three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water, let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice.

Put the gravy into a pan, remove the fat, keep the beef covered, then put them together, and add a glass of port wine. Take off the tape, and serve with the vegetable: or you may strain them off, and send them up cut into dice for garnish. Onions roasted, and then stewed with the gravy, are a great improvement. A tea-cupful of vinegar should be stewed with the beef.

Africandeau of Beef.

Take a nice bit of lean beef; lard it with bacon seasoned with pepper, salt, cloves, mace, and allspice. Put it into a stew-pan with a pint of broth, a glass of white wine, a bundle of parsley, all sorts of sweet

herbs, a clove of garlick, a shallot or two, four cloves, pepper and salt. When the meat is become tender, cover it close; skim the sauce well, and strain it; set it on the fire and let it boil till it is reduced to a glaze. Glaze the larded side with this, and serve the meat on sorrel-sauce.

To stew a rump of Beef.

Wash it well; and season it high with pepper, Cayenne, salt, allspice, three cloves, and a blade of mace, all in fine powder. Bind it up tight, and lay it into a pot that will just hold it. Fry three large onions sliced, and put them to it, with three carrots, two turnips, a shallot, four cloves, a blade of mace, and some celery. Cover the meat with good beef-broth, or weak gravy. Simmer it as gently as possible for several hours, till quite tender. Clear off the fat; and add to the gravy half a pint of port wine, a glass of vinegar, and a large spoon of ketchup; simmer half an hour, and serve in a deep dish. Half a pint of table beer may be added.—The herbs to be used should be burnet, tarragon, parsley, thyme, basil, savoury, marjoram, penny-royal, knotted marjoram, and some chives if you can get them, but observe to proportion the quantities to the pungency of the several sorts; let there be a good handful all together.

Garnish with carrots, turnips, or truffles and morels, or pickles of different colours, cut small and laid in little heaps separate; chopped parsley, chives, beet-root, &c. If, when done, the gravy is too much to fill the dish, take only a part to season for serving, but the less water the better; and to increase the richness, add a few beef-bones and shanks of mutton in stewing.

A spoonful or two of made mustard is a great improvement to the gravy.

Rump *roasted* is excellent; but in the country it is generally sold whole with the edgebone, or cut across, instead of lengthways as in London, where one piece is for boiling, and the rump for stewing or roasting. This must be attended to, the whole being too large to dress together.

Stewed Rump another way.

Half roast it; then put it into a large pot with three pints of water, one of small beer, one of port wine, some salt, three or four spoonfuls of vinegar, two of ketchup, a bunch of sweet herbs of various kinds, (such as burnet, tarragon, parsley, thyme, basil, savoury, penny-royal, marjoram, knotted marjoram, and a leaf or two of sage,) some onions, cloves, and Cayenne; cover it close, and simmer till quite tender; two or three hours will do it. When done lay it into a deep dish, set it over hot water, and cover it close. Skim the gravy; put in a few pickled mushrooms, truffles, morels, and oysters, if agreeable, but it is very good without; thicken the gravy with flour and butter, and heat it with the above, and pour over the beef.—Forcemeat balls of veal, anchovies, bacon, suet, herbs, spice, bread, and eggs, to bind, are a great improvement.

To stew a Brisket of Beef.

Put the part that has the hard fat into a stew-pot with a small quantity of water; let it boil up, and skim it thoroughly; then add carrots, turnips, onions, celery, and a few pepper-corns. Stew it extremely tender; then take out the flat bones, and remove all the fat from the soup. Either serve that and the meat in a tureen, or the soup alone, and the meat on a dish, garnished with some vegetables. The following sauce is much admired, served with the beef:—Take half a pint of the soup, and mix it with a spoonful of ketchup, a glass of port wine, a tea-spoonful of made mustard, a little flour, a bit of butter and salt; boil all together a few minutes, then pour it round the meat. Chop capers, walnuts, red cabbage, pickled cucumbers, and chives or pasley, small, but in several heaps over it.

To press Beef.

Salt a bit of brisket, thin part of the flank, or the tops of the ribs, with salt and saltpetre five days, then boil it gently till extremely tender; put it under a great weight, or in a cheese-press, till perfectly cold.

It eats excellently cold, and for sandwiches.

To make hunter's Beef.

To a round of beef that weighs twenty-five pounds, take three ounces of saltpetre, three ounces of the coarsest sugar, an ounce of cloves, a nutmeg, half an ounce of allspice, add three handfuls of common salt, all in the finest powder.

The beef should hang two or three days; then rub the above well into it, and turn and rub it every day for two or three weeks. The bone must be taken out at first. When to be dressed, dip it into cold water, to take off the loose spice, bind it up tight with tape, and put it into a pan with a tea-cupful of water at the bottom, cover the top of the meat with shred suet, and the pan with a brown crust and paper, and bake it five or six hours.—When cold take off the paste and tape.

The gravy is very fine; and a little of it adds greatly to the flavour of any hash, soup, &c.

Both the gravy and the beef will keep some time. The meat should be cut with a very sharp knife, and quite smooth, to prevent waste.

An excellent mode of dressing Beef.

Hang three ribs three or four days; take out the bones from the whole length, sprinkle it with salt, roll the meat tight, and roast it. Nothing can look nicer. The above done with spices, &c. and baked as hunter's beef, is excellent.

To collar Beef.

Choose the thin end of the flank of fine mellow beef, but not too fat; lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool. Then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning cut small; a large handful of parsley, the same of sage, some thyme, marjoram, and penny-royal, pepper, salt, and allspice. Roll the meat up as tight as possible, and bind it, then boil it gently for seven or eight hours. A cloth must be put round before the tape. Put the beef under a good weight while hot, without undoing it: the shape will then be oval. Part of a breast

of veal rolled in with the beef, looks and eats very well.

Beef-steaks

Should be cut from a rump that has hung a few days. Broil them over a very clear or charcoal fire : put into the dish a little minced shallot, and a table-spoonful of ketchup : and rub a bit of butter on the steak the moment of serving. It should be turned often, that the gravy may not be drawn out on either side.

This dish requires to be eaten so hot and fresh done, that it is not in perfection if served with any thing else. Pepper and salt should be added when taking it off the fire.

Beef-steaks and Oyster Sauce.

Strain off the liquor from the oysters, and throw them into cold water to take off the grit, while you simmer the liquor with a bit of mace and lemon-peel ; then put the oysters in, stew them a few minutes, and a little cream if you have it, and some butter rubbed in a bit of flour ; let them boil up once ; and have rump-steaks well seasoned and broiled, ready for throwing the oyster-sauce over, the moment you are to serve.

Stewed Beef-steaks.

Beat them a little with a rolling-pin, flour and season, then fry with sliced onion of a fine light brown ; lay the steaks into a stew-pan, and pour as much boiling water over them as will serve for sauce : stew them very gently half an hour, and add a spoonful of ketchup, or walnut-liquor, before you serve.

Italian Beef-steaks.

Cut a fine large steak from a rump that has been well hung, or it will do from any tender part : beat it ; and season with pepper, salt, and onion ; lay it into an iron stew-pan that has a cover to fit quite close, and set it by the side of the fire without water. Take care it does not burn, but it must have a strong heat ; in two or three hours it will be quite tender, and then serve with its own gravy.

Beef Collops.

Cut thin slices of beef from the rump, or any other tender part, and divide them into pieces three inches long; beat them with a blade of a knife, and flour them. Fry the collops quick in butter two minutes, then lay them into a small stew-pan, and cover them with a pint of gravy, add a bit of butter rubbed in flour, pepper, salt, the least bit of shallot shred as fine as possible, half a walnut, four small pickled cucumbers, and a teaspoonful of capers cut small. Take care that it does not boil; and serve the stew in a very hot covered dish.

Beef Palates.

Simmer them in water several hours, till they will peel; then cut the palates into slices, or leave them whole, as you choose; and stew them in a rich gravy till as tender as possible. Before you serve, season them with Cayenne, salt and ketchup. If the gravy was drawn clear add also some butter and flour.

If to be served white, boil them in milk, and stew them in fricassee-sauce, adding cream, butter, flour and mushroom-powder, and a little pounded mace.

Beef-Cakes for a side dish of dressed Meat.

Pound some beef that is underdone with a little fat bacon, or ham; season with pepper, salt, and a little shallot, or garlick; mix them well; and make it into small cakes three inches long, and half as wide and thick; fry them in a light brown, and serve them in a good thick gravy.

To pot Beef.

Take two pounds of lean beef, rub it with saltpetre, and let it lie one night; then salt with common salt, and cover it with water four days in a small pan. Dry it with a cloth, and season with black pepper; lay it into as small a pan as will hold it, cover it with coarse paste, and bake it five hours in a very cool oven. Put no liquor in.

When cold, pick out the strings and fat; beat the meat very fine with a quarter of a pound of fine butter, just warm, but not oiled, and as much of the gravy as

will make it into a paste; put it into very small pots, and cover them with melted butter.

Another way.—Take beef that has been dressed, either boiled or roasted; beat it in a mortar with some pepper, salt, a few cloves, grated nutmeg, and a little fine butter just warm.

This eats well, but the colour is not so fine. It is a good way for using the remains of a large joint.

To dress the inside of a cold Sirloin of Beef.

Cut out all the meat, and a little fat, into pieces as thick as your finger, and two inches long: dredge it with flour; and fry in butter, of a nice brown: drain the butter from the meat and toss it up in a rich gravy, seasoned with pepper, salt, anchovy, and shallot. Do not let it boil on any account. Before you serve add two spoonfuls of vinegar. Garnish with crimped parsley.

Fricassee of cold roast Beef.

Cut the beef into very thin slices, shred a handful of parsley very small, cut an onion into quarters, and put all together into a stew-pan, with a piece of butter and some strong broth; season with salt and pepper, and simmer very gently a quarter of an hour; then mix into it the yolks of two eggs, a glass of port wine, and a spoonful of vinegar; stir it quick, rub the dish with shallot, and turn the fricassee into it.

To dress cold Beef that has not been done enough, called Beef-Olives.

Cut slices half an inch thick, and four inches square; lay them on forcemeat of crumbs of bread, shallot, a little suet, or fat, pepper, and salt. Roll them, and fasten with a small skewer; put them into a stew-pan with some gravy made of the beef bones, or the gravy of the meat, and a spoonful or two of water, and stew them till tender. Fresh meat will do.

To dress the same called Sanders.

Mince beef or mutton, small, with onion, pepper, and salt; add a little gravy; put it into scallop-shells, or saucers, making them three parts full, and fill them

up with potatoes, mashed with a little cream : put a bit of butter on the top, and brown them in an oven, or before the fire, or with a salamander.

To dress the same, called Cecils.

Mince any kind of meat, crumbs of bread, a good deal of onion, some anchovies, lemon-peel, salt, nutmeg, chopped parsley, pepper, and a bit of butter warm, and mix these over a fire for a few minutes; when cool enough, make them up into balls of the size and shape of a turkey's egg, with an egg; sprinkle them with fine crumbs, and then fry them of a yellow brown and serve with gravy as before directed for beef-olives.

