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and  
Frugal House

a New System

DOMESTIC COOK

By  
M<sup>RS</sup>. MARY H.

PRINTED BY

THE  
ECONOMICAL COOK  
and  
Frugal Housewife.

*a New System of*  
DOMESTIC COOKERY.

By  
MRS. MARY HOLLAND.



A NEW EDITION.

London.

Steel Plate.

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THE COMPLETE  
**ECONOMICAL COOK,**

AND

**FRUGAL HOUSEWIFE;**

AN ENTIRELY NEW SYSTEM OF

**DOMESTIC COOKERY,**

CONTAINING APPROVED DIRECTIONS FOR  
PURCHASING, PRESERVING, AND COOKING.

ALSO,

**Crussing & Carbing;**

PREPARING SOUPS, GRAVIES, SAUCES, MADE DISHES,  
POTTING, PICKLING, &c.

WITH DIRECTIONS FOR

**PASTRY AND CONFECTIONERY.**

LIKEWISE THE

ART OF MAKING BRITISH WINES,

BREWING, BAKING, &c.

By **MRS. MARY HOLLAND,**

PROFESSED COOK.

"I had rather you would marry a Young Woman without a Farthing, who is mistress of the art of Domestic Economy, than one who has Ten Thousand Pounds, and unacquainted with that necessary appendage to a good Wife."

DR. JOHNSON.

THE FOURTEENTH EDITION

Considerably amended and enlarged, the result of thirty years' practice.

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DOMESTIC COOKERY  
AND THE ART OF MAKING BREAD, BUTTER,  
AND OTHER HOUSEHOLD ARTICLES.

CONTAINING ALSO THE ART OF PRESERVING  
FRUITS, PICKLES, AND CURED MEATS.

BY  
MISS MARY EATON COLEMAN,  
AUTHOR OF "THE ART OF MAKING BREAD, BUTTER,  
AND OTHER HOUSEHOLD ARTICLES."

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## INTRODUCTION.

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### *Management of Families.*

IN domestic arrangement the table is entitled to no small share of attention, as a well conducted system of domestic management is the foundation of every comfort, and the respectability and welfare of families depend in a great measure on the prudent arrangement of the female whose province it is to manage their domestic concerns.

However the fortunes of individuals may support a large expenditure, it will be deficient in all that can benefit or grace society, and in every thing essential to moral order and rational happiness, if not conducted on a regular system, embracing all the objects of such a situation.

In domestic management, as in education, so much must depend on the particular circumstances of every case, that it is impossible to lay down a system which can be generally applicable.

The immediate plan of every family must be adapted to its own peculiar situation, and can only result from the good sense and early good habits of the parties, acting upon general rational principles.

What one family is to do, must never be measured by what another family does. Each one knows its own resources, and should consult them alone. What might be meanness in one, might be extravagance in another; and therefore there can be no standard of reference but that of individual prudence. The most fatal of all things to private families, is to indulge an ambition to make an appearance above their fortunes, professions, or business, whatever these may be.

The next point, both for comfort and respectability, is, that all the household economy should be uniform, not displaying a parade of show in one thing, and a total want of comfort in another. Besides the contemptible appearance that this must have to every person of good sense, it is productive of consequences, not only of present, but future injury to a family, that are too often irreparable.

To keep rooms for show, where the fortune is equal to having a house that will accommodate the family properly, and admit of this also, belongs to the higher sphere of life; but in private families, to shut up the only room perhaps in the house which is really wholesome for the family to live in, is a kind of lingering murder; and yet how frequently this consideration escapes persons who mean well by their family, but have a grate, a carpet, and chairs, too fine

for every day's use ! What a reflection, when nursing a sick child, that it may be the victim of a bright grate, and a fine carpet ! Or what is still more wounding, to see all the children perhaps rickety and diseased, from the same cause.

Another fruit of this evil, is the seeing more company, and in a more expensive manner, than is compatible with the general convenience of the family, introducing with it an expense in dress, and a dissipation of time, from which it suffers in various ways. Not the least of these, is, the children being sent to school, where the girls had better never go, and the boys not at the early age they are usually sent ; because the mother can spare no time to attend to them at home.

Social intercourse is not improved by parade, but quite the contrary ; real friends, and the pleasantest kind of acquaintance, those who like to be sociable, are repulsed by it. Here is a failure therefore every way—the loss of what is really valuable, and an abortive attempt to be fashionable.

A fundamental error in domestic life of very serious extent, as it involves no less, or even more than the former, the health of the family, arises from the ignorance or mistaken notions of the mistress of the house upon the subjects of diet and cookery.

The subject of cookery is, in general, either despised by women as below their attention, or, when practically engaged in, it is with no other consideration about it than, in the good housewife's phrase, to make the most of every thing,

whether good, bad, or indifferent; or to contrive a thousand mischievous compositions, both savoury and sweet, to recommend their own ingenuity.

The injuries that result from these practices will appear in the course of this work. When these are fully considered, it can no longer be thought derogatory, but must be thought honourable, that a woman should make it her study to avert them. If cookery has been worth studying, as a sensual gratification, it is surely much more so as a means of securing one of the greatest of human blessings—good health.

It is impossible to quit this part of the subject of domestic management without observing, that one cause of a great deal of injurious cookery, originates in the same vanity of show that is productive of so many other evils. In order to set out a table with a greater number of dishes than the situation of the family at all requires, more cookery is often undertaken than there are servants to do it well, or conveniences in the kitchen for the purpose. Thus things are done before they are wanted for serving up, and stand by, spoiling, to make room for others, which are again perhaps to be succeeded by something else; and too often things are served up that would be more in their place thrown away, or used for any thing rather than food.

The leading consideration about food ought always to be its wholesomeness. Cookery may produce savoury and pretty looking dishes without their possessing any of the qualities of



food. It is at the same time both a serious and ludicrous reflection that it should be thought to do honour to our friends and ourselves to set out a table where indigestion and all its train of evils, such as fever, rheumatism, gout, and the whole catalogue of human diseases, lie lurking in almost every dish. Yet this is both done, and taken as a compliment. We have indeed the "unbought grace of polished society, where gluttony loses half its vice by being stripped of its grossness." When a man at a public house dies of a surfeit of beef steak and porter, who does not exclaim, What a beast!

How infinitely preferable is a dinner of far less show where nobody need be afraid of what they are eating! and such a one will be genteel and respectable. If a person can give his friend only a leg of mutton, there is nothing to be ashamed of in it, provided it is a good one, and well dressed.

A house fitted up with plain good furniture, the kitchen furnished with clean wholesome-looking cooking utensils, good fires, in grates that give no anxiety lest a good fire should spoil them, clean good table linen, the furniture of the table and sideboard good of the kind, without ostentation, and a well-dressed plain dinner, bespeak a sound judgment and correct taste in a private family, that place it on a footing of respectability with the first characters in the country. It is only the conforming to our sphere, not the vainly attempting to be above it, that can command true respect.

*Cooking Utensils.*

The various utensils used for the preparation and keeping of food are made either of metal, glass, pottery ware, or wood; each of which is better suited to some particular purposes than the others. Metallic utensils are quite unfit for many uses, and the knowledge of this is necessary to the preservation of health in general, and sometimes to the prevention of immediate dangerous consequences.

The metals commonly used in the construction of these vessels are silver, copper, brass, tin, iron, and lead. Silver is preferable to all the others, because it cannot be dissolved by any of the substances used as food. Brimstone unites with silver, and forms a thin brittle crust over it, that gives it the appearance of being tarnished, which may be accidentally taken with food; but this is not particularly unwholesome, nor is it liable to be taken often, nor in large quantities. The discolouring of silver spoons used with eggs arises from the brimstone contained in eggs.—Nitre or saltpetre has also a slight effect upon silver, but nitre and silver seldom remain long enough together in domestic uses to require any particular caution.

Copper and brass are both liable to be dissolved by vinegar, acid fruits, and pearl-ash. Such solutions are highly poisonous, and great caution should be used to prevent accidents of the kind. Vessels made of these metals are generally tinned, that is, lined with a thin coating of a mixed metal, containing both tin and lead. Neither acids, nor any thing con-

taining pearl-ash, should ever be suffered to remain above an hour in vessels of this kind, as the tinning is dissolvable by acids, and the coating is seldom perfect over the surface of the copper or brass.

The utensils made of what is called block tin are constructed of iron plates coated with tin. This is equally to be dissolved as the tinning of copper or brass vessels, but iron is not an unwholesome substance, if even a portion of it should be dissolved and mixed in the food. Iron is therefore one of the safest metals for the construction of culinary utensils; and the objection to its more extensive use only rests upon its liability to rust, so that it requires more cleaning and soon decays. Some articles of food, such as quinces, orange peel, artichokes, &c., are blackened by remaining in iron vessels, which therefore must not be used for them.

Leaden vessels are very unwholesome, and should never be used for milk and cream, if it be ever likely to stand till it become sour. They are unsafe also for the purpose of keeping salted meats.

The best kind of pottery ware is oriental china, because the glazing is a perfect glass, which cannot be dissolved, and the whole substance is so compact that liquid cannot penetrate it. Many of the English pottery wares are badly glazed, and as the glazing is made principally of lead, it is necessary to avoid putting vinegar and other acids into them. Acids and greasy substances penetrate into unglazed wares, excepting the strong stone

ware; or into those of which the glazing is cracked, and hence give a bad flavour to any thing they are used for afterwards. They are quite unfit therefore for keeping pickles or salted meats. Glass vessels are infinitely preferable to any pottery ware but oriental china, and should be used whenever the occasion admits of it.