To mince Beef.

Shred the underdone part fine, with some of the fat, put into a small stew-pan, with some onion or shallot, (a very little will do,) a little water, pepper, and salt; boil it till the onion is quite soft; then put some of the gravy of the meat to it, and the mince. Do not let it boil. Have a small hot dish with sippets of bread ready, and pour the mince into it, but first mix a large spoonful of vinegar with it; if shallot-vinegar is used, there will be no need of the onion nor the raw shallot.

To hash Beef.

Do it the same as in the last receipt; only the meat is to be in slices, and you may add a spoonful of walnut liquor or ketchup.

Observe, that it is owing to boiling hashes or minces, that they get hard. All sorts of stews, or meat dressed a second time, should be only simmered; and this last only hot through.

Beef a-la-vingrette.

Cut a slice of underdone boiled beef three inches thick, and a little fat; stew it in half a pint of water, a glass of white wine, a bunch of sweet herbs, an onion, and a bay leaf; season it with three cloves pounded, and pepper, till the liquor is nearly wasted away, turning it once. When cold, serve it. Strain off the gravy, and mix it with a little vinegar for sauce.

Round of Beef

Should be carefully salted, and wet with the pickle for eight or ten days. The bone should be cut out first, and the beef skewered and tied up to make it quite round. It may be stuffed with parsley, if approved; in which case the holes to admit the parsley must be made with a sharp pointed knife, and the parsley coarsely cut and stuffed in tight. As soon as it boils it should be skimmed and afterwards kept boiling very gently.

Rolled beef that equals Hare.

Take the inside of a large sirloin, soak it in a glass of port wine and a glass of vinegar mixed, for forty-eight hours; have ready a very fine stuffing, and bind it up tight. Roast it on a hanging-spit; and baste it with a glass of port wine, the same quantity of vinegar, and a tea-spoonful of pounded allspice. Larding improves the look and flavour: serve with a rich gravy in the dish; currant-jelly and melted butter in tureens.

To roast Tongue and Udder.

After cleaning the tongue well, salt it with common salt and saltpetre three days; then boil it, and likewise a fine young udder with some fat to it, till tolerably tender; then tie the thick part of one to the thin part of the other, and roast the tongue and udder together.

Serve them with good gravy, and currant-jelly sauce. A few cloves should be stuck in the udder. This is an excellent dish.

Some people like neats' tongues cured with the root, in which case they look much larger; but otherwise the root must be cut off close to the gullet, next to the tongue, but without taking away the fat under the tongue.—The root must be soaked in salt and water, and extremely well cleaned, before it is dressed; and the tongue should be laid in salt for a day and a night before pickled.

To pickle Tongues for boiling.

Cut off the root, but leave a little of the kernel and fat. Sprinkle some salt, and let it drain from the slime till

next day, then for each tongue mix a large spoonful of common salt, the same of coarse sugar, and about half as much of saltpetre; rub it well in, and do so every day. In a week add another heaped spoonful of salt. If rubbed every day, a tongue will be ready in a fortnight; but if only turned in the pickle daily, it will keep four or five weeks without being too salt.

When you dry tongues write the date on a parchment and tie it on. Smoke them, or dry them plain, if you like best.

When it is to be dressed, boil it extremely tender; allow five hours: and if done sooner, it is easily kept hot. The longer kept after drying, the higher it will be: if hard, it may require soaking three or four hours.

Another way.—Clean as above: for two tongues allow an ounce of saltpetre, and an ounce of sal-prunella; rub them well. In two days after well rubbing, cover them with common salt, turn them every day for three weeks; then dry them, and rub over them bran, and smoke them. In ten days they will be fit to eat. Keep in a cool dry place.

To stew Tongue.

Salt a tongue with saltpetre and common salt for a week, turning it every day. Boil it tender enough to peel: when done, stew it in a moderately strong gravy; season with soy, mushroom ketchup, Cayenne, pounded cloves, and salt if necessary.

Serve with truffles, morels, and mushrooms. In both this receipt and the next, the roots must be taken off the tongues before salting, but some fat left.

An excellent way of doing Tongues to eat cold.

Season with common salt and saltpetre, brown sugar, a little bay-salt, pepper, cloves, mace, and allspice, in fine powder for a fortnight; then take away the pickle, put the tongue into a small pan, and lay some butter on it; cover it with brown crust, and bake slowly till so tender that a straw would go through it.

The thin part of tongues, when hung up to dry, grates like hung beef, and also makes a fine addition to the flavour of omlets.

Beef-heart.

Wash it carefully ; stuff as a hare ; and serve with rich gravy, and currant-jelly sauce.

Hash with the same, and port wine.

Stewed Ox-cheek, plain.

Soak and cleanse a fine cheek the day before it is to be eaten ; put it into a stew-pot that will cover close, with three quarts of water ; simmer it after it has first boiled up and been well skimmed. In two hours put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of allspice. Skim it often ; when the meat is tender take it out ; let the soup get cold, take off the cake of fat, and serve the soup separate or with the meat.

It should be a fine brown ; which might be done by burnt sugar ; or by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

If vegetables are not approved of in the soup, they may be taken out, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled in, and strained off.

To dress Ox-cheek another way.

Soak half a head three hours, and clean it with plenty of water. Take the meat of the bones, and put it into a pan with a large onion, a bunch of sweet herbs, some bruised allspice, pepper and salt.

Lay the bones on the top : pour on two or three quarts of water, and cover the pan close with brown paper, or a dish that will fit close. Let it stand eight or ten hours in a slow oven ; or simmer it by the side of the fire, or on a hot hearth. When done tender, put the meat into a clean pan, and let it get cold. Take the cake of fat off, and warm the head in pieces in the soup. Put what vegetables you choose.

Marrow-bones.

Cover the top with floured cloth ; boil them, and serve with dry toast.

Tripe

May be served in a tureen, stewed with milk and onion till tender. Melted butter for sauce.

Or fry it in small bits dipped in batter.

Or stew the thin part; cut into bits, in gravy ; thicken with flour and butter, and add a little ketchup.

Or fricassee it with white sauce.

Soused Tripe.

Boil the tripe, but not quite tender ; then put it into salt and water, which must be changed every day till it is all used. When you dress the tripe, dip it into batter of flour and eggs, and fry it of a good brown.

Ox-feet or Cow-heels,

May be dressed in various ways, and are very nutritious in all.

Coil them, and serve in a napkin ; with melted butter, mustard, and a large spoonful of vinegar.

Or boil them very tender, and serve them as a brown fricassee : the liquor will do to make jelly sweet or relishing, and likewise to give richness to soups or gravy.

Or cut them into four parts, dip them into an egg ; and then flour and fry them ; and fry onions, (if you like them) to serve round. Sauce as above.

Or bake them as for mock-turtle.

VEAL.

To keep Veal.

The first part that turns bad of a leg of veal, is where the udder is skewered back. The skewer should be taken out, and both that and the meat under it wiped every day, by which means it will keep good three or four days in hot weather. Take care to cut out the pipe that runs along the chine of a loin of veal, as you do of beef, to hinder it from tainting. The skirt of the breast of veal is likewise to be taken off ; and the inside of the breast wiped and scraped, and sprinkled with a little salt.

Leg of Veal.

Let the fillet be cut large or small, as best suits the number of your company. Take out the bone, fill the space with fine stuffing, and let it be skewered quite round; and send the large side uppermost. When half roasted, if not before, put a paper over the fat; and take care to allow a sufficient time, and put it a good distance from the fire, as the meat is very solid; serve with melted butter poured over it.—You may pot some of it.

Knuckle of Veal.

As few people are fond of boiled veal, it may be well to leave the knuckle small, and take off some cutlets or collops before it be dressed; and as the knuckle will keep longer than the fillet, it is best not to cut off the slices till wanted. Break the bone to make it take less room; wash it well; and put it into a saucepan with three onions, a blade or two of mace, and a few pepper corns; cover it with water, and simmer it till quite ready. In the mean time some macaroni should be boiled with it if approved, or rice, or a little rice flour, to give it a small degree of thickness: but do not put too much. Before it is served, add half a pint of milk and cream, and let it come up either with or without the meat.

Or fry the knuckle with sliced onions and butter to a good brown; and have ready peas, lettuce, onion, and a cucumber or two, stewed in a small quantity of water, an hour; then add these to the veal; and stew it till the meat is tender enough to eat, but not overdone. Throw in pepper, salt, and a bit of shred mint, and serve all together.

Shoulder of Veal.

Cut off the knuckle, for a stew or gravy. Roast the other part for stuffing; you may lard it. Serve with melted butter.

The blade-bone, with a good deal of meat left on, eats extremely well with mushroom or oyster-sauce, or mushroom-ketchup in butter.

Neck of Veal.

Cut off the scrag to boil, and cover it with onion-sauce. It should be boiled in milk and water. Parsley and butter may be served with it, instead of onion-sauce.

Or it may be stewed with whole rice, small onions, and pepper-corns, with a very little water.

Or boiled and eaten with bacon and greens.

The best end may be either roasted, broiled as steaks, or made into pies.

Neck of Veal a-la-braise.

Lard the best end with bacon rolled in parsley chopped fine, salt, pepper, and nutmeg : put it into a tosser, and cover it with water. Put to it the scrag-end, a little lean bacon or ham, an onion, two carrots, two heads of celery, and about a glass of madeira wine. Stew it quick two hours, or till it is tender, but not too much. Strain off the liquor : mix a little flour and butter in a stew-pan till brown, and lay the veal in this, the upper side to the bottom of the pan. Let it be over the fire till it gets coloured ; then lay it into the dish, stir some of the liquor in and boil it up, skim it nicely, and squeeze orange or lemon-juice into it.

Breast of Veal.

Before roasted, if large, the two ends may be taken off and fried to stew, or the whole may be roasted. Butter should be poured over it ;

If any be left, cut the pieces into handsome sizes, put them into a stew-pan, and pour some broth over it ; or if you have no broth, a little water will do ; add a bunch of herbs, a blade or two of mace, some pepper, and an anchovy ; stew till the meat is tender, thicken with butter and flour, and add a little ketchup ; or the whole breast may be stewed, after cutting off the two ends.

Serve the sweetbread whole upon it, which may either be stewed, or parboiled, and then covered with crumbs, herbs, pepper, and salt, and browned in a Dutch oven.

Boiled breast of veal, smothered with onion-sauce, is an excellent dish, if not old or too fat.

To roll a Breat of Veal.

Bone it, take off the the thick skin and gristle, and beat the meat with a rolling-pin. Season it with herbs chopped very fine, mixed with salt, pepper, and mace. Lay some thick slices of fine ham; or roll it into two or three calves' tongues of a fine red, boiled first an hour or two, and skinned. Bind it up tight in a cloth, and tape it. Set it over the fire to simmer, in a small quantity of water, till it is quite tender; this will take some hours. Lay it on the dresser, with a board and weight on it till quite cold.