Wooden vessels are very proper for the keeping many articles of food, and should always be preferred to those lined with lead. If any substance has fermented or become putrid in a wooden cask or tub, it is sure to taint the vessel so as to make it liable to produce a similar effect upon any thing that may be put into it in future. It is useful to char the insides of these wooden vessels before they are used, by burning wood shavings in them, so as to coat the insides with a crust of charcoal.

As whatever contaminates food in any way must be sure, from the repetition of its baneful effects, to injure the health, a due precaution with respect to all culinary vessels is necessary for its more certain preservation.

### *On Diet.*

That we require food, as vegetables require water, to support our existence, is the primary consideration upon which we should take it. But in our general practice of eating, it cannot be said, "we eat to live," but are living passages or channels, through which we are constantly propelling both solids and fluids, for the

sake of pleasing our palates, at the severe cost often of our whole system.

A reasonable indulgence in the abundant supplies of nature, converted by art to the purposes of wholesome food, is one of the comforts added to the maintenance of life. It is an indiscriminate gratification of our tastes, regardless of the consequences that may ensue from it, that is alone blameable. But so great is our general apathy in these respects, that even on the occurrence of diseases, from which we are all more or less sufferers, we scarcely ever reflect on our diet, as the principal, if not the sole cause of them. We assign them to weather, to infection, to hereditary descent, to spontaneous breeding, as if a disease could originate without a cause; or to any frivolous imaginary source, without suspecting, or being willing to own, mismanagement of ourselves.

We derive the renewal of our blood and juices, which are constantly exhausting, from the substances we take as food. As our food, therefore, is proper or improper, too much or too little, so will our blood and juices be good or bad, overcharged or deficient, and our state of health accordingly good or diseased.

By aliment, or food, is to be understood whatever we eat or drink, including seasonings; such as salt, sugar, spices, vinegar, &c; every thing, in short, which we receive into our stomachs. Our food, therefore, consists not only of such particles as are proper for the nourishment and support of the human body, but likewise contains certain active principles, viz. salts, oils, and spirits, which have the pro-

perties of stimulating the solids, quickening the circulation, and making the fluids thinner; thus rendering them more suited to undergo the necessary secretions of the body.

The art of preserving health, and obtaining long life, therefore, consists in the use of a moderate quantity of such diet as shall neither increase the salts and oils, so as to produce disease; nor diminish them, so as to suffer the solids to become relaxed.

It is very difficult, almost impossible, to ascertain exactly what are the predominant qualities either in our bodies or in the food we eat. In practice, therefore, we can have no other rule but observing by experience what it is that hurts or does us good; and what it is our stomach can digest with facility, or the contrary. But then we must keep our judgment unbiassed, and not suffer it to become a pander to the appetite, and thus betray the stomach and health, to indulge our sensuality.

The eating too little is hurtful, as well as eating too much. Neither excess, nor hunger, nor any thing else that passes the bounds of nature, can be good to man.

By loading the stomach, fermentation is checked, and of course digestion impeded; for the natural juice of the stomach has not room to exert itself, and it therefore nauseates its contents, is troubled with eructations, the spirits are oppressed, obstructions ensue, and fever is the consequence. Besides, that when thus overfilled, the stomach presses on the diaphragm, prevents the proper play of the lungs, and occasions uneasiness in our breathing. Hence

arise various ill symptoms and depraved effects throughout the body, enervating the strength, decaying the senses, hastening old age, and shortening life. Though these effects are not immediately perceived, yet they are certain attendants of intemperance; for it has been generally observed in great eaters, that, though from custom, a state of youth, and a strong constitution, they have no present inconvenience, but have digested their food, suffered surfeit, and borne their immoderate diet well; if they have not been unexpectedly cut off, they have found the symptoms of old age come on early in life, attended with pains and innumerable disorders.

With respect to the choice of aliment, those who abound with blood should be sparing in the use of what is highly nourishing, such as fat meat, strong ale, rich wines, and the like. Their diet ought to consist chiefly of the vegetable kind, and their drink ought to be water, cider, perry, or small-beer. People whose solids are weak and relaxed, should avoid every thing that is hard of digestion. A nourishing diet, and sufficient exercise in the open air, are what, in point of health, will most avail them. To use freely a nourishing diet, is improper for those who have a tendency to be fat. They ought likewise to be sparing in the use of malt liquors, and to take a good deal of exercise. Those on the contrary, who are lean, should follow an opposite course. Persons who are troubled with eructations or belchings from the stomach, inclined to putrefaction, ought to live chiefly on acid vegetables; while on the other

hand, people whose food is apt to become sour on the stomach, should make the greater part of their diet consist of animal food. Persons afflicted with nervous complaints, or with the gout, ought to avoid all flatulent food, and whatever is hard of digestion; besides, their diet should be spare, and of an opening nature. The age, constitution, and manner of life, are circumstances which merit attention in the choice of proper diet; and sedentary people should live more sparingly than those who are accustomed to much labour. People who are troubled with any complaint, ought to avoid such aliments as have a tendency to increase it. Thus, such as are scorbutic ought not to indulge themselves much in salt provisions; while one who is troubled with the gravel, should be cautious in using too much acid, or food of an astringent kind.

The diet ought not only to be such as is best adapted to the constitution, but likewise be taken at regular periods, for long fasting is hurtful in every stage of life. In young persons, it vitiates the fluids, as well as prevents the growth of the body. Nor is it much less injurious to those more advanced in life; as the humours, even in the most healthy state, have a constant tendency to acrimony; the prevention of which requires frequent supplies of fresh nourishment. Besides, long fasting is apt to produce wind in the stomach and bowels, and sometimes even giddiness, and faintness, though the strong and healthy suffer less from long fasting than the weak and delicate.

All great and sudden changes in diet are



universally dangerous; particularly the transition from a rich and full diet to one that is low and sparing. When, therefore, a change becomes expedient, it ought always to be made by degrees.

The practice is not uncommon to eat a light breakfast, and a heavy supper: but the latter of these is hurtful, often producing apoplexy, and always indigestion and nightmare. Where this is not practised, there will generally be found a disposition to make a more hearty breakfast.

It is a disputed point, whether a short sleep after dinner be not useful for promoting digestion; and in several countries the practice certainly is indulged with impunity, if not with evident advantage; besides that it seems to be consistent with the instinct of nature. It is however, only among a certain class that the practice can be used with propriety; and whoever adopts it, ought to confine the indulgence to a short sleep of a few minutes. For, if it be continued longer, there arises more loss, from the increase of insensible perspiration, than can be compensated by all the advantages supposed to accrue to digestion.

Those who use such a custom, which may be allowable to the aged and delicate, ought to place themselves in a reclining, not a horizontal, posture; because in the latter situation the stomach presses upon a part of the intestines, and the blood is consequently impelled to the head.

Some stomachs digest their contents sooner than others, and if long empty, it may destroy

the appetite, and greatly disturb both the head and animal spirits; for, from the great profusion of nerves spread upon the stomach, there is an immediate sympathy between that and the head. Hence the head is sure to be affected by whatever disorders the stomach, whether from any particular aliment that disagrees with it, or being overfilled, or too long empty. Such as feel a gnawing in the stomach, as it is called, should not wait till the stated time of the next meal, but take a small quantity of light, easily digested food, that the stomach may have something to work on.

Young persons in health, who use much exercise, may eat three times a day. But such as are in years, such as are weak, as do no work, use no exercise, or lead a sedentary life, eating twice in the day is sufficient; or, as in the present habits of society, it might be difficult to arrange the taking only two meals, let them take three very moderate ones. Old and weak persons may eat often, but then it should be very little at a time.

The quality of our food is a subject of greater difficulty than the quantity; moderation is an invariably safe guide in the latter instance; but though always favourable to prevent ill effects from any error in quality, it will not always be effectual.

To a person in good health, with a strong stomach, and whose constant beverage is water, cold or tepid, according to the season, or some aqueous liquor, the niceties of choice in food or cookery are less material than to persons with naturally weak stomachs, or to those in sick-

ness, or for children. But all persons who would to a certainty preserve their health and faculties, and live out the natural term of life, should use plain food, as all high seasonings and compound mixtures have an injurious effect, sooner or later, on the strongest constitutions. If a few instances can be quoted to the contrary, these, like other anomalies in nature, cannot constitute an exception to a well established fact.

No part of our aliment is more important than our beverage. It is essential to moisten and convey our more solid food into the stomach, and from thence to the respective parts of the body; to allay thirst; to dilute the blood, that it may circulate through the minutest vessels; and to dissolve and carry off by the watery secretions the superfluous salts we take in our food. To answer these purposes no liquid is so effectual as pure water, with the exception of some few cases. No other liquid circulates so well, or mixes so immediately with our fluids. All other liquors are impregnated with particles which act strongly upon the solids or fluids, or both; but water being simple, operates only by diluting, moistening, and cooling, which are the great uses of drink pointed out to us by nature. Hence it is evident that water is in general the best and most wholesome drink; but some constitutions require something to warm and stimulate the stomach, and then fermented liquors taken in moderation are proper; such as beer, ale, cider, wine, &c., the choice and quantity of which depend on the age, constitution, and manner of living of the drinker;

and to have them pure is above all things essential; as otherwise, instead of being of any benefit, they will be highly detrimental.

The best water is that which is pure, light, and without any particular colour, taste, or smell. Where water cannot be obtained pure from springs, wells, rivers, or lakes, care should be taken to deprive it of its pernicious qualities by boiling and filtering, but most effectually by distillation. Any putrid substances in the water may be corrected by the addition of an acid. Thus, half an ounce of allum in powder will make twelve gallons of corrupted water pure and transparent in two hours, without imparting a sensible degree of astringency. Charcoal powder has also been found of great efficacy in checking the putrid tendency of water. To the same purpose, vinegar and other strong acids are well adapted.

Drams or distilled spirituous liquors, the use of which is unhappily very prevalent, are of the most poisonous qualities; and from their direful effects are the destruction of thousands. From the degree of heat they have undergone in distillation they acquire a corrosive and burning quality, which makes them as certain to kill as laudanum or arsenic, though not so soon. They contract the fibres and vessels of the body, especially where they are the tenderest, as in the brain, and thus destroy the intellectual faculties. They injure the coat of the stomach, and thus expose the nerves and weaken the fibres till the whole stomach becomes at last soft, flabby, and relaxed. From whence ensues loss of appetite, indigestion, and diseases that gene-

rally terminate in premature death. Spirituous liquors in any way, whether alone, mixed with water, in punch, shrub, noyau, or other liqueurs, are all slow poisons.

It would be endless to enter on an account of the different qualities of all sorts of wines; but it may be said in general, that all the light wines of a moderate strength, due age and maturity, are more wholesome for the constitution than the rich, hot, strong, heavy wines; for the light wines inflame the juices of the body less, and go off the stomach with less difficulty.

The last thing to be said concerning liquors is, that wine and all other strong liquors, are as hard to digest as solid, strong food. This is not only evident with respect to persons of weak stomachs and digestion, but also from strong healthy people, who only drink either water or small beer at their meals, and are able to eat and digest almost double the quantity of what they could if they drank strong liquors. It appears very plain, therefore, that we should not drink strong liquors at our meals, as by their heat and activity they hurry the food undigested into the habit of the body, and by that means lay a foundation for various distempers. An abstinence, in short, from fermented liquors would preserve our mental faculties in vigour, and our bodies from many painful disorders that afflict mankind, as there is no doubt that we may principally ascribe to them the gout, rheumatism, stone, cancer, fevers, hysterics, lunacy, apoplexy, and palsy.

OBSERVATIONS ON THE PROPERTIES OF  
VARIOUS ARTICLES OF FOOD.*Bread.*

Bread is so important an article of domestic expenditure that no waste should be allowed; and to have it cut in the room will in some measure prevent it. Earthen pans with covers keep it best. Bread is very properly eaten with animal food, to correct the disposition to putrescency; but is most expedient with such articles of diet as contain much nourishment in a small bulk, because it then serves to give the stomach a proper degree of expansion. But as it produces a slimy chyle, and disposes to costiveness, it ought not to be eaten in a large quantity. To render bread easy of digestion, it ought to be well fermented and baked; and it never should be used, till it has stood twenty-four hours after being taken out of the oven, otherwise, it is apt to occasion various complaints in those who have weak stomachs; such as flatulence, heartburn, watchfulness, and the like. The custom of eating butter with bread, hot from the oven, is compatible only with very strong digestive powers.

*Milk*

Is of very different consistence in different animals; but that of cows being the kind used in diet, is at present the object of our attention. Milk, where it agrees with the stomach, affords excellent nourishment for those who are weak,

and cannot digest other aliments. It does not readily become putrid, but it is apt to become sour on the stomach, and thence to produce flatulence, heartburn, or gripes, and in some constitutions, a looseness. The best milk is from a cow at three or four years of age, about two months after producing a calf. It is lighter, but more watery, than the milk of sheep and goats; while, on the other hand, it is more thick and heavy than the milk of asses and mares, which are next in consistence to human milk.

On account of the acid which is generated after digestion, milk coagulates in all stomachs; but the caseous or cheesy part is again dissolved by the digestive juices, and rendered fit for the purposes of nutrition. It is improper to eat acid substances with milk, as these would tend to prevent the due digestion of it.

### *Butter.*

Some persons inveigh against the use of butter as universally pernicious; but they might with equal reason condemn all vegetable oils, which form a considerable part of diet in the southern climates, and seem to have been beneficially intended by nature for that purpose. Butter, like every other oily substance, has doubtless a relaxing quality, and if long retained in the stomach, is liable to become rancid; but, if eaten in moderation, it will not produce those effects. It is, however, improper in bilious constitutions. The worst consequence produced by butter, when eaten with bread, is,

that it obstructs the discharge of the saliva in the act of mastication or chewing; by which means the food is not so easily digested. To obviate this effect, it would be a commendable practice at breakfast, first to eat some dry bread, and chew it well, till the salivary glands were exhausted, and afterwards to eat it with butter. By these means such a quantity of saliva might be carried into the stomach as would be sufficient for the purpose of digestion.

### *Cheese*

Is likewise reprobated by many as extremely unwholesome. It is doubtless not easy of digestion; and, when eaten in a great quantity, may overload the stomach; but if taken sparingly, its tenacity may be dissolved by the digestive juices, and it may yield a wholesome, though not very nourishing chyle. Toasted cheese is agreeable to most palates, but is rendered more indigestible by that process.

### *Eggs.*

The eggs of birds are a simple and wholesome aliment. Those of the turkey are superior in all the qualifications of food. The white of eggs is dissolved in a warm temperature, but by much heat it is rendered tough and hard. The yolk contains much oil, and is highly nourishing, but has a strong tendency to putrefaction; on which account, eggs are improper for people of weak stomachs, especially when they are not quite fresh. Eggs boiled hard or fried are



difficult of digestion, and are rendered still more indigestible by the addition of butter. All eggs require a sufficient quantity of salt, to promote their solution in the stomach.

### *Honey.*

Honey is nourishing and wholesome, particularly for persons with coughs, weak lungs, and short breath. It is balsamic, cleansing, and makes the body soluble.

Great care should be taken to get it fresh and pure ; it is apt to turn sour by long keeping.

### *Sugar.*

Sugar used in moderation is nourishing and good, but much of it destroys the appetite, and injures the digestion. Moist sugar is the sweetest, and most opening ; refined sugar, of a binding nature. The preparations made of sugar, such as barley-sugar, sugar-candy, &c., are all indigestible and bad, as the good properties of the sugar are destroyed by the process it undergoes in the making them. They are particularly injurious to children, from cloying their delicate stomachs. Young children are in general better without sugar, as it is very apt to turn acid and disagree with weak stomachs ; and the kind of food they take has natural sweetness enough in it not at all to require it.

### *Salt.*

Salt, moderately used, especially with flesh, fish, butter, and cheese, is very beneficial, as

it naturally stimulates weak or disordered stomachs, and checks fermentations. But if it be immoderately used it has a contrary effect. Very little salt should be used with vegetable food of the grain or seed kind ; for the less salt that is put to it the milder, cooler, pleasanter, and easier of digestion it will be. Salt excites the appetite, assists the stomach in digesting crude phlegmatic substances, is cleansing, and prevents putrefaction ; but if too much used, it heats and dries the blood and natural moisture. It is best for phlegmatic, cold, and moist stomachs ; and most injurious to hot, lean bodies.

Salt-petre is particularly bad for bilious persons.

### *Vinegar.*

Vinegar is cooling, opening, excites the appetite, assists digestion, is good for hot stomachs, resists putrefaction, and therefore very good against pestilential diseases. Too much use of it injures the nerves, emaciates some constitutions, is hurtful to the breast, and makes people look old and withered, with pale lips.

The best vinegar is that which is made of the best wines. Lemon-juice and verjuice have much the same qualities and effects as vinegar.

The commonest vinegar is least adulterated.

### *Mustard.*

Mustard quickens the appetite, warms the stomach, assists in digesting hard meats, and

dries up superfluous moisture. It seldom agrees with weak stomachs.

### *Spices.*

Cayenne pepper, black pepper, and ginger, may be esteemed the best of spices.

Nutmegs, cloves, mace, cinnamon, and allspice, are generally productive of indigestion and headach to weak persons.

### *Tea.*

By some, the use of this exotic is condemned in terms the most vehement and unqualified; while others have either asserted its innocence, or gone so far as to ascribe to it solubrious, and even extraordinary virtues. The truth seems to lie between these extremes: there is, however, an essential difference in the effects of green tea and of black, or of bohea; the former of which is much more apt to affect the nerves of the stomach than the latter, more especially when drank without cream, and likewise without bread and butter. That, taken in a large quantity, or at a later hour than usual, tea often produces watchfulness, is a point that cannot be denied; but if used in moderation, and accompanied with the additions just now mentioned, it does not sensibly discover any hurtful effects, but greatly relieves an oppression of the stomach, and abates a pain of the head. It ought always to be made of a moderate degree of strength: for if too weak, it certainly relaxes the stomach. As it has an

astrigent taste, which seems not very consistent with a relaxing power, there is ground for ascribing this effect not so much to the herb itself as to the hot water, which, not being impregnated with a sufficient quantity of tea, to correct its own emollient tendency, produces a relaxation, unjustly imputed to some noxious quality of the plant. But tea, like every other commodity, is liable to damage, and when this happens, it may produce effects not necessarily connected with its original qualities.