Pigs' or calves' feet boiled and taken from the bones, may be put in or round it. The different colours laid in layers look well when cut; and you may put in yolks of eggs boiled, beet-root, grated ham, and chopped parsley in different parts.

Another way.

When it is cold, take off the tape, and pour over it the liquor; which must be boiled up twice a week, or it will not keep.

Chump of Veal a-la-daube.

Cut off the chump end of the loin; take out the edge-bone; stuff the hollow with good forcemeat, tie it up tight, and lay in a stew-pan with the bone you take out, a little faggot of herbs, an anchovy, two blades of mace, a few white peppers, and a pint of good veal-broth.—Cover the veal with slices of fat bacon, and lay a sheet of white paper over it. Cover the pan close, simmer it for two hours, then take out the bacon, and glaze the veal.—Serve it on mushrooms, or with sorrel-sauce, or what else you please.

Veal-rolls of either cold Meat or fresh.

Cut thin slices; and spread on them a fine seasoning of a very few crumbs, a little chopped bacon or scraped ham, and a little suet, parsley, and shallot (or instead of the parsley and shallot, some fresh mushrooms

stewed and minced,) pepper, salt, and a small piece of pounded mace.

This stuffing may either fill up the roll like a sausage, or be rolled with the meat. In either case tie it up very tight, and stew very slowly in a gravy and a glass of sherry.

Serve it when tender, after skimming it nicely.

Tarrico of Veal.

Take the best end of a small neck; cut the bones short, but leave it whole; then put it into a stew-pan just covered with brown gravy; and when it is nearly done, have ready a pint of boiled peas, six cucumbers pared and sliced, and two cabbage-lettuces cut into quarters, all stewed in a little good broth: put them to the veal, and let them simmer ten minutes. When the veal is in the dish, pour the sauce and vegetables over it, and lay the lettuce with the forcemeat balls round it.

A Dunelm of cold Veal or Fowl.

Stew a few small mushrooms in their own liquor and a bit of butter, a quarter of an hour; mince them very small, and add them (with their liquor) to minced veal, with also a little pepper and salt, some cream, and a bit of butter rubbed in less than half a tea-spoonful of flour. Simmer three or four minutes, and serve on thin sippets of bread.

Minced Veal.

Cut cold veal as fine as possible, but do not chop it. Put to it a very little lemon-peel shred, two grates of nutmeg, some salt, and four or five spoonfuls of either a little weak broth, milk; or water; simmer these gently with the meat, but take care not to let it boil; and add a bit of butter rubbed in flour. Put sippets of thin toasted bread, cut into a three cornered shape, round the dish.

To pot Veal.

Cold fillet makes the finest potted veal; or you may do it as follows:

Season a large slice of the fillet before it is dressed,

with some mace, pepper corns, and two or three cloves, lay it close into a potting-pan that will but just hold it; fill it up with water, and bake it three hours; then pound it quite small in a mortar, and add salt to taste; put a little gravy that was baked to it in pounding, if to be eaten soon, otherwise, only a little butter just melted. When done, cover it over with butter.

To pot Veal or Chicken with Ham.

Pound some cold veal or white of chicken, seasoned as directed in the last article, and put layers of it with layers of ham pounded or rather shred; press each down, and cover with butter.

Cutlets Maintenon.

Cut slices about three quarters of an inch thick, beat them with a rolling-pin, and wet them on both sides with egg; dip them into a seasoning of bread-crumbs, parsley, thyme, knotted marjoram, pepper, salt, and a little nutmeg grated; then put them into papers folded over, and broil them, and have in a boat melted butter, with a little mushroom ketchup.

Cutlets another way.

Prepare as above, and fry them; lay them into a dish, and keep them hot, dredge a little flour, and put a bit of butter into the pan; brown it, then pour a little boiling water into it, and boil quick: season with pepper, salt, and ketchup, and pour over them.

Other way.—Prepare as before, and dress the cutlet in a Dutch oven; pour over them melted butter and mushrooms.

Or, pepper, salt, and broil them, especially neck steaks. They are excellent with herbs.

Veal Collops.

Cut long thin collops; beat them well, and lay on them a bit of thin bacon of the same size, and spread forcemeat on that, seasoned high, and also a little garlic and Cayenne. Roll them up tight, about the size of two fingers, but no more than two or three inches

long; put a very small skewer to fasten each firmly; rub egg over: fry them of a fine brown, and pour a rich brown gravy over.

To dress Collops quick.

Cut them as thin as paper with a very sharp knife, and in small bits. Throw the skin and any odd bits of the veal, into a little water, with a dust of pepper and salt; set them on the fire while you beat the collops: and dip them into a seasoning of herbs, bread, pepper, salt, and a scrape of nutmeg, but first wet them in egg. Then put a bit of butter into a frying-pan, and give the collops, a very quick fry; for as they are so thin, two minutes will do them on both sides; put them into a hot dish before the fire; then strain and thicken the gravy, give it a boil in the frying-pan, and pour it over the collops. A little ketchup is an improvement.

Another way.—Fry them in butter, only season with salt and pepper: then simmer them in gravy, either white or brown, with bits of bacon served with them.

If white, add lemon-peel and mace, and some cream.

Scallops of cold Veal or Chicken.

Mince the meat extremely small; and set it over the fire with a scrap of nutmeg, a little pepper and salt, and a little cream, for a few minutes; then put it into the scallop shells, and fill them with crumbs of bread, over which put some bits of butter, and brown them before the fire.

Either veal or chicken looks and eats well, prepared in this way, and lightly covered with crumbs of bread fried; or these may be put on in little heaps.

Fricandeau of Veal.

Cut a large piece from the fat side of the leg, about nine inches long and half as thick and broad; beat it with the rolling-pin; take off the skin, and trim off the rough edges. Lard the top and sides; and cover it with fat bacon, and then with white paper. Lay it into the stew-pan with any pieces of undressed veal or mutton, four onions, a carrot sliced, a faggot of sweet

herbs, four blades of mace, four bay-leaves, a pint of good veal or mutton broth, and four or five ounces of lean ham or gammon. Cover the pan close, and let it stew slowly three hours; then take up the meat, remove all the fat from the gravy, and boil it quick to a glaze. Keep the fricandeau quite hot, and then glaze it; and serve with the remainder of the glaze in the dish, and sorrel-sauce in a sauce tureen.

A cheaper, but equally good, Fricandeau of Veal.

With a sharp knife cut the lean part of a large neck from the best end, scooping it from the bones the length of your hand, and prepare it the same way as in the last receipt; three or four bones only will be necessary, and they will make the gravy; but if the prime part of the leg is cut off, it spoils the whole.

Fricandeau another way.

Take two large round sweetbreads and prepare them as you would veal; make a rich gravy with truffles, morels, mushrooms, and artichoke-bottoms, and serve it round.

Veal Olives.

Cut long thin collops, beat them, lay on them thin slices of fat bacon, and over these a layer of forcemeat seasoned high, with some shred shallot and Cayenne. Roll them tight, about the size of two fingers, but not more than two or three inches long, fasten them round with a small skewer, rub egg over them, and fry them of a light brown.

Serve with brown gravy, in which boil some mushrooms pickled or fresh. Garnish with balls fried.

Veal Cake.

Boil six or eight eggs hard; cut the yolks in two, and lay some of the pieces in the bottom of the pot: shake in a little chopped parsley, some slices of veal and ham, add then eggs again; shaking in after each some chopped parsley, with pepper and salt, till the pot is full. Then put in water enough to cover it, and lay on it

about an ounce of butter; tie it over with a double paper; and bake it about an hour. Then press it close together with a spoon, and let it stand till cold.

It may be put into a small mould; and then it will turn out beautifully for a supper or side dish.

Veal Sausages.

Chop equal quantities of lean and fat bacon, a handful of sage, a little salt and pepper, and a few anchovies. Beat all in a mortar; and when used roll and fry it, and serve it with fried sippets, or on stewed vegetables, or on white collops.

Scotch Collops.

Cut veal into thin bits about three inches over, and rather round; beat with a rolling-pin, and grate a little putmeg over them; dip into the yolk of an egg, and fry them in a little butter of a fine brown: pour the butter off: and ready warm to pour upon them half a pint of gravy, a little bit of butter rubbed into a little flour, a yolk of egg, two large spoonfuls of cream, and a bit of salt. Do not boil the sauce, but stir it till of a fine thickness to serve with the collops.

To boil Calf's Head.

Clean it very nicely, and soak it in water, till it may look very white; take out the tongue to salt, and the brains to make a little dish. Boil the head extremely tender; then strew it over with crumbs and chopped parsley, and brown them; or, if liked better, leave one side plain. Bacon and greens are to be served to eat with it.

The brains must be boiled; and then mixed with melted butter, scalded sage chopped; pepper, and salt.

If any of the head is left; it may be hashed next day, and a few slices of bacon just warmed and put round.

Cold calf's head eats well if grilled.

To hash Calf's Head.

When half boiled cut off the meat in slices, half an inch thick, and two or three inches long: brown some butter, flour, and sliced onion, and throw in the slices

with some good gravy, truffles, and morels; give it one boil, and skim it well, and set it in a moderate heat to simmer till very tender.

Season with pepper, salt and Cayenne, at first; and ten minutes before serving, throw in some shred parsley, and a very small bit of taragon and knotted-marjoram cut as fine as possible; just before you serve, add the squeeze of a lemon. Force-meat-balls, and bits of bacon rolled round.

Another way.—Boil the head almost enough, and take the meat of the best side neatly off the bone with a sharp knife; lay this into a small dish; wash it over with the yolks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper and salt, and a grate of nutmeg, all mixed together first. Set the dish before the fire: and keep turning it now and then, that all parts of the head may be equally brown. In the mean time slice the remainder of the head and the tongue, but first peel the tongue; put a pint of good gravy into a pan, with an onion, a small bunch of herbs (consisting of parsley, basil, savoury, taragon, knotted marjoram, and a little thyme,) a little salt and Cayenne, a shallot, a glass of sherry, and a little oyster-liquor. Boil this for a few minutes, and strain it upon the meat, which should be dredged with some flour. Add some mushrooms either fresh or pickled, a few truffles and morels, and two spoonfuls of ketchup; then beat up half the brains, and put this to the rest with a bit of butter and flour.—Simmer the whole.

Beat the other part of the brains with shred-lemon-peel, a little nutmeg, and mace, some parsley shred, and an egg. Then fry it in little cakes of a beautiful yellow-brown. Dip some oysters into the yolk of an egg, and do the same; and also some relishing force-meat-balls made as for mock turtle. Garnish with these, and small bits of bacon just made hot before the fire.

Calf's Head Fricassee.

Clean and half boil a head; cut the meat into small bits, and put it into a tosser, with a little gravy made of

the bones, some of the water it was boiled in, a bunch of sweet herbs, an onion and a blade of mace. If you have any young cockrels in the house, use the coxcombs; but first boil them tender, and blanch them; or a sweetbread will do as good. Season the gravy with a little pepper, nutmeg, and salt, rub down some flour and butter, and give all a boil together; then take out the herbs and onion, and add a little cup of cream, but do not boil it in.

Serve with small bits of bacon rolled round, and balls.

To collar Calf's Head.

Scald the skin off a fine head, clean it nicely, and take out the brains. Boil it tender enough to remove the bones: then have ready a good quantity of chopped parsley, mace, nutmeg, salt, and white pepper, mixed well; season it high with these; lay the parsley in a thick layer, then a quantity of thick slices of fine ham, or a beautiful-coloured tongue skinned, and then the yolks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it up as tight as you can. Boil it, and then lay a weight on it.

A cloth must be put under the tape, as for the other collars.

Mock Turtle.

Bespoke a calf's head with the skin on, cut it in half, and clean it well; then half-boil it, take all the meat off in square bits, brake the bones of the head, and boil them in some veal and beef broth to add to the richness. Fry some shallot in butter, and dredge in flour enough to thicken the gravy; stir this into the browning, and give it one or two boils: skim it carefully, and then put in the head; put in also a pint of Madeira wine, and simmer till the meat is quite tender. About ten minutes before you serve, put in some basil, taragon, chives, parsley, Cayenne pepper, and salt, to your taste; also two spoonfuls of mushroom-ketchup, and one of soy.

Squeeze the juice of a lemon into the tureen, and pour the soup upon it. Forcemeat-balls and small eggs.

A cheaper way.—Prepare half a calf's head, *without* the skin as above: when the meat is cut off, break the bones, and put them into a saucepan with some gravy made of beef and veal bones, and seasoned with fried onions, herbs, mace, and pepper. Have ready two or three ox-palates boiled so tender as to blanch, and cut into small pieces; to which a cow-heel, likewise cut into pieces, is a great improvement. Brown some butter, flour, and onion, and pour the gravy to it; then add the meats as above, and stew. Half a pint of sherry, an anchovy, two spoonfuls of walnut ketchup, the same of mushroom ketchup, and some chopped herbs as before. Balls, &c.

Another.—Put into a can a knuckle of veal, two fine cow-heels, two onions, a few cloves, peppers, berries, of allspice, mace, and sweet herbs: cover them with water, then tie a thick paper over the pan, and set it in an oven for three hours. When cold take off the fat very nicely; cut the meat and feet into bits an inch and a half square; remove the bones and coarse parts; and then put the rest on to warm, with a large spoonful of walnut and one of mushroom ketchup, half a pint of sherry or Madeira wine, a little mushroom powder, and the jelly of the meat. When hot, if it wants any more seasoning, add some; and serve with hard eggs, forcemeat-balls, squeeze of lemon, and a spoonful of soy.

This is a very easy way, and the dish is excellent.

Another.—Stew a pound and a half of a scrag of mutton, with from three pints of water to a quart: then set the broth on, with a calf's foot and a cow-heel, cover the stew-pan tight, and simmer till you can get off the meat from the bones in proper bits. Set it on again with the broth, a quarter of a pint of Madeira wine or sherry, a large onion, half a tea-spoonful of Cayenne pepper, a bit of lemon-peel, two anchovies, some sweet herbs, eighteen oysters cut into pieces and then chopped fine, a tea-spoonful of salt, a little nutmeg, and the liquor of the oysters; cover it tight, and simmer three quarters of an hour. Serve with forcemeat-balls, and hard eggs in the tureen.

An excellent and very cheap mock turtle may be made of two or three cow-heels baked with two pounds and a half of gravy-beef, herbs, &c. as above with cow-heels and veal.

Calf's Liver.

Slice it, season with pepper and salt, and broil nicely; rub a bit of cold butter on it, and serve hot and hot.

Calf's Liver roasted.

Wash and wipe it; then cut a long hole in it, and stuff it with crumbs of bread, chopped anchovy, herbs, a good deal of fat bacon, onion, salt, pepper, a bit of butter, and an egg; sew the liver up; then lard it, or wrap it in a veal-cawl, and roast it.

Serve with good brown gravy, and current-jelly.

To dress the Liver and Lights.

Half-boil an equal quantity of each, then cut them in a middling-sized mince, put to it a spoonful or two of the water that boiled it, a bit of butter, flour, salt, and pepper, simmer ten minutes and serve hot.

Sweetbreads.

Half-boil them, and stew them in a white gravy, add cream, flour, butter, nutmeg, salt, and white pepper.

Or do them in white sauce seasoned.

Or parboil them, and then cover them with crumbs, herbs, and seasoning; and brown them in a Dutch oven. Serve with butter, and mushroom ketchup, or gravy.

Sweetbreads roasted.

Parboil two large ones: when cold lard them with bacon, and roast them in a Dutch oven. For sauce, plain butter and mushroom ketchup.

Sweetbread Ragout.

Cut them about the size of a walnut, wash and dry them, then fry them of a fine brown; pour to them a good gravy, seasoned with salt, pepper, allspice, and either mushrooms or mushroom ketchup; strain, and thicken with butter and a littler flour.

Kidney.

Chop veal-kidney, and some of the fat ; likewise a little leek or onion, pepper, and salt ; roll it up with an egg into balls, and fry them.

Calf's heart stuff and roast as beef's heart : or sliced, make it into a pudding, as directed for steak or kidney pudding.

PORK, ETC.

Bacon hogs and porkers are differently cut up.

Hogs are kept to a large size ; the chine, (or backbone,) is cut down on each side, the whole length, and is a prime part either boiled or roasted.

The sides of the hog are made into bacon, and the inside is cut out with very little meat to the bone. On each side there is a large spare-rib ; which is usually divided into two, one sweet-bone, and a blade-bone. The bacon is the whole outside : and contains a fore-leg and a ham ; which last is the hind-leg, but if left with the bacon it is called a gammon. There are also griskins. Hog's lard is the inner fat of the bacon-hog.

Pickled pork is made of the flesh of the hog, as well as bacon.

Porkers are not so old as hog ; their flesh is whiter and less rich, but it is not so tender. It is divided into four quarters. The fore-quarter has the spring or fore-leg, the fore-loin or neck, the spare-rib and griskin. The hind has the leg and the loin.

The feet of pork make various good dishes, and should be cut off before the legs are cured. Observe the same of the ears.

The bacon-hog is sometimes scalded to take off the hair, and sometimes singed. The porker is always scalded.

To roast a leg of Pork.

Choose a small leg of fine young pork : cut a slit in the knuckle with a sharp knife ; and fill the space with sage and onion chopped, and a little pepper and salt. When half-done, score the skin in slices, but do not cut deeper than the outer rind.

Apple-sauce and potatoes should be served to eat with it.

To boil a leg of Pork.

Salt it eight or ten days: when it is to be dressed, weigh it; let it lie half an hour in cold water, to make it white: allow a quarter of an hour for every pound, and half an hour over, from the time it boils up; skim it as soon as it boils, and frequently after. Allow water enough.— Save some of it to make peas-soup. Some boil it in a very nice cloth, floured; which gives a very delicate look. It should be small and of a fine grain.

Serve peas-pudding and turnips with it.

Loin and Neck of Pork.

Roast them. Cut the skin of the loin across, at distances of half an inch, with a sharp pen-knife.

Shoulders and Breasts of Pork.

Put them into pickle, or salt the shoulder as a leg: when very nice, they may be roasted.

Rolled Neck of Pork.

Bone it; put a forcemeat of chopped sage, a very few crumbs of bread, salt, pepper, and two or three berries of allspice, over the inside; then roll the meat as tight as you can, and roast it slowly, and at a good distance at first.

Spring or Forehand of Pork.

Cut out the bone: sprinkle salt, pepper, and sage, dried, over the inside; but first warm a little butter to baste it, and then flour it; roll the pork tight, and tie it; then roast by a hanging jack. About two hours will do it.

Spare-Rib

Should be basted with a very little butter and a little flour, and then sprinkled with dried sage crumbled.— Apple-sauce and potatoes for roasted pork.

Pork Griskin,

is usually very hard; the best way to prevent this is, to put it into as much cold water as will cover it, and let it boil up; then instantly take it off, and put it into a Dutch oven; a very few minutes will do it. Remember to rub butter over it, and then flour it; before you put it to the fire.

Blade-bone of Pork,

Is taken from the bacon-hog; the less meat left on it, in moderation, the better. It is to be broiled; and when just done, pepper and salt it. Put to it a piece of butter, and a tea-spoonful of mustard; and serve it covered, quickly. This is a Somersetshire dish.

To dress Pork as Lamb.

Kill a young pig of four or five months old; cut up the fore-quarter for roasting as you do lamb, and truss the shank close. The other parts will make delicate pickled pork or steaks, pies, &c.

Pork-steaks.

Cut them from a loin or neck, and of middling thickness: pepper and broil them, turning them often; when nearly done, put on salt, rub a bit of butter over, and serve the moment they are taken off the fire, a few at a time.

To pickle Pork.

The quantities proportioned to the middlings of a pretty large hog, the hams and shoulders being cut off.

Mix, and pound fine, four ounces of saltpetre, a pound of coarse sugar, an ounce of sal-prunel, and a little common salt: sprinkle the pork with salt, and drain it twenty-four hours; then rub with the above; pack the pieces tight in a small deep tub, filling up the spaces with common salt. Place large pebbles on the pork, to prevent it from swimming in the pickle which the salt will produce. If kept from air, it will continue very fine for two years.

Sausages.

Chop fat and lean pork together; season it with sage, pepper and salt, and you may add two or three berries of allspice; *half fill* hog's guts that have been soaked and made extremely clean: or the meat may be kept in a very small pan closely covered: and so rolled and dusted with a very little flour before it is fried. Serve on stewed red cabbage; or mash potatoes put in a form, brown with salamander, and garnish with the

above; they must be pricked with a fork before they are dressed, or they will burst.

An excellent Sausage to eat cold.

Season fat and lean pork with some salt, saltpetre, black pepper, and allspice, all in fine powder, and rub into the meat; the sixth day cut it small, and mix with it some shred shallot or garlic, as fine as possible.—Have ready an ox-gut that has been scoured, salted, and soaked well, and fill it with the above stuffing; tie up the ends, and hang it to smoke as you would ham but first wrap it in a fold or two of old muslin. It must be high-dried. Some eat it without boiling, but others like it boiled first. The skin should be tied in different places, so as to make each link about eight or nine inches long.

Sausages.

Chop a pound and a half of pork, and the same of veal, cleared of skin and sinews; add three quarters of a pound of beef-suet; mince and mix them: steep the crumb of a penny-loaf in water, and mix it with the meat, with also a little dried sage, pepper and salt.

To scald a sucking Pig.