### *Coffee.*

It is allowed that coffee promotes digestion, and exhilarates the animal spirits; besides which, various other qualities are ascribed to it, such as dispelling flatulency, removing dizziness of the head, attenuating viscid humours, increasing the circulation of the blood, and consequently, perspiration; but, if drank too strong, it affects the nerves, occasions watchfulness and tremour of the hands; though, in some phlegmatic constitutions, it is apt to produce sleep. Indeed, it is to persons of that habit that coffee is well accommodated; for, to people of a thin and dry habit of body, it seems to be injurious. Turkey coffee is greatly preferable in flavour to that of the West Indies. Drank, only in the quantity of one dish, after dinner, to promote digestion, it answers best without either sugar or milk; but, if taken at other times, it should have both: or in the place of the latter, cream rather, which not only improves the beverage, but tends to mitigate the effect of coffee upon the nerves.

*Chocolate*

Is rich, nutritious, and soothing, saponaceous, and cleansing; from which quality it often helps digestion, and excites the appetite. It is only proper for some of the leaner and stronger sort of phlegmatic constitutions, and some old people who are healthy, and accustomed to bodily exercise.

*Cocoa*

Is of the same nature as chocolate, but not so rich; and therefore lighter upon the stomach.

## PROPERTIES OF VARIOUS KINDS OF FRUIT.

*Apples*

Are a wholesome vegetable aliment, and in many cases, medicinal, particularly in diseases of the breast, and complaints arising from phlegm. But, in general, they agree best with the stomach when eaten either roasted or boiled. The more aromatic kinds of apples are the fittest for eating raw.

*Apricots*

Are more pulpy than peaches, but are apt to ferment, and produce acidities in weak stomachs. Where they do not disagree they are cooling, and tend likewise to correct a disposition to outrescency.

*Cherries*

Are in general a wholesome fruit, when they agree with the stomach; and they are beneficial

*Peaches*

Are not of a very nourishing quality, but they abound in juice, and are serviceable in bilious complaints.

*Pears*

Resemble much in their effects the sweet kind of apples, but have more of a laxative quality, and a greater tendency to flatulence.

*Plums*

Are nourishing, and have, besides, an attenuating, as well as a laxative, quality, but are apt to produce flatulence. If eaten fresh, and before they are ripe, especially in large quantities, they occasion colics and other complaints of the bowels.

*Strawberries*

Are an agreeable, cooling aliment, and are accounted good in cases of gravel.

## PROPERTIES OF VEGETABLE SUBSTANCES.

*Potatoes*

Are an agreeable and wholesome food, and yield nearly as much nourishment as any of the roots used in diet. The farinaceous, or mealy kind is, in general, the most easy of digestion; and they are much improved by being toasted or baked. They ought almost always to be eaten with meat, and never without salt. The salt should be boiled with them.

*Green Peas and Beans,*

Boiled in their fresh state, are both agreeable to the taste and wholesome; being neither so flatulent, nor so difficult of digestion, as in their ripe state, in which they resemble the other leguminous vegetables. French beans possess much the same qualities, but yield a more watery juice, and have a greater disposition to produce flatulence. They ought to be eaten with some spice.

*Salads,*

Being eaten raw, require good digestive powers, especially those of the cooling kind; and the addition of oil and vinegar, though qualified with mustard, hardly renders the free use of them consistent with a weak stomach.

*Spinach*

Affords a soft lubricating aliment, but contains little nourishment. In weak stomachs, it is apt to produce acidity, and frequently a looseness. To obviate these effects, it ought always to be well beaten, and but little butter mixed with it.

*Asparagus*

Is a nourishing article in diet, and promotes the secretion of urine; but, in common with the vegetable class, disposes a little to flatulence.

*Artichokes*

Resemble asparagus in their qualities, but seem to be more nutritive, and less diuretic.

*Cabbages*

Are some of the most conspicuous plants in the garden. They do not afford much nourishment, but are an agreeable addition to animal food, and not quite so flatulent as the common greens. They are likewise diuretic, and somewhat laxative. Cabbage has a stronger tendency to putrefaction than most other vegetable substances; and, during its putrefying state, sends forth an offensive smell, much resembling that of putrefying animal bodies. So far, however, from promoting a putrid disposition in the human body, it is, on the contrary, a wholesome aliment in the true putrid scurvy.

*Turnips*

Are a nutritious article of vegetable food, but not very easy of digestion, and are flatulent. This effect is in a good measure obviated, by pressing the water out of them before they are eaten.

*Carrots*

Contain a considerable quantity of nutritious juice, but are among the most flatulent of vegetable productions.

*Parsnips*

Are more nourishing, and less flatulent than carrots, which they also exceed in the sweetness of their mucilage. By boiling them in two different waters, they are rendered less flatulent,



but their other qualities are thereby diminished in proportion.

### *Parsley*

Is of a stimulating and aromatic nature, well calculated to make agreeable sauces. It is also a gentle diuretic, but preferable in all its qualities, when boiled.

### *Celery*

Affords a root both wholesome and fragrant, but is difficult of digestion in its raw state. It gives an agreeable taste to soups, as well as renders them diuretic.

### *Onions, Garlic, and Shallot,*

Are all of a stimulating nature, by which they assist digestion, dissolve slimy humours, and expel flatulency. They are, however, most suitable to persons of a cold and phlegmatic constitution.

### *Radishes*

Of all kinds, particularly the horse-radish, agree with the three preceding articles, in powerfully dissolving slimy humours. They excite the discharge of air lodged in the intestines.

## INSTRUCTIONS RESPECTING THE LARDER.

*General Remarks.*

Cleanliness in the larder is one of the essential duties of a cook. The dresser and the shelves should be well and frequently scoured; and the floor should be very often washed with cold water, which, in the summer, greatly tends to cool it.

The greatest possible care should be taken with every thing relating to copper utensils. Nothing whatever should be suffered to remain in them when cold; and they should always be cleaned, particularly the insides, with the greatest nicety. It is not proper for any thing to remain, even in tin saucepans, for any length of time.

With respect to meat, it should always be the object of the cook, in summer, whether in town or country, to have it brought in as early as possible in the morning; for when the sun has attained any height, it will be found scarcely possible to prevent the flies from blowing it. Should that have happened, the part must be cut off, and the remainder be well washed.

The best way of keeping meat fresh is to examine it well, wipe it every day, and put some pieces of charcoal over it.

Meat should always be washed before it is dressed; if for boiling, the colour will be the better for soaking; but if for roasting, it should afterwards be dried.

It should be observed, that all meat which is intended to be eaten cold, whether boiled or

roasted, should be overdone, especially in hot weather; for, should the gravy be left in it, it will not keep sweet more than two or three days; but, if done quite dry, it may be kept upwards of a week. Roasted meat, before it is taken from the fire, should be sprinkled with salt; and boiled beef, that is intended to be eaten cold, should have been at least fourteen days in salt.

For meat that is to be salted, it is a safe way to let it previously lie an hour in cold water, rubbing it well where there are in any parts likely to have been fly-blown; then wipe it quite dry, and immediately rub the salt thoroughly into every part, afterwards throwing a handful over it. Turn it every day, and rub the pickle in, which in three or four days will make it ready for the table. If it be required very much corned, let it be wrapped in a well-floured cloth after it has been rubbed with salt. By this method, if put into boiling water, beef may be made fit for the table the day after it comes in.

Another remark is, that if the weather will permit, meat eats much better for hanging two or three days before it is salted.

It should likewise be observed, that meat, and also vegetables, which the frost has touched, should be soaked in cold water two or three hours before they are 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.

Every morning, all the cold meat should be put upon clean dry dishes, and placed where

the most air comes in. The stocks and sauces should also be examined, to see if they require boiling up, in hot water. Soups require to be boiled up every day, and the cook should be very particular about the pans which they are put in, for they should be very clean, dry, and free from grease, as soups will ferment without the greatest attention. Should the stock begin to turn, the best way will be to boil it down for glaze, and thus to make sure of it. When the sauces are put on to boil, remember first to put up a little stock into the stew-pan, to prevent it from burning to the bottom. Sauces require to be boiled, during the summer, at least every second day. In summer, also, whatever is done in braises ought to be made stronger than in winter; otherwise they are not likely to keep so as to be serviceable.

Such lardings as may have been returned to the kitchen whole should be put into the braise that they were done in, and covered with the sheets of bacon which covered them over before they were taken out.

It should be generally observed that ox rumps, tenderones of lamb, and, in fact, every thing that is done in braises, should receive particular attention. Indeed, as much care is requisite for such dishes as may be useful again, as in dressing fresh ones.

In summer particularly, the cook will find it advisable not to have the larder overstocked with meat. One day's provision beforehand is always sufficient: and, by economy in this respect, the approbation of the family will always be obtained.

We shall now descend to particulars; and first of

*Venison.*—This is generally brought into the larder the day after it has been killed, and it should be immediately rubbed very dry with a cloth, and the kernel from the haunch, which is in the same place as in a leg of mutton, should be taken out.

It should be rubbed over with powdered ginger, or with a mixture of three parts pepper and one of salt, for the purpose of keeping off the flies: if the weather be at all damp, it requires to be well wiped every day with a dry cloth; and, with care, it will keep a fortnight.