The moment the pig is killed, put it into cold water for a few minutes; then rub it over with a little resin beaten extremely small, and put it into a pail of scalding water half a minute; take it out, lay it on a table, and pull off the hair as quickly as possible; if any part does not come off, put it in again. When quite clean, wash it well with warm water, and then in two or three cold waters, that no flavour of the resin may remain. Take off all the feet at the first joint; make a slit down the belly, and take out the entrails; put the liver, heart, and lights, to the feet. Wash the pig well in cold water, dry it thoroughly, and fold it in a wet cloth to keep it from the air.

To roast a sucking Pig.

If you can get it when just killed, this is of great advantage. Let it be scalded, which the dealers usually do; then put some sage, crumbs of bread, salt, and

pepper, into the belly, and sew it up. Observe to skewer the legs back, or the under part will not crisp.

Lay it to a brisk fire till thoroughly dry; then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge as much flour over as will possibly lie, and do not touch it again till ready to serve; then scrape off the flour very carefully with a blunt knife, rub it well with the buttered cloth, and take off the head while at the fire; take out the brains, and mix them with the gravy that comes from the pig. Then take it up; and without withdrawing the spit, cut it down the back and belly, lay it into the dish, and chop the sage and bread quickly, as fine as you can, and mix them with a large quantity of fine melted butter that has very little flour. Put the sauce into the dish after the pig has been split down the back, and garnished with the ears and the two jaws; take off the upper part of the head down to the snout.

Pettiloes.

Boil them, the liver, and the heart, in a small quantity of water, very gently; then cut the meat fine, and simmer it with a little of the water and the feet split, till the feet are quite tender; thicken with a bit of butter, a little flour, a spoonful of cream, and a little salt and pepper: give it a boil up, pour it over a few sippets of bread, and put the feet on the mince.

To make excellent meat of a Hog's Head.

Split the head, take out the brains, cut off the ears, and sprinkle it with common salt for a day; then drain it: salt it well with common salt and saltpetre three days, then lay the salt and head into a small quantity of water for two days. Wash it, and boil it till all the bones will come out; remove them, and chop the head as quick as possible: but first skin the tongue, and take the skin carefully off the head, to put under and over. Season with pepper, salt, and a little mace or allspice berries. Put the skin into a small pan, press the cut head in, and put the other skin over: press

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it down. When cold, it will turn out, and make a kind of brawn. If too fat, you may put a few bits of lean pork to be prepared the same way. Add salt and vinegar, and boil these with some of the liquor for a pickle to keep it.

To roast a porker's Head.

Choose a fine young head, clean it well, and put bread and sage as for pig; sew it up tight, and on a string or hanging jack roast it as a pig, and serve with the same sauce.

To prepare Pig's Cheek for boiling.

Cut off the snout, and clean the head; divide it, and take out the eyes and the brains; sprinkle the head with salt, and let it drain twenty-four hours. Salt it with common salt and saltpetre: let it lie eight or ten days if to be dressed, without stewing with peas, but less if to be dressed with peas: and it must be washed first and then simmered till all is tender.

To collar Pig's Head.

Scour the head and ears nicely; take off the hair and snout, and take out the eyes and the brain; lay it in water one night, then drain, salt it extremely well with common salt and saltpetre, and let it lie five days. Boil it enough to take out the bones; then lay it on a dresser, turning the thick end of one side of the head towards the thin end of the other, to make the roll of equal size; sprinkle it well with salt and white pepper, and roll it with the ears; and if you approve put the pig's feet round the outside when boned, or the thin parts of two cow-heels. Put it into a cloth, bind with a broad tape, and boil it till quite tender; then put a good weight upon it, and do not take off the covering till cold.

If you choose it to be more like brawn, salt it longer, and let the proportion of saltpetre be greater, and put in also some pieces of lean pork; and then cover it with cow-heel to look like the horn.

This may be kept either in or out of pickle of salt

and water boiled, with vinegar; and is a very convenient thing to have in the house.

If likely to spoil, slice and fry it either with or without batter.

To dry Hog's Cheeks.

Cut out the snout, remove the brains, and split the head, taking off the upper bone to make the chawl a good shape; rub it well with salt; next day take away the brine, and salt it again the following day; cover the head with half an ounce of saltpetre, two ounces of bay-salt, a little common salt, and four ounces of coarse sugar. Let the head be often turned; after ten days, smoke it for a week like bacon.

To force Hog's Ears.

Parboil two pair of ears, or take some that have been soured: make a forcemeat of an anchovy, some sage, parsley, a quarter of a pound of suet chopped, bread-crumbs, pepper, and only a little salt. Mix all these with the yolks of two eggs; raise the skin of the upper side of the ears, and stuff them with the above. Fry the ears in fresh butter, of a fine colour; then pour away the fat, and drain them: make ready half a pint of rich gravy, with a glass of fine sherry, three tea-spoonfuls of made mustard, a little bit of flour and butter, a small onion whole, and a little pepper or Cayenne. Put this with the ears into a stew-pan, and cover it close; stew it gently for half an hour, shaking the pan often. When done enough, take out the onion, place the ears carefully in a dish, and pour the sauce over them. If a larger dish is wanted, the meat from two feet may be added to the above.

Different ways of dressing Pig's feet and Ears.

Clean carefully, and soak some hours, and boil them tender: then take them out; boil some vinegar and a little salt with some of the water, and when cold put it over them. When they are to be dressed, dry them, cut the feet in two, and slice the ears; fry, and serve with butter, mustard, and vinegar. They may be either done in batter, or only floured.

Pig's Feet and Ears Fricasseed.

Put no vinegar into the pickle, if to be dressed with cream. Cut the feet and ears into neat bits, and boil them in a little milk; then pour that from them, and simmer in a little veal-broth, with a bit of onion, mace, and lemon-peel. Before you serve, add a little cream, flour, butter, and salt.

Jelly of Pig's Feet and Ears.

Clean and prepare as in the last article, then boil them in a very small quantity of water, till every bone can be taken out; throw in half an handful of chopped sage, the same of parsley, and a seasoning of pepper, salt, and mace in fine powder; simmer till the herbs are scalded, then pour the whole in a melon form.

Pig's Harslet.

Wash and dry some liver, sweetbreads, and fat and lean bits of pork, beating the latter with a rolling-pin to make it tender: season with pepper, salt, sage, and a little onion shred fine; when mixed, put all into a cawl, and fasten it up tight with a needle and thread.

Roast it on a hanging jack, or by a string.

Or serve in slices with parsley for a fry.

Serve with a sauce of port-wine and water, and mustard, just boiled up, and put into a dish.

Mock Brawn.

Boil a pair of neat's feet very tender: take the meat off, and have ready the belly-piece of pork, salted with common salt and saltpetre for a week. Boil this almost enough: take out the bones, and roll the feet and the pork together. Then roll it very tight with a strong cloth and coarse tape. Boil it till very tender, then hang it up in the cloth till cold, after which keep it in a sousing liquor, as is directed in the next article.

Souse for Brawn, and for Pigs' Feet and Ears.

Boil a quarter of a peck of wheat-bran, a sprig of bay, and a sprig of rosemary, in two gallons of water, with four ounces of salt in it, for half an hour. Strain it, and let it get cold.

To make Black Puddings.

The blood must be stirred with salt till cold. Put a quart of it, or rather more, to a quart of whole grits, to soak one night, and soak the crumb of a quartern loaf in rather more than two quarts of new milk made hot. In the mean time prepare the guts by washing, turning and scraping with salt and water, and changing the water several times. Chop fine a little winter-savoury and thyme, a good quantity of penny-royal, pepper, and salt, a few cloves, some allspice, ginger, and nutmeg, mix these with three pounds of beef-suet, and six eggs well beaten and strained: and then beat bread, grits, &c. all up with the seasoning; when well mixed, have ready some hog's fat cut into large bits, and as you fill the skins, put it in at proper distances. Tie in links only half filled; and boil in a large kettle, pricking them as they swell, or they will burst. When boiled, lay them between clean cloths till cold, and hang them up in the kitchen. When to be used, scald them a few minutes in water, wipe, and put them into a Dutch oven.

If there are not skins enough, put the stuffing into basins, and boil it covered with flour cloths; and slice and fry it when used.

Another way.—Soak at night a quart of bruised grits in as much boiling-hot milk as will swell them and leave half a pint of liquid. Chop a good quantity of penny-royal, some savoury and thyme; salt, pepper, and allspice finely powdered. Mix the above with a quart of the blood, prepared as before directed; then half fill the skins, after they have been cleaned thoroughly, and put as much of the leaf, (that is the inward fat,) of the pig as will make it pretty rich. Boil as before directed. A small quantity of leeks finely shred, and well mixed, is a great improvement.

Another way.—Boil a quart of half-grits in as much milk as will swell them to the utmost: then drain them and add a quart of blood, a pint of rich cream, a pound of suet, some mace, nutmeg, allspice, and four cloves, all in one powder; two pounds of the hog's leaf cut

into dice, two leeks, a handful of parsley, ten leaves of sage, a large handful of penny-royal, a sprig of thyme and knotted marjoram, all minced fine; eight eggs well beaten, half a pound of bread crumbs that have been scalded, with a pint of milk, pepper, and salt. Half fill the skins; which must be cleaned with the greatest care, turned several times, and soaked in several waters, and last in rose water. Tie the skins in links, boil and prick them with a clean fork, to prevent their bursting. Cover them with a clean cloth till cold.

White Hog's Puddings.

When the skins have been soaked and cleaned as before directed, rinse and soak them all night in rose-water, and put into them the following filling; mix half a pound of blanched almonds cut into seven or eight bits, with a pound of grated bread, two pounds of marrow or suet, a pound of currants, some beaten cinnamon, cloves, mace, and nutmeg, a quart of cream, the yolks of six and whites of two eggs, a little orange-flower water, a little fine Lisbon sugar, and some lemon-peel and citron sliced, and half fill the skins. To know whether sweet enough, warm a little in a pan-ikin. In boiling, much care must be taken to prevent the puddings from bursting. Prick them with a small fork as they rise, and boil them in milk and water.— Lay them in a table-cloth till cold.

Hog's Lard

Should be carefully melted in a jar, put into a kettle of water and boiled; run it into bladders that have been extremely well cleaned. The smaller they are the better the lard keeps, as, after the air reaches it, it becomes rank. Put in a sprig of rosemary when melting.

This being a most useful article for frying fish, it should be prepared with care. Mixed with butter, it makes a fine crust.

To cure Hams.

Hang them a day or two; then sprinkle them with a little salt, and drain them another day; pound an ounce

and a half of saltpetre, the same quantity of bay-salt, half an ounce of sal-prunel, and a pound of the coarsest sugar. Mix these well; and rub them into each ham every day for four days, and turn it. If a small one, turn it every day for three weeks: if a large one, a week longer; but do not rub after four days. Before you dry it, drain the cover with bran. Smoke it ten days.