*Beef.*—Cattle, in general, should fast twenty-four hours in winter, and forty-eight in summer, before they are killed; otherwise their flesh is very likely to spoil.

When the beef has been cut into proper pieces, it should be searched for fly-blows. The flies are very apt to get under the loose side of the fat of the sirloin: that part should be sprinkled with salt, and salt should be rubbed upon the chine-bone. The peth should also be taken out, as should the pipe that runs along the chine-bone, and the places well rubbed with salt.

It is the business of the butcher to take out the kernels in the neck pieces, where the shoulder-clod is taken off; two from each round of beef, one in the middle, called the pope's eye, the other from the flap; there is also a kernel in the thick fat in the middle of the flap, and another between the rump and edge-bone. Should these not be taken out, particularly in

hot weather, salt will not operate as a preservative; and, as the butchers frequently neglect this point, the cook should not fail to attend to it.

Beef intended for roasting should always be slightly sprinkled with salt; and, with care, it will hang and keep good for a week.

*Veal.*—In hot weather, veal, at the utmost, will not keep good more than three or four days. Of a leg, the first part that turns bad is where the udder is skewered back. The skewer should be taken out every day, and both that and the udder wiped dry: the udder should be rubbed with a little salt.

To prevent a loin of veal from tainting, remember to cut out the pipe which runs along the chine, the same as in beef.

In a breast, take off the inside skirt, rub the bones dry, and sprinkle with salt.

Should it be requisite to keep the shoulder, let it be wiped dry, sprinkled with salt, and hung up.

*Mutton.*—To keep a chine of mutton, remember to take out the kernel at the tail, and the pipe that runs along the bone of the inside; afterwards rub the part close round the tail with salt. The kidney fat should also be taken out quite clean.

The butcher, in dressing the sheep, ought to take out the kernel in the fat on the thick part of the leg, which taints first there. It should afterwards be rubbed with salt.

Of the neck, the chine and rib-bones should be rubbed every day, the bloody part having been first cut off.

A breast of mutton turns first at the brisket part: if wanted to be kept, the skirt should be cut out, and both sides should be sprinkled with salt.

If mutton for boiling is suffered to hang too long, it will not have a good colour.

*Lamb.*—The same rules should be observed with lamb as with mutton. That, and every other sort of meat, should have all the kernels taken out as soon as it is brought into the larder; then wiped dry, and rubbed slightly with salt.

Lamb, for roasting, should hang as long as it will keep, particularly the hind quarter.

*Pork.*—Pork should be kept well wiped, and the parts that are intended for roasting should always be sprinkled with salt before they are put down. The difference that this makes in the flavour is surprising.

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# TRUSSING

*Duck.*



*Partridge.*



*Rabbit.*



*Goose.*



*Fowl.*



*Hare.*



*Pidgeon.*



*Woodcock.*



*Turkey.*



CARVING

*Pidgeon.*



*Partridge.*



*Pheasant.*



*Sucking Pig.*



*Goose.*



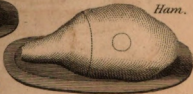
*Quarter of Lamb.*



*Fowl.*



*Ham.*



*Leg.*



*Wing.*



*Haunch of Venison*



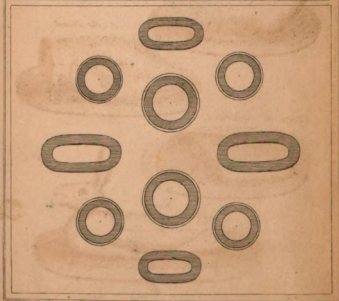
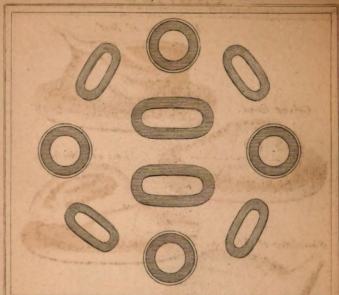
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FIRST COURSE



SECOND COURSE

CARVING

*Edge Bone of Beef.*



*Calves Head.*



*Leg of Mutton.*



*Shoulder of Mutton.*



*Cods Head.*



*Piece of Salmon.*



*Hare.*



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# COOKERY.

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## DIRECTIONS AS TO THE CHOICE OF PROVISIONS.

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### BUTCHERS' MEAT.

#### *Lamb.*

IN a fore-quarter of lamb mind the neck vein : if it be an azure blue, it is new and good ; but if green or yellow, it is near tainting, if not tainted already. In the hinder quarter, smell under the kidney, and try the knuckle : if you meet with a faint scent, and the knuckle be limber, it is stale killed. For a lamb's head, mind the eyes : if sunk or wrinkled, it is stale ; if plump and lively, it is new and sweet. Lamb comes in in April, and holds good till the end of August.

#### *Veal.*

If the bloody vein in the shoulder looks blue, or of a bright red, it is new killed ; but if black, green, or yellow, it is flabby and stale : if wrapped in wet cloths, smell whether it be musty or not. For the loin first taints under the kidney ; and the flesh, if stale killed, will be soft and slimy.



The breast and neck taints first at the upper end, and you will perceive a dusky yellow or green appearance; and the sweetbread on the breast will be clammy, otherwise it is fresh and good. The leg is known to be new by the stiffness of the joint: if limber, and the flesh seems clammy, and has green or yellow specks, it is stale. The head is known as the lamb's.

The flesh of a bull-calf is more red and firm than that of a cow-calf, and the fat more hard curdled.

### *Mutton.*

If it be young, the flesh will pinch tender; if old, it will wrinkle and remain so: if young, the fat will easily part from the lean; if old, it will stick by strings and skins; if ram-mutton, the fat feels spongy, the flesh, close grained and tough, not rising again when dented: if ewe-mutton, the flesh is paler than wether-mutton, a closer grain and easily parting. If there be a rot, the flesh will be pale, and the fat a faint white inclining to yellow, and the flesh will be loose at the bone. If you squeeze it hard, some drops of water will stand up like sweat.

As to the newness and staleness, the same is to be observed as in lamb.

### *Beef.*

If it be right ox-beef, it will have an open grain; if young, a tender and oily smoothness; if rough and spongy, it is old, or inclined to be so, except the neck, brisket, and such parts as are very fibrous, which in young meat will be more rough than in other parts.

A carnation, pleasant colour, betokens good spending meat: the suet a curious white; yellow is

not good. Cow-beef is less bound and closer grained than ox, the fat whiter, but the lean somewhat paler; if young, the dent made with the finger will rise again in a little time.

Bull-beef is close grained, deep dusky red, tough in pinching, the fat skinny, hard, and has a ramish rank smell; and for newness and staleness, the flesh bought fresh has but few signs, the more material is its clamminess, and the rest your smell will inform you. If it be bruised, these places will look more dusky or blacker than the rest.

### *Pork.*

If young, the lean will break in pinching between the fingers; and if you nip the skin with your nails, it will make a dent; also if the fat be soft and pulpy, like lard: if the lean be tough, and the fat flabby and spongy, feeling rough, it is old, especially if the rind be stubborn, and you cannot nip it with your nails.

If a boar, though young, or a hog gelded at full growth, the flesh will be hard, tough, red, and ramish of smell; the fat skinny and hard; the skin thick and rough, and if pinched up, will immediately fall again.

As for old or new killed, try the legs, hands, and springs, by putting the finger under the bone that comes out; if it be tainted, you will there find it by smelling the finger; besides the skin will be sweaty and clammy when stale, but cool and smooth when new.

If you find little kernels in the fat of the pork, like hail-shot, it is measly, and dangerous to be eaten. Pork comes in in the middle of August, and holds good till Lady-day.

*Brawn.*

Brawn is known to be old or young by the extraordinary or moderate thickness of the rind: the thick is old; moderate, young. If the rind and fat be tender, it is not boar brawn, but barrow or sow.

*Venison.*

Try the haunches or shoulders under the bones that come out with your finger or knife, and as the scent is sweet or rank, it is new or stale; and the like of the sides in the fleshy parts; if tainted, they will look green in some places, or more than ordinarily black. Look on the hoofs, and if the clefts are very wide and rough, it is old; if close and smooth it is young.

The buck venison begins in May, and is in high season till Allhallow's-day: the doe from Michaelmas to the end of December, or sometimes to the end of January.

*Westphalia Hams and English Bacon.*

Put a knife under the bone that sticks out of the ham, and if it comes out in a manner clean, and has a curious flavour, it is sweet; if much smeared and dulled, it is tainted or rusted.

English gammons are tried in the same way, and for other parts, try the fat; if it be white, oily in feeling, does not break or crumb, it is good; but if the contrary, and the lean has the little streaks of yellow, it is rusty, or will soon be so.

*Butter, Cheese, and Eggs.*

When you buy butter, trust not to that which will be given you, but try in the middle, and if your smell and taste be good, you cannot be deceived.

Cheese is to be chosen by its moist and smooth

coat ; if old cheese be rough coated, rugged, or dry at top, beware of little worms or mites : if it be overfull of holes, moist or spongy, it is subject to maggots ; if soft or perished places appear on the outside, try how deep it goes, the greater part may be hid.

Eggs. Hold the great end to your tongue ; if it feels warm it is new ; if cold, bad ; and so in proportion to the heat or cold is the goodness of the egg. Another way to know is to put the egg in a pan of cold water ; the fresher the egg, the sooner it will fall to the bottom ; if rotten, it will swim at the top. This is a sure way not to be deceived. As to the keeping of them, place them with the small end downwards in fine wood ashes, turning them once a week end-ways, and they will keep some months. For longer keeping, burying them in salt will preserve them in almost every climate.