Another way.—Choose the leg of a hog that is fat and well-fed; hang it as above; if large, put to it a pound of bay-salt, four ounces of saltpetre, a pound of the coarsest sugar, and a handful of common salt, all in fine powder, and rub it thoroughly. Lay the rind downwards, and cover the fleshy parts with the salt. Baste it as often as you can with the pickle; the more the better. Keep it four weeks, turning it every day.—Drain it and throw bran over it; then hang it in a chimney where wood is burnt, and turn it sometimes for ten days.

Another way.—Hang the ham, and sprinkle it with salt as above; then rub it every day with the following, in fine powder: half a pound of common salt, the same quantity of bay-salt, two ounces of saltpetre, and two ounces of black pepper, mixed with a pound and a half of treacle. Turn it twice a day in the pickle, for three weeks. Lay it into a pail of water for one night, wipe it quite dry, and smoke it two or three weeks.

Another way, that gives a high flavour.—When the weather will permit, hang the ham three days; mix an ounce of saltpetre with a quarter of a pound of bay-salt, the same quantity of common salt, and also of coarse sugar, and a quart of strong beer, boil them together, and pour them immediately upon the ham; turn it twice a day in the pickle for three weeks. An ounce of black pepper; and the same quantity of allspice, in fine powder, added to the above, will give still more flavour. Cover it with bran when wiped; and smoke it from three to four weeks, as you approve; the latter will make it harder, and give it more of the flavour of Westphalia. Sew hams in hessings, (that is, coarse

wrappers,) if to be smoaked where there is a strong fire.

A method of giving a still higher flavour.—Sprinkle the ham with salt, after it has hung two or three days: let it drain; make a pickle of a quart of strong beer, half a pound of treacle, an ounce of coriander-seeds, two ounces of juniper berries, an ounce of pepper, the same quantity of allspice, an ounce of saltpetre, half an ounce of sal-prunel, a hand full of common salt, and a head of shallot, all pounded or cut fine. Boil these altogether a few minutes, and pour them over the ham; this quantity is for one of ten pounds. Rub and turn it every day for a fortnight; then sew it up in a thir linen bag, and smoke it three weeks. Take care to drain it from the pickle, and rub it in bran, before drying.

To make a pickle that will keep for years, for hams, Tongues, or Beef, if boiled and skimmed between each parcel of them.

To two gallons of spring-water put two pounds of coarse sugar, two pounds of bay, and two pounds and a half of common salt, and half a pound of saltpetre, in a deep earthen glazed pan that will hold four gallons, and with a cover that will fit close. Keep the beef or hams as long as they will bear, before you put them into the pickle; and sprinkle them with coarse sugar in a pan, from which they must drain. Rub the hams, &c. well with the pickle, and pack them in close; putting as much as the pan will hold, so that the pickle may cover them. The pickle is not to be boiled at first. A small ham may lie fourteen days, a large one three weeks; a tongue twelve days, and beef in proportion to its size. They will eat well out of the pickle without drying. When they are to be dried, let each piece be drained over the pan: and when it will drop no longer, take a clean sponge and dry it thoroughly. Six or eight hours will smoke them, and there should be only a little sawdust and wet straw burnt to do this; but if put into a baker's chimney, sew them in coarse cloth, and hang them a week,

To dress Hams.

If long hung, put the ham into water a night, and let it lie either in a hole dug in the earth, or on damp stones sprinkled with water, two or three days, to mellow; covering it with a heavy tub, to keep vermin from it. Wash well, and put it into a boiler with plenty of water: let it simmer four, five or six hours, according to the size. When done enough, if before the time of serving, cover it with a clean cloth doubled, and keep the dish hot over boiling water. Take off the skin, and stréw raspings over the ham. Garnish with carrot. Preserve the skin as whole as possible, to keep over the ham when cold, which will prevent its drying.

Excellent Bacon.

Divide the hog, and take the chine out; it is common to remove the spare-ribs, but the bacon will be preserved better from being rusty if they are left in. Salt the bacon six days, then drain it from the first pickle; mix as much salt as you may judge proper with eight ounces of bay-salt, three ounces of saltpetre, and a pound of coarse sugar to each hog, but first cut off the hams. Rub the salts well in, and turn it every day for a month. Drain and smoke it a few days; or dry without, by hanging in the kitchen, not near the fire.

The manner of curing Bacon.

Sprinkle each flitch with salt, and let the blood drain off for twenty-four hours; then mix a pound and a half of coarse sugar, the same quantity of bay-salt, not quite so much as half a pound of saltpetre, and a pound of common salt, and rub this well on the bacon, turning every day for a month; then hang it to dry, and afterwards smoke it ten days. This quantity of salt, is sufficient for the whole hog.

MUTTON.

Observations on cutting and dressing Mutton.

Take away the pipe that runs along the bone of the inside of a chine of mutton; and if to be kept a great

time, rub the part close round the tail with salt, after first cutting out the kernel.

The kernel in the fat on the thick part of the leg should be taken out by the butcher, for it taints first there. The chine and rib-bones should be wiped every day, and the bloody part of the neck cut off, to preserve it. The brisket changes first in the breast, and if it is to be kept, it is best to rub it with a little salt, should the weather be hot.

Every kernel should be taken out of all sorts of meat as soon as brought in : then wipe dry.

For roasting, it should hang as long as it will keep, the hind quarter especially but not so long as to taint ; for whatever fashion may authorise, putrid juices ought not to be taken into the stomach.

Mutton for boiling will not look of a good colour if it has hung long.

Great care should be taken to preserve by paper the fat of what is roasted.

Leg of Mutton.

If roasted, serve with onion or currant-jelly sauce, if boiled, with caper-sauce and vegetables.

Neck of Mutton

is particularly useful, as so many dishes may be made of it ; but it is not advantageous for the family. The bones should be cut short, which the butchers will not do unless particularly desired.

The best end of the neck may be boiled, and served with turnips, or roasted, or dressed in steaks, in pies, or harico.

The scrags may be stewed in broth ; or with a small quantity of water, some small onions, a few peppercorns, and a little rice, and served together.

When a neck is to be boiled to look particularly nice, saw down the chine-bone, strip the ribs half-way down, and chop off the ends of the bones about four inches. The skin should not be taken off till boiled, and then the fat will look the whiter.

When there is more fat to the neck or loin of mut-

ton than is agreeable to eat with the lean, it makes an uncommonly good suet-pudding, or crust for a meat-pie, if cut very fine.

Shoulder of Mutton roasted.

Serve with onion-sauce. The blade-bone may be broiled.

To dress Haunch of Mutton.

Keep it as long as it can be preserved sweet by the different modes; let it be washed with warm milk and water, or vinegar, if necessary; but when to be dressed, observe to wash it well, lest the outside should have a bad flavour from keeping. Put a paste of coarse flour or strong paper, and fold the haunch in; set it a great distance from the fire, and allow a proportionable time for the paste; do not take it off till about thirty-five or forty minutes before serving, and then baste it continually. Bring the haunch nearer to the fire before you take off the paste, and froth it up as you would venison.

A gravy must be made of a pound and a half of loin of old mutton, simmered in a pint of water to half, and no seasoning but salt; brown it with a little burnt sugar, and send it up in the dish; but there should be a good deal of gravy in the meat, for though long at the fire, the distance and covering will prevent its roasting out.

Serve with currant-jelly sauce.

To roast a Saddle of Mutton.

Let it be well kept first. Raise the skin, and then skewer it on again; take it off a quarter of an hour before serving, sprinkle it with some salt, baste it, and dredge it well with flour. The rump should be split, and skewered back on each side. The joint may be large or small according to the company; it is the most elegant if the latter. Being broad, it requires a high and strong fire.

Fillet of Mutton braised.

Take off the chump end of the loin, butter some paper, and put over it and then paste as for venison;

time, rub the part close round the tail with salt, after first cutting out the kernel.

The kernel in the fat on the thick part of the leg should be taken out by the butcher, for it taints first there. The chine and rib-bones should be wiped every day, and the bloody part of the neck cut off, to preserve it. The brisket changes first in the breast, and if it is to be kept, it is best to rub it with a little salt, should the weather be hot.

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Fillet of Mutton braised.

Take off the chump end of the loin, butter some paper, and put over it and then paste as for venison;

roast it two hours. Do not let it be the least brown. Have ready some French beans boiled, and drained on a sieve, and while the mutton is glazing, give them one heat-up in gravy, and lay them on the dish with the meat over them.

Harrico.

Take off some of the fat, and cut the middle or best end of the neck into rather thin steaks, flour and fry them in their own fat of a fine light brown, but not enough for eating. Then put them into a dish while you fry the carrots, turnips, and onions, the carrots and turnips in dice, the onions sliced, but they must only be warmed, not browned, or you need not fry them. Then lay the steaks at the bottom of a stew-pan, the vegetables over them, and pour as much boiling water as will cover them, give one boil, skim well, and then set the pan on the side of the fire to simmer gently till tender. In three or four hours skim them, and add pepper, salt, and a spoonful of ketchup.

To hash Mutton.

Cut thin slices of dressed mutton, fat and lean; flour them, have ready a little onion boiled in two or three spoonfuls of water, add to it a little gravy, and the meat seasoned, and make it hot, but not to boil. Serve in a covered dish. Instead of onion, a clove, a spoonful of currant jelly, and half a glass of port-wine, will give an agreeable flavour of venison, if the meat be fine.

Pickled cucumber, or walnut, cut small, warm in it for change.

To boil a Shoulder of Mutton with Oysters.

Hang it some days, then salt it well for two days, bone it, and sprinkle it with pepper, and a bit of mace pounded; lay some oysters over it, and roll the meat up tight and tie it. Stew it in a small quantity of water, with an onion and a few pepper-corns, till quite tender.

Have ready a little good gravy, and some oysters stewed in it, thicken this with flour and butter, and

pour over the mutton when the tape is taken off. The stew-pan should be kept close covered.

Breast of Mutton.

Cut off the superfluous fat, and roast and serve the meat with stewed cucumbers; or to eat cold, covered with chopped parsley. Or half broil, and then grill it before the fire; in which case cover it with crumbs and herbs, and serve with caper-sauce. Or if boned, take off a good deal of the fat, and cover it with bread, herbs, and seasoning, then roll and boil, and serve with chopped walnuts, or capers and butter.

Loin of Mutton

Roasted; if cut lengthways as a saddle, some think it cuts better. Or for steaks, pies, or broth.

To roll Loin of Mutton.

Hang the mutton till tender; bone it; and lay a seasoning of pepper, allspice, mace, nutmeg, and a few cloves, all in fine powder, over it. Next day prepare a stuffing as for hare; beat the meat, and cover it with the stuffing; roll it up tight, and tie it. Half-bake it in a slow oven; let it grow cold; take off the fat, and put the gravy into a stew-pan; flour the meat, and put it in likewise, stew it till almost ready; and add a glass of port wine, some ketchup, an anchovy, and a little lemon pickle, half an hour before serving; serve it in the gravy, and with jelly sauce. A few fresh mushrooms are a great improvement; but if to eat like hare, do not use these, nor the lemon pickle.