#### HOW TO CHOOSE POULTRY.

A Capon, if it be young, his spurs are short, and his legs smooth : if a true capon, a fat vein on the side of his breast, the comb pale, and a thick belly and rump : if new, he will have a hard close vent ; if stale, a loose open vent.

#### *A Cock or Hen Turkey, Turkey Poults.*

If the cock be young, his legs will be black and smooth, and his spurs short : if stale, his eyes will be sunk in his head, and the feet dry ; if new, the eyes lively, and feet limber. Observe the like by the hens ; and moreover, if she be with egg, she will have a soft open vent ; if not, a hard close vent. Turkey poults are known the same way ; their age cannot deceive you.

*Cock, Hen, &c.*

If young, his spurs are short and dubbed; but take particular notice they are not pared or scraped; if old, he will have an open vent; but if new, a close hard vent. And so of a hen, for newness or staleness; if old, her legs and comb are rough; if young, smooth.

*A Tame, Wild, and Bran Goose.*

If the bill be yellow, and she has but a few hairs, she is young: but if full of hairs, and the bill and foot red, she is old: if new, limber-footed; if stale, dry-footed. And so of a wild bran goose.

*Wild and Tame Ducks.*

The duck, when fat, is hard and thick on the belly; if not, thin and lean: if new, limber-footed; if stale, dry-footed. A true wild duck has a red foot, smaller than the tame one.

*Pheasant, Cock and Hen.*

The cock, when young, has dubbed spurs; when old, sharp small spurs: if new, a fat vent; if stale, an open flabby one. The hen, if young, has smooth legs, and her flesh of a curious grain; if with egg, she will have a soft open vent; if not, a close one. For newness or staleness, as the cock.

*Partridge, Cock and Hen.*

The bill white, and the legs blue, show age; for if young, the bill is black, and the legs yellow: if new, a fast vent; if stale, a green and open one. If full crops, and they have fed on green wheat, they may taint there; for this smell the mouth.

*Woodcock and Snipe.*

The woodcock, if fat, is thick and hard ; if new, limber-footed ; when stale, dry-footed ; or if their noses are snotty, and their throats muddy and moorish, they are not good. A snipe, if fat, has a fat vein on the side under the wing, and in the vent feels thick. For the rest, like the woodcock.

*Doves and Pigeons.*

To know the turtle-dove, look for a blue ring round his neck, and the rest mostly white.

The stock-dove is bigger ; and the ring-dove is less than the stock-dove. The dove house-pigeons, when old, are red-legged ; if new and fat, they will feel full and fat in the vent, and are limber-footed ; but if stale, a flabby and green vent.

So the green or grey plover, fieldfare, blackbird, thrush, larks, &c.

*Of Hare, Leveret, or Rabbit.*

Hare will be white and stiff, if new and clean killed ; if stale, the flesh black in most parts, and the body limber : if the cleft in her lips spread much, and her claws wide and ragged, she is old ; the contrary, young : if young, the ears will tear like brown paper ; if old, dry and tough. To know a true leveret, feel on the fore leg, near the foot, and if there is a small bone or knob, it is right ; if not it is a hare ; for the rest, observe as in a hare. A rabbit, if stale, will be limber and slimy ; if new, white and stiff : if old, her claws are long and rough, the wool mottled with grey hairs ; if young, claws and wool smooth.

## FISH IN SEASON.

*General Instructions respecting the choice of Fish.*

Of salmon, trout, haddock, cod, mackerel, herrings, whittings, carp, tench, pike, graylings, barbel, chub, smelts, ruffs, shads, &c., it may be generally remarked, that if their gills smell well, are red, and difficult to open, and if their fins are tight up, and their eyes are bright, and not sunk in their heads, they are fresh; but if the reverse, they are stale.

*Salmon.*—This fish, which may be reckoned among the first in point of utility and flavour, is chiefly confined to the northern climates. At Colerain in Ireland, at Newcastle, at Berwick-upon-Tweed, at Aberdeen, and in various other places of Great Britain, stationary salmon fisheries are established, which are extremely productive, and enrich the occupiers, after paying very considerable rents to the proprietors.

The general weight of salmon is from twenty to thirty, or even forty pounds; and we have heard of their weighing as much as seventy.

Great quantities of salmon are pickled, and sent to London, and to various other parts.

The inhabitants of London are also supplied with salmon from the Thames, which bear a higher price than any other. Those which are caught in the Severn are esteemed next in quality, and by some they are preferred to those of the Thames.

The prime season of this fish is in April, May, and June. When new, the flesh, and particularly the fins, are of a fine red; the scales bright, and the whole fish stiff. When just killed, there is a whiteness between the flakes, which imports great firmness; but, by keeping, this melts down, and

the fish becomes richer. Salmon with small heads are the best. About the time of spawning, this fish becomes insipid, and loses much of the beautiful rose colour with which its flesh is at other times tinged.

When pickled, the scales of salmon, if it be new and good, are stiff and shining; the flesh is oily to the touch, and parts in flakes without breaking; but if bad, it will possess qualities opposite to these.

*Turbot*.—This fish, which is a favourite dish at most fashionable tables, is in season nearly the whole of the summer. Turbot, if good, should be thick, and the belly of a yellowish white; if thin, or of a bluish cast, they are bad. Small turbot may be known from Dutch plaice by having no yellow spots on the back.

*Plaice and Flounders* possess several properties in common with turbot. They are found both in seas and rivers. When new, they are stiff, and the eyes look lively, and stand out; but if stale, the contrary. The best plaice are bluish on the belly; but flounders should be of a cream colour. These fish are in season from January to March, and from July to September.

*Soles*, if good, are thick, and the belly is of a cream colour: but if that is of a bluish cast, and flabby, they are not fresh. They are in the market almost the whole year, but are in perfection about Midsummer.

*Skaite* is a fish of the ray kind, which is exceedingly numerous. Those which are denominated *maids* are the most sweet and tender. The *thorn-backs* are older fish, larger, and of a very strong flavour. If perfectly good and sweet, the flesh of skaite will look exceedingly white, and be thick and firm; yet if too fresh, it will eat very tough, and, if stale, it produces so strong a scent as to be very disagreeable. They should be kept about two days, but not longer.



*Sturgeon.*—The sturgeon is a very large sea-fish, which comes up the rivers to deposit its spawn. The flesh of a good sturgeon is very white, with a few blue veins, the grain even, the skin tender, well coloured, and soft. All the veins and gristles should be blue: when they are brown or yellow, the skin harsh, tough, and dry, the fish is bad. It has a pleasant smell when good, but otherwise a very disagreeable one. It should also cut firm without crumbling. The females are as full of roe, or spawn, as carp, which is taken out and spread upon a table, beat flat, and sprinkled with salt: it is then dried in the air and sun, and afterwards in ovens. It should be of a reddish brown colour, and very dry. It is the spawn, when so prepared, which is generally termed caviar; and it is then eaten with oil and vinegar.

*Cod.*—The cod which are eaten fresh in England are caught in our own coasts. They are in season from the beginning of December to the end of April. This fish, if perfectly fine and fresh, should be very thick at the neck, the flesh white and firm, and of a bright clear colour, and the gills red. If they appear flabby, they are stale, and will not have their proper flavour.

*Haddock.*—This is a firm good fish. It is infinitely superior to small cod; from which it may be distinguished by two black spots, one on each shoulder. Its marks of distinction, when fresh, are the same as those of the cod. It is in season during the months of July, August, and September.

*Mackerel.*—The season of this fish is May, June, and July. When alive, or very fresh, their sea-green colours are very brilliant and beautiful, their gills of a fine red, and eyes bright. They are so tender that they carry and keep worse than any other fish. They visit the British coast in vast shoals, during the season; and, in Cornwall, they are salted, and laid up for winter provision.

*Herrings.*—The Dutch have been generally reckoned the most expert in pickling herrings; but of late our own fisheries have been well conducted, and are now in a flourishing state.

Herrings are taken with nets purposely constructed; and sometimes two thousand barrels are taken at one draught.

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

To judge of pickled herrings, open them from the back to the bone; and if that be white, or of a bright red, and the flesh white, oily, and flakey, they are good.

Red herrings, when good, have a glossy golden appearance, and part well from the bone.

*Pilchards.*—The distinguishing marks of the pilchard are precisely the same as those of the herring, of which it appears to be a species. The flavour of pilchards is inferior to that of herrings.

*Sprats* are to be chosen by the same rules as herrings and pilchards. This little fish would, probably, be regarded as a delicacy, were it less numerous and plentiful. As it makes its appearance shortly after the spawning time of the herring, many have supposed it to be the offspring of that fish; but naturalists are of a different opinion. The season for sprats is from the middle of November to February.

*Whiting.*—The goodness of this fish is chiefly to be determined by the firmness of the body and fins. Its principal season is in January, February, and March; but it may be obtained during the greater part of the year.

*Carp* is a very fine fresh-water fish. It will live some time out of the water; but, as it wastes in that state, it is best to kill it as soon as caught. The newness or staleness of this fish is known by

the colour of its gills, their being hard or easy to be opened, &c.