Mutton Ham.

Choose a fine-grained leg of wether mutton, of twelve or fourteen pounds weight; let it be cut ham-shape, and hang two days. Then put into a stew-pan half a pound of bay-salt, the same of common salt, two ounces of saltpetre, and half a pound of coarse sugar, all in powder; mix, and make it quite hot; then rub it well into the ham. Let it be turned in the liquor every day; at the end of four days put two ounces more of

common salt; in twelve days take it out, dry it and hang it up in wood smoke a week. It is to be used in slices, with stewed cabbage, mashed potatoes, or eggs.

Mutton Collops.

Take a loin of mutton that has been well hung; and cut from the part next the leg, some collops very thin. Take out the sinews. Season the collops with salt, pepper, and mace; and strew over them shred parsley, thyme, and two or three shallots; fry them in butter till half done; add half a pint of gravy, a little juice of lemon, and a piece of butter rubbed in flour; and simmer the whole very gently five minutes. They should be served immediately, or they will be hard.

Mutton Cutlets in the Portuguese way.

Cut the chops; and half fry them with sliced shallot or onion, chopped parsley, and two bay leaves; season with pepper and salt; then lay a forcemeat on a piece of white paper, put the chop on it, and twist the paper up, leaving a hole for the end of the bones to go through. Broil on a gentle fire. Serve with sauce Robart; or, as the seasoning makes the cutlets high, a little gravy.

Mutton Steaks

Should be cut from a loin or neck that has hung; if a neck, the bones should not be long. They should be broiled on a clear fire, seasoned when half-done, and often turned; take them up into a very hot dish, rub a bit of butter on each, and serve hot and hot the moment they are done.

Steaks of Mutton, or Lamb, and Cucumbers.

Quarter cucumbers, and lay them into a deep dish, sprinkle them with salt, and pour vinegar over them. Fry the chops of a fine brown, and put them into a stew-pan; drain the cucumbers, and put over the steaks; add some sliced onions, pepper and salt; pour hot water or weak broth on them; stew and skim well.

Mutton Steaks Maintenon.

Half fry, stew them while hot, with herbs, crumbe, and seasoning; put them in paper immediately, and finish on the gridiron. Be careful the paper does not catch; rub a bit of butter on it first to prevent that.

Mutton Sausages.

Take a pound of the rawest part of the leg of mutton that has been either roasted or boiled; chop it extremely small, and season it with pepper, salt, mace, and nutmeg; add to it six ounces of beef-suet, some sweet herbs, two anchovies, and a pint of oysters; all chopped very small; a quarter of a pound of grated bread, some of the anchovy liquor, and the yolks and whites of two eggs well beaten. Put it all, when well mixed, into a little pot, and use it by rolling it into balls of a sausage-shape and frying. If approved, a little shallot may be added, or garlic, which is a great improvement.

To dress Mutton Rumps and Kidneys.

Stew six rumps in some good mutton-gravy half an hour; then take them up, and let them stand to cool. Clear the gravy from the fat; and put into it four ounces of boiled rice, an onion stuck with cloves, and a blade of mace; boil them till the rice is thick. Wash the rumps with yolks of eggs well beaten; and strew over them crumbs of bread, a little pepper and salt, chopped parsley and thyme, and grated lemon-peel. Fry in butter of a fine brown. While the rumps are stewing, lard the kidneys, and put them to roast in a Dutch oven. When the rumps are fried, the grease must be drained before they are put on the dish, and the pan being cleared likewise from the fat, warm the rice in it. Lay the latter on the dish; the rumps put round on the rice, the narrow ends towards the middle, and the kidneys between. Garnish with hard eggs cut in half, the white being left on; or with different coloured pickles.

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An excellent Hotch-potch.

Stew peas, lettuce, and onions, in a very little water with a beef or ham-bone. While these are doing, fry some mutton or lamb stakes seasoned, of a nice brown; three quarters of an hour before dinner, put the steaks into a stew-pan, and the vegetables over them; stew them, and serve all together in a tureen.

Another.—Knuckle of veal, and scrag of mutton, stewed with vegetables as above; to both add a bit of butter rolled in flour.

Mutton kebobbed.

Take all the fat out of a loin of mutton, and that on the outside also if too fat, and remove the skin. Joint it at every bone; mix a small nutmeg grated with a little salt and pepper, crumbs, and herbs; dip the steaks into the yolks of three eggs, and sprinkle the above mixture all over them. Then place the steaks together as they were before they were cut asunder, tie them and fasten them on a small spit. Roast them at a quick fire; set a dish under, and baste them with a good piece of butter and the liquor that comes from the meat; but throw some more of the above seasoning over. When done enough, take it up, and lay it in a dish; and put into it two spoonfuls of ketchup, and rub down a tea-spoonful of flour with it; give this a boil, and pour it over the mutton, but first skim off the fat well. Mind to keep the meat hot till the gravy is quite ready.

China Chilo.

Mince a pint-bason of undressed neck of mutton, or leg, and some of the fat: put two onions, a lettuce, a pint of green peas, a tea-spoonful of salt, a tea-spoonful of pepper, four spoonfuls of water, and two or three ounces of clarified butter, into a stew-pan closely covered: simmer two hours, and serve in the middle of a dish of boiled dry rice. If Cayenne is approved, add a little,

LAMB.

Leg of Lamb.

Should be boiled in a cloth, to look as white as possible. The loin fried in steaks and served round, garnished with dried or fried parsley; spinach to eat with it; or dressed separately, or roasted.

Fore-quarter of Lamb.

Roast it either whole or in separate parts. If left to be cold, chopped parsley should be sprinkled over it. The neck and breast together are called a scoven.

Breast of Lamb and Cucumbers.

Cut off the chine-bone from the breast and set it on to stew with a pint of gravy. When the bones would draw out, put it on the gridiron to grill; and then lay it in a dish on cucumbers nicely stewed.

Shoulder of Lamb forced, with sorrel-sauce.

Bone a shoulder of lamb, and fill it up with forcemeat; braise it two hours over a slow stove. Take it up, glaze it; or it may be glazed only, and not braised. The method for both, see page 95. Serve with sorrel-sauce under the lamb.

Lamb Steaks.

Fry them of a beautiful brown when served, throw over them a good quantity of crumbs of bread, fried, and crimped parsley: the receipt for doing which of a fine colour will be given under the head of *Vegetables*.

Mutton or lamb-steaks, seasoned and broiled in buttered papers, either with crumbs and herbs, or without, are a genteel dish and eat well.

Sauce for them, called sauce Robart, will be found in the list of *Sauces*.

House-lamb Steaks, white,

Stew them in milk and water till very tender, with a bit of lemon-peel, a little salt, some pepper and mace. Have ready some veal gravy, and put the steaks into it; mix some mushroom powder, a cup of cream, and

the least bit of flour, shake the steaks in this liquor, stir it, and let it get quite hot. Just before you take it up, put in a few white mushrooms. This is a good substitute when poultry is very dear.

House-lamb Steaks, brown.

Season them with pepper, salt, nutmeg, grated lemon-peel, and chopped parsley; but dip them first into egg; fry them quick. Thicken some good gravy with a bit of flour and butter; and add to it a spoonful of port wine, and some oysters: boil it up, and then put in the steaks warm; let them heat up and serve. You may add palates, balls, or eggs, if you like.

Lamb Cutlets with Spinach.

Cut the steaks from the loin, and fry them; the spinach is to be stewed and put into the dish first, and then the cutlets round it.

Lamb's Head and Hinge.

This part is best from a house-lamb: but any, if soaked in cold water, will be white. Boil the head separately till very tender. Have ready the liver and lights three parts boiled and cut small: stew them in a little of the water in which they were boiled, season and thicken with flour and butter, and serve the mince round the head.

Lamb's Fry.

Serve it fried of a beautiful colour, and with a good deal of dried or fried parsley over.

Lamb's Sweetbreads.

Blanch them, and put them a little while into cold water. Then put them into a stew-pan, with a ladleful of broth, some pepper and salt, a small bunch of small onions, and a blade of mace: stir in it a bit of butter and flour, and stew half an hour. Have ready two or three eggs well beaten in cream, with a little minced parsley and a few grates of nutmeg. Put in some boiled asparagus-tops to the other things. Do not let it boil after the cream is in; but make it hot, and stir it well all the while. Take great care it does not cur-

He. Young French beans or peas may be added, first boiled of a beautiful colour.

Fricasseeed Lamb-stones.

Skin and wash, then dry and flour them; fry of a beautiful brown in hog's lard. Lay them on a sieve before the fire till you have made the following sauce: Thicken almost half a pint of veal-gravy with a bit of flour and butter, and then add to it a slice of lemon, a large spoonful of mushroom-ketchup, a tea-spoonful of lemon-pickle, a grate of nutmeg, and the yolk of an egg beaten well in two large spoonfuls of thick cream. Put this over the fire, and stir it well till it is hot, and looks white; but do not let it boil, or it will curdle. Then put in the fry, and shake it about near the fire for a minute or two. Serve in a very hot dish and cover.

Fricassee of Lamb-stones and Sweetbreads, another way.

Have ready some lamb-stones blanched, parboiled, and sliced. Flour two or three sweetbreads; if very thick, cut them in two. Fry all together, with a few large oysters, of a fine yellow brown. Pour the butter off; and add a pint of good gravy; some asparagus-tops about an inch long, a little nutmeg, pepper, and salt, two shallots shred fine, and a glass of white wine. Simmer ten minutes, then put a little of the gravy to the yolks of three eggs well beaten, and by degrees mix the whole. Turn the gravy back into the pan, and stir it till of a fine thickness without boiling. Garnish with lemon.

A very nice dish.

Take the best end of the neck of lamb, cut it into stakes, and chop each bone so short as to make the stakes almost round. Egg, and strew with crumbs, herbs, and seasoning: fry them of the finest brown, mash some potatoes with a little butter and cream, and put them into the middle of the dish raised high. Then place the edge of one stake on another with the small bone upward, all round the potatoes.

Pies of different meats are directed under the general head of *savoury pies*.

POULTRY, GAME, &c.

To choose Poultry, Game, &c.

A Turkey Cock.—If young, it has a smooth black leg; with a short spur. The eyes full and bright, if fresh, and the feet supple and moist. If stale, the eyes will be sunk, and the feet dry.

Hen Turkey is known by the same rules; but if old, her legs will be red and rough.

Fowls.—If a cock is young, his spurs will be short; but take care to see they have not been cut or pared, which is a trick often practised. If fresh, the vent will be close and dark. Pullets are best just before they begin to lay, and yet are full of egg: if old hens, their combs and legs will be rough, if young, they will be smooth. A good capon has a thick belly and a large rump: there is a particular fat at his breast, and the comb is very pale. Black-legged fowls are most moist, if for roasting.