*Tench*, which is also a fine fresh-water fish, should be dressed as soon as caught; but, if they are dead, examine the gills, which should be red and hard to open, the eyes bright, and the body firm and stiff, if fresh. They are in general covered with a kind of slimy matter, which, if clear and bright, is a proof of their being good. This slimy matter may be easily removed by rubbing them with a little salt. Tench are in season during the months of July, August, and September.

*Perch* are less delicate than carp and tench. They are in season in October and November; and may be chosen by the general rules.

*Smelts*, when fresh, are of a fine silver hue, very firm, and have a particularly strong scent, greatly resembling that of a cucumber newly pared. They are in season during the months of January, February, March, April, May, June, October, and November. They are caught in the Thames, and in some other large rivers.

*Pike*.—The general rules must be observed in choosing this fish. River pike are best. They are in season in July, August, September, October, and November.

*Gudgeons*.—This fish comes in about Midsummer, and continues in season five or six months. They are caught in running streams, and should be chosen by the brightness of their colours, &c.

*Mullets*.—The sea-mullets are preferable to the river-mullets, and the red to the grey. They should be very firm. Their season is August.

*Eels*.—There are many varieties of this fish. The true silver eels (so called from the bright colour of the belly) are caught in the Thames; and eels which are taken in clear running water are always the best tasted. The Dutch eels sold at

Billingsgate are very bad; those taken in great floods are generally good; but in ponds they have usually a strong rank flavour.

*Lobster.*—If a lobster be new, it has a pleasant scent at that part of the tail which joins to the body, and the tail will, when opened, fall smart, like a spring; but, when stale, it has a rank scent, and the tail limber and flagging. If it be spent, a white scurf will issue from the mouth and roots of the small legs. If it be full, the tail, about the middle, will be full of hard reddish skinned meat, which you may discover by thrusting a knife between the joints, on the bend of the tail. The heaviest are best, if there be no water in them. The cock is generally smaller than the hen, of a deeper red when boiled, has no spawn or seed under its tail, and the uppermost fins within its tail are stiff and hard.

Lobsters are in season during the summer months.

*Cray Fish* should be chosen by the same rules as lobsters.

*Crabs.*—The heaviest are best, whether small or large; 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*, if they are hard and stiff, of a pleasant scent, and their tails turn strongly inward, are new; but if they are limber, their colour faded, of a faint smell, and feel slimy, they are stale.

*Oysters.*—The oysters of this country are unlike those of some others. With us, the smallest kinds, particularly those termed Natives, which come into season rather later than the others, are generally the sweetest. For eating raw, the Native is indeed preferable to all others. The rock oyster is the largest,

and suits admirably for stewing, &c.; but, if eaten raw, it usually has a coarse and a strong flavour.

Of the various kinds of oysters, the Pyfleet, Colchester, and Milford are much the best. The native Milton are fine, being white and fat; but others may be made to possess both these qualities, in some degree, by proper feeding.

The mode of feeding oysters is to put them into water, and wash them with a birch-broom 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.

The freshness of oysters is best known by the manner in which they open. When alive and strong, the shell closes on the knife; though, as soon as wounded, the shell gives way. Oysters should be eaten as soon as opened, otherwise they lose their flavour.

These delicate and serviceable fish come into season on the 2nd of August, and continue in it the succeeding winter.

*Salt Fish.*—Of the different kinds of salt fish, barrelled cod and dried ling are most in estimation.

The former should be chosen by its thickness, firmness, and whiteness; the latter, by its being thick in the poll, and having the flesh of a bright yellow.

LISTS OF THE VARIOUS ARTICLES IN SEASON—FISH, FLESH, FOWL, FRUIT, &c.—FOR EVERY MONTH IN THE YEAR;—WITH TWO DINNERS, OR BILLS OF FARE, FOR EACH MONTH.

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## JANUARY.

### *General Observations.*

The ensuing *Tables*, or Bills of Fare, are varied in size, as well as in the articles of which they are composed, in order that the cook might have the least possible trouble in suiting a dinner to a large, a small, or a middling company. Should any of them be thought too extensive, it is much easier to select a *small* course from a *large* one, than to make up a *large* one from a *small* one.

As an additional assistant to the cook, a list of the respective articles in season is prefixed to the tables of each month.

The first course should consist of soups, fish, and roasted and boiled poultry and meats: and the second course of different kinds of game, made-dishes, tarts, jellies, &c.

Dinners of three courses are now exceedingly rare; and when a third course is given, it is considered rather as a dessert, and usually consists of fruits, ices, and different kinds of ornamental pastry.

### ARTICLES IN SEASON IN JANUARY.

*Meat.*—Beef, mutton, veal, house-lamb, pork, doe venison.

*Poultry and Game.*—Pheasants, partridges, hares, rabbits, woodcocks, snipes; hen turkeys, capons, pullets, fowls, chickens, tame pigeons, and all sorts of wild fowl.

*Fish*.—Carp, tench, perch, lampreys, eels, crayfish, cod, soles, flounders, plaice, turbot, thornback, skate, sturgeon, smelts, whittings, lobsters, crabs, prawns, oysters.

*Vegetables, &c.*—Cabbage, savoys, coleworts, sprouts, broccoli (purple and white), spinach, lettuces, cresses, mustard, rape, radish, turnips, tarragon, sage, parsnips, carrots, turnips, potatoes, scornozera, skirrets, cardoons, beets, parsley, sorrel, chervil, celery, endive, mint, cucumbers in hot-houses, thyme, savory, pot-marjoram, hyssop, salsifie; *to be had, though not in season*, Jerusalem artichokes, asparagus, mushrooms.

*Fruit*.—Apples, pears, nuts, almonds, services, medlars, grapes, foreign grapes, and oranges.

## TABLE I.

## FIRST COURSE.

*Vermicelli Soup*,  
removed with

SOLES.

Small Ham.

Boiled Fowls.

Potatoes

Roast Leg  
of  
Lamb.

Broccoli.

Haricot Mutton.

Veal Pâtés.

Mock Turtle,  
removed with  
Roast Beef.

## SECOND COURSE.

Woodcocks.

Blancmange.

Sweetbread.

Cranberry Tart.

Roast Rabbit.

Cray Fish.

Larks.

Mince Pies.

Sausages.

Jellies.

Hare.

## TABLE II.

## FIRST COURSE.

Turbot.

Friandeau  
and Sorrel.

Lobster Sauce.

Lamb Cutlets  
and Cucumbers.

Veal Pâtés.

Beef Palates.

Raised Pie.

Ressoles.

Pigs' Feet and Ears. Oyster Pâtés.

Rump of Beef.

Sauce Robart.

Saddle of  
Mutton.

Sauce Hashée.

## SECOND COURSE.

Roast Bird.

Jelly. Cream Custards. Orange Cheesecakes.

Larded Sweetbreads. Trifle. Ragout of Veal.

Raspberry Tart. Cream Tartlets. Blancmange.

Roast Chicken.

## FEBRUARY.

## ARTICLES IN SEASON IN FEBRUARY.

*Meat.*—Beef, mutton, veal, pork, house-lamb.*Poultry and Game.*—Pheasants, partridges, hares, tame rabbits, woodcocks, turkeys, pullets with eggs, capons, chicken, tame and wild pigeons, and all sorts of wild fowl (which in this month begin to decline).*Fish.*—Cod, soles, turbot, carp, tench, sturgeon, thornback, flounders, plaice, smelts, whiting, skate, perch, eels, lampreys, gollin, sprats, dorey, hollebut, anchovey, lobsters, crabs, prawns, oysters, crayfish.



*Vegetables.*—Cabbage, savoys, sprouts, coleworts, broccoli (purple and white), lettuces, endive, celery, onions, leeks, garlic, shalots, rocambole, cardoons, beets, sorrel, chervil, chardbeets, parsley, cresses, mustard, rape, tarragon, burnet, tansey, mint, thyme, marjoram, savory, turnips, carrots, potatoës, parsnips; *also may be had*, forced radishes, cucumbers, asparagus, kidney beans, salsifie, scorzonera, skirret, and Jerusalem artichokes.

*Fruit.*—Golden and Dutch pippins, with various other kinds of apples, winter bon-chretien pears, winter mask and winter Norwich, &c., &c., grapes, and oranges.

## TABLE I.

## FIRST COURSE.

Gravy Soup.

Veal Collops. Fillet of Veal, roasted. Ressoles.

Un vol au vent.  
à la financier.

Epergne.

Breast of  
Lamb.

Bœuf bouilli.

Vermicelli Soup.

## SECOND COURSE.

Roast Fowl.

Prawns.

Omelet.

Italian Cheese.

Epergne.

Cacamel Cream.

A Paulinta.

Lobsters.

Roast Teal.

## TABLE II.

## FIRST COURSE.

*Soup à la Raine.*

removed with a

TURKEY, with Chesnuts and Sausages.

Petit Pâtés  
of

Oysters.

Ham braised,  
and Spinage.Semels,  
and  
Sauce piquant.Two Sweetbreads,  
larded, and white  
Collops.A Matelot of  
Eels.Fillets of Fowl,  
larded, and

Asparagus Peas.

*Sirloin of Beef.*

## SECOND COURSE.

*Two Easterlings.*French Beans,  
with Sauce.

Maccaroni.

Gooseberry  
Pie.Chantille  
Cake.Apple and  
Barberry Pie.

An Omelet.