Geese.—The bill and feet of a young one will be yellow, and there will be but few hairs upon them; if old, they will be red; if fresh, the feet will be pliable: if stale, dry and stiff. Geese are called green till three or four months old. Green geese should be scalded: a stubble goose should be picked dry.

Ducks.—Choose them by the same rules, of having supple feet, and by their being hard and thick on the breast and belly. The feet of a tame duck are thick, and inclining to dusky yellow; a wild one has the feet reddish, and smaller than the tame. They should be picked dry. Ducklings must be scalded.

Pigeons should be very fresh; when they look flabby about the vent, and this part is discoloured, they are stale. The feet should be supple, if old, the feet are harsh. The tame ones are larger than the wild, and are thought best by some persons: They should be fat and tender; but may be deceived in their size, because a full crop is as large as the whole body of a small pigeon.

The wood pigeon is large, and the flesh dark colour-

ed : if properly kept, and not over roasted, the flavour is equal to teal. Serve with a good gravy.

Plovers.—Choose those that feel hard at the vent, which shows they are fat. In other respects, choose them by the same marks as other fowl. When stale the feet are dry. They will keep sweet a long time. There are three sorts ; the grey, green, and bastard plover, or lapwing.

Rabbit.—If the claws are blunt and rugged, the ears dry and tough, and the haunch thick, it is old ; but if the claws are smooth and sharp, the ears easily tear, and the cleft in the lip is not much spread, it is young. If fresh and newly killed, the body will be stiff, and in hares the flesh pale. But they keep a good while by proper care ; and are best when rather beginning to turn, if the inside is preserved from being musty.

Partridges.—They are in season in autumn. If young, the bill is of a dark colour, and the legs yellowish ; if fresh, the vent will be firm, but this part will look greenish if stale.

Pheasants.—The cock-bird is accounted best, except when the hen is with egg. If young, he has short blunt or round spurs, but if old, they are long and sharp.

Directions for dressing Poultry and Game.

All poultry should be very carefully picked, every plug removed, and the hair nicely singed with white paper.

The cook must be careful in drawing poultry of all sorts, not to break the gall-bag, for no washing will take off the bitter where it has touched.

In dressing wild fowl, be careful to keep a clear brisk fire. Let them be done of a fine yellow-brown, but leave the gravy in : the fine flavour is lost if done too much.

Tame fowls require more roasting, and are longer in heating through than others. All sorts should be continually basted, that they may be served with a froth and appear of a fine colour.

A large fowl will take three quarters of an hour ; a

middling one half an hour, and a very small one or a chicken, twenty minutes. The fire must be very quick and clear before any fowls are put down. A capon will take from half an hour to thirty-five minutes, a goose an hour, wild ducks a quarter of an hour, pheasants twenty minutes, a small turkey stuffed an hour and a quarter, turkey-poults, twenty minutes, grouse a quarter of an hour, quails, ten minutes, and partridges from twenty to twenty-five minutes.

Pigs and geese require a brisk fire, and quick turning. Rabbits must be well attended to, and the extremities brought to the quick part of the fire, to be done equally with the backs.

POULTRY.

To boil Turkey.

Make a stuffing of bread, herbs, salt, pepper, nutmeg, lemon-peel, a few oysters or an anchovy, a bit of butter, some suet, and an egg: put this into the crop, fasten up the skin, and boil the turkey in a floured cloth to make it very white. Have ready a fine oyster-sauce made rich with butter, a little cream, and a spoonful of soy, if approved, and pour it over the bird; or liver and lemon-sauce. Hen-birds are best for broiling, and should be young.

To roast Turkey.

The sinews of the leg should be drawn, whichever way it is dressed. The head should be twisted under the wing: and in drawing it, take care not to tear the liver, nor let the gall touch it.

Put a stuffing of sausage-meat; or if sausages are to be served in the dish, a bread stuffing. As this makes a large addition to the size of the bird, observe that the heat of the fire is constantly to that part; for the breast is often not done enough. A little strip of paper should be put on the bone, to hinder it from scorching while the other parts roast. Baste well and froth it up. Serve with gravy in the dish, and plenty of bread-sauce in a sauce-tureen. Add a few crumbs and a beaten egg, to the stuffing of sausage-meat.

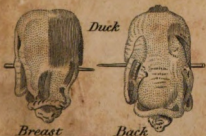
Turkey for Roasting



Turkey for Boiling



Chicken or Fowl for Roasting



Duck

Breast

Back

Goose



Woodcock or Snipe



Pigeon



Pheasant or Partridge



Rabbit for Roasting



Rabbit for Boiling



Pulled Turkey.

Divide the meat of the breast by pulling instead of cutting; then warm it in a spoonful or two of white gravy, and a little cream, grated nutmeg, salt, and a little flour and butter; do not boil it. The leg should be seasoned, scored, and broiled, and put into the dish with the above round it. Cold chicken does as well.

To boil Fowl.

For boiling, choose those that are not black-legged. Pick them nicely, singe, wash, and truss them. Pluck them, and put them into boiling water.—See time of dressing, page 106.

Serve with parsley and butter; oyster, lemon, liver, or celery sauce.

If for dinner, ham, tongue, or bacon, is usually served to eat with them; as likewise greens.

To boil Fowl with Rice.

Stew the fowl very slowly in some clear mutton-broth well skimmed; and seasoned with onion, mace, pepper, and salt. About half an hour before it is ready, put in a quarter of a pint of rice well washed and soaked. Simmer till tender; then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of the dish, and the rice around it without the broth. The broth will be very nice to eat as such; but the less liquor the fowl is done with the better. Gravy, or parsley and butter, for sauce.

Fowls roasted.

Serve with egg-sauce, bread-sauce, or garnished with sausages or scalded parsley.

A large barn-door fowl, well hung, should be stuffed in the crop with sausage-meat; and served with gravy in the dish, and with bread-sauce.

The head should be turned under the wing as a turkey.

Fowl broiled.

Split them down the back; pepper, salt, and broil. Serve with mushroom-sauce.

Another way.—Cut a large fowl into four quarters, put them on a bird-spit, and tie that on another spit, and half roast; or half roast the whole fowl, and finish either on the gridiron, which will make it less dry than if wholly broiled. The fowl that is not cut before roasted, must be split down the back after.

Davenport Fowls.

Hang young fowls a night; take the livers, hearts, and the best part of the gizzards, shred very small, with an handful of young clary, an anchovy to each fowl, onion, and the yolks of four eggs boiled hard, with pepper, salt, and mace to your taste. Stuff the fowls with this, and sew up the vents and necks quite close, so the water may not get in. Boil them in salt and pepper till almost done: then drain them and put them in a stewpan with butter enough to brown them. Serve them with fine melted butter, and a spoonful of ketchup, either sort, in the dish.

A nice way to dress Fowl for a small Dish.

Bone-singe, and wash a young fowl; make a force-meat of four ounces of veal, two ounces of scraped lean of ham, two ounces of fat bacon, two hard yolks of eggs, a few sweet herbs chopped, two ounces of beef-suet, a teaspoonful of lemon-peel minced quite fine, an anchovy, salt, pepper, and a very little Cayenne. Beat all in a mortar, with a tea-cupful of crumbs, and the yolks and whites of three eggs. Stuff the inside of the fowl, and draw the legs and wings inwards; tie the neck and rump close. Stew the fowl in a white gravy; when it is done through and tender, add a large cupful of cream, and a bit of butter and flour: and give it one boil, and serve; the last thing add the squeeze of lemon.

To force Fowl, &c.

Is to stuff any part with force-meat, and is put usually between the skin and flesh.

To braise

Is to put meat into a stew-pan, covered with fat bacon:

Then add six or eight onions, a faggot of herbs, carrots if to be brown, celery, any bones or trimmings of meat fowls, and some stock (which you will find among *Soups* and *Gravies*.) The bacon must be covered with a paper, and the lid of the pan must be put down close.— Set it on a slow stove; and, according to what it is, it will require two or three hours. The meat is then to be taken out; and the gravy very nicely skimmed and set on to boil *very quick* till it is thick. The meat is to be kept hot: and if larded, put into the oven for *about* minutes: and then put the jelly over it, which is called glazing, and is used for ham, tongue, and many made-dishes. White wine is added to some glazing. The glaze should be of a beautiful clear yellow brown, and it is best to put it on with a nice brush.

Fricassee of Chickens.

Boil rather more than half, in a small quantity of water: let them cool, then cut up, and put to simmer in a little gravy made of the liquor they are boiled in, and a bit of veal or mutton, onion, mace, and lemon-peel, some white pepper, and a bunch of sweet herbs. When quite tender, keep them hot while you thicken the sauce in the following manner: strain it off, and put it back into the saucepan with a little salt, a scrape of nutmeg, and a bit of flour and butter; give it one boil; and when you are going to serve, beat up the yolk of an egg, and add half a pint of cream, and stir them over the fire, but do not let it boil. It will be quite as good without the egg.

The gravy may be made (without any other meat) of the necks, feet, small wing-bones, gizzards, and livers; which are called the trimmings of the fowls.

To pull Chickens.

Take off the skin, and pull the flesh off the bone of a cold fowl in as large pieces as you can: dredge it with flour, and fry it of a nice brown in butter. Drain the butter from it; and then simmer the flesh in a good gravy well seasoned, and thickened with a little flour and butter. Add the juice of half a lemon.

Another way.—Cut off the legs and the whole back of a dressed chicken; if underdone the better. Pull all the white part into little flakes free from skin; toss it up with a little cream thickened with a piece of butter, mixed with flour, half a blade of mace in powder, white pepper, salt, and a squeeze of lemon. Cut off the neck-end of the chicken, and broil the back and sidesmen in one piece, and the two legs seasoned. Put the hash in the middle, with the back on it, and the two legs at the end.

Chicken Currie.

Cut up the chickens raw, slice onions, and fry both in butter with great care, of a fine light brown, or if you use chickens that have been dressed, fry only the onions. Lay the joints, cut into two or three pieces each, into a stew-pan, with a veal or mutton gravy, and a clove or two of garlick. Simmer till the chicken is quite tender. Half an-hour before you serve it, rub smooth a spoonful or two of currie powder, a spoonful of flour, and an ounce of butter; and add this, with four large spoonfuls of cream, to the stew. Salt to your taste. *When serving*, squeeze in a little lemon.

Slices of under-done veal, or rabbit, turkey, &c. make excellent currie.

A dish of rice boiled dry must be served. For directions to do this, see the article *Rice* in the *Index*.

Another more easily made.—Cut up a chicken or young rabbit; if chicken, take off the skin. Roll each piece in a mixture of a large spoonful of flour, and half an ounce of currie powder. Slice two or three onions, and fry them in butter of a light brown, then add the meat, and fry altogether till the meat begins to brown. Put it all into a stew-pan, and pour boiling water enough just to cover it. Simmer very gently for two or three hours. If too thick, put more water half an hour before serving.

If the meat has been dressed before, a little broth will be better than water, but the currie is richer when made of fresh meat.