Cardoons with  
brown Sauce.*Six Snipes.*

## MARCH.

## ARTICLES IN SEASON IN MARCH.

*Meat.*—Beef, mutton, veal, house-lamb, pork.*Poultry and Game.*—Turkeys, fowls, pullets, capons, chickens, ducklings, tame rabbits, pigeons.*Fish.*—Turbot, thornback, carp, skate, tench.

mulletts, eels, whittings, soles, flounders, plaice, bream, barbel, mackerel, dace, bleak, roach, crabs, prawns, lobsters, crayfish, and oysters.

*Vegetables.*—Carrots, potatoes, turnips, parsnips, Jerusalem artichokes, garlic, onions, shalots, cole-worts, borecole, cabbages, savoys, spinage, broccoli, beets, cardoons, parsley, fennel, celery, endive, tansy, mushrooms, lettuces, chives, cresses, mustard, rape, radishes, turnips, tarragon, mint, burnet, thyme, winter savory, pot marjoram, cucumbers, and kidney-beans.

*Fruit.*—Golden pippins, rennetings, love, pear-main, and John apples, the bon-chretien and double-blossom pear, oranges and forced strawberries.

### TABLE I.

#### FIRST COURSE.

*Soup Santé.*

removed with a

TURKEY.

Harricot of Mutton.

Tongue.

Chicken.

Calves' Head.

Sweetbread.

Beef Olives.

*Oyster Pâtés.*

removed with

RICE SOUP.

#### SECOND COURSE.

*Guinea Fowl.*

Mushroom Loaves.

Mince Pies.

Marrow Pudding.

Fricasseed Rabbits.

Pigeons in savoury Jellies.

Prawns.

Almond Tarts.

Escalloped Oysters.

*Ducklings.*

## TABLE II.

## FIRST COURSE.

*Italian Soup.*

removed with

FISH.

removed with a

FILLET OF VEAL.

Sweetbreads larded,  
and an Emince.A Fillet of Pork,  
with Robert Sauce.Saddle of Lamb,  
and Chervil Sauce.Neck of Veal,  
à la Beshemell.Leg of Lamb, and  
French Beans.Tenderones of  
Veal,  
and Truffles.Lamb Cutlets, glazed,  
and Sauce à la Reine.

A Turkey,

Chesnuds and Sausages,

Neck of Mutton,  
with haricot Beans.A Ham braised,  
and brown Sauce.

Risoles.

Three Breasts of  
Chicken, larded, and  
Asparagus Peas.*Mock Turtle.*

removed with

FISH,

removed with a

CHINE OF MUTTON.

## SECOND COURSE.

*Four Woodcocks.*

Pastry.

French Beans.

Larks.

Damson Tourte.

Artichoke Bottoms,  
fried in Batter.

Orange Souffle.

Jelly au Marbre.

Mushrooms,  
with white Sauce.

Four Pigeons.

Jelly.

Lobster au Gratin.

Prawns.

*A Capon.*

TABLE II  
APRIL.

## ARTICLES IN SEASON IN APRIL.

*Meat.*—Beef, mutton, veal, lamb.

*Poultry, &c.*—Pullets, fowls, chickens, ducklings, pigeons, rabbits, leverets.

*Fish.*—Carp, chub, tench, trout, cray-fish, salmon, turbot, soles, skate, mullets, smelts, herrings, crabs, lobsters, prawns.

*Vegetables.*—Coleworts, sprouts, broccoli, spinach, fennel, parsley, chervil, young onions, celery, endive, sorrel, burnet, tarrogon, radishes, lettuces, small salad, thyme, all sorts of pot-herbs.

*Fruit.*—Apples, pears, forced cherries and apricots for tarts.

## TABLE I.

## FIRST COURSE.

*Mock Turtle,*  
removed with  
LOIN of VEAL.

Croquets.

Tenderones of  
Veal and Truffles.

Two necks of Lamb,  
à la Chevaux de Frize.

Matelot of Tench.

Calves' Ears forced,  
and an eminence de Poulard.

Mock Turtle,  
removed with a  
raised French Pie.

Westphalia Ham braised,  
and Sauce.

Charterure of Roots,  
and Sausages.

Fricandeau,  
and Sorrel.

Four large Perch,  
plain boiled.

Small Mutton Pies.

*Mock Turtle,*  
removed with a  
SIRLOIN OF BEEF.

Petit Pâtés.

Lambs' Feet, and  
Asparagus Peas.

A Sucking Pig.

Pike baked and forced.

Lamb Cutlets, glazed,  
and white Italian Sauce.

Mock Turtle,  
removed with a  
raised Pigeon Pie.

Fillet of Veal,  
à la Daube.

Casserol of Rice,  
and Rabbits.

Fillets of Fowl, larded,  
and Mushrooms.

Matelot of Carp,  
and Eels.

Risoles.

## SECOND COURSE.

*A Pea Fowl.*

Pastry.	Prawns.
French Beans, à la Crème.	Asparagus.
Small Omelets.	Dressed Crab.
Two Ducklings.	Four Woodcocks.
Mushroom Fritters, with Custard.	Rice Fritters, glazed.
Lobster.	Cray-fish.
Cederata Crème.	Jelly au Marbre.
Two Rabbits.	Two Chickens, one larded.
Rhenish Crème.	Apple and Barberry Tourte.
Dressed Lobster.	Small Omelets.
Plovers' Eggs.	Dutch Salad.
Cray-fish.	Pastry.

*A Goose.*

Two removes for top and bottom.

Two ditto for the flanks.

Ratife Pudding.

Fondue in a Case.

A Ginger Souffle.

A Genoa Toast.

## TABLE II.

## SINGLE COURSE.

Nut of Veal.	Turtle.	Pigeon, s'ewed.
Potatoes.	<i>Remove,</i> Fish.	Custard.
<i>Remove,</i>	Raised Pie.	Tongue.
French Beans.	Chartreuse.	<i>Remove,</i>
Boiled Fowls.		Sweetbreads.
<i>Remove,</i>	<i>Frame.</i>	Potatoes.
Rabbits.		<i>Remove,</i>
Italian Crème.	Pâtés.	Peas.
Haricot of Mutton.	Raised Pie.	Ham.
	Turtle.	
	<i>Remove,</i> Mutton.	

## MAY.

## ARTICLES IN SEASON IN MAY.

*Meat.*—Beef, mutton, veal, lamb.

*Poultry, &c.*—Pullets, fowls, chickens, green geese, ducklings, turkey poults, rabbits, leverets.

*Fish.*—Carp, tench, eels, trout, chub, salmon, soles, turbot, herrings, smelts, lobsters, cray-fish, crabs, prawns.

*Vegetables, &c.*—Early potatoes, carrots, turnips, radishes, early cabbages, cauliflowers, artichokes, spinach, parsley, sorrel, barley, mint, purslane, fennel, lettuces, cresses, mustard, all sorts of salad, herbs, thyme, savory, all other sweet herbs, peas, beans, asparagus, tragopogon, cucumbers, &c.

*Fruit.*—Pears, apples, strawberries, cherries, melons, green apricots, currants for tarts, and gooseberries.



## TABLE I.

## FIRST COURSE.

Salmon broiled, with Smelts round.  
 Rabbits with Onions. Veal Olives. Collared Mutton.  
 Pigeon Pie raised. Vermicelli Soup. Macaroni Tart.  
 Ox Palates.  
 Pâtés. Matelot of Tame Duck.  
 Chine of Lamb.

## SECOND COURSE.

Fricasseed Chicken.  
 Asparagus. Custards. Cocks' Combs.  
 Green Gooseberry Tarts. Green Apricot Tarts.  
 Epergne.  
 Lamb Cutlets. Blancmange. Stewed Celery.  
 Green Goose.

## TABLE II.

## FIRST COURSE.

*A Tureen of Ox Rumps,*  
 removed with  
 FISH.  
 A Currie of Rabbit, A Souties of Fowl,  
 and Rice. and Truffles.  
 Fillet of Veal.  
 A Breast of Lamb, glazed, A raised Pie, with  
 and Spinach. Mutton and Potatoes.  
*A Chine of Mutton.*

## SECOND COURSE.

*A Capon.*

Mushrooms. Broccoli, and White Sauce.  
 Gooseberry Pie. Plovers' Eggs. Rhubarb Pie.  
 French Beans. Prawns.

*Two Ducklings.*


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 JUNE.

## ARTICLES IN SEASON IN JUNE.

*Meat.*—Beef, mutton, veal, lamb, buck venison.

*Poultry, &c.*—Fowls, pullets, chickens, green geese, ducklings, turkey poults, plovers, wheat-ears, leverets, rabbits.

*Fish.*—Trout, carp, tench, pike, eels, salmon, soles, turbot, mullets, mackerel, herrings, smelts, lobsters, cray-fish, prawns.

*Vegetables, &c.*—Carrots, turnips, potatoes, parsnips, radishes, onions, beans, pease, asparagus, kidney-beans, artichokes, cucumbers, lettuce, spinach, parsley, purslane, rape, cresses, all other small salading, thyme, all sorts of pot-herbs.

*Fruit.*—Cherries, strawberries, gooseberries, currants, masculine, apricots, pears, apples, some peaches, nectarines, grapes, melons, pine apples.

## TABLE I.

## SINGLE COURSE.

FISH, removed with VENISON.		
Fruit Tart.	Two Turkey Poults.	Blancmange.
	Mock Turtle Soup.	
Haricot.		Sweetbreads larded.
Mashed Turnips.	Savoy Cake.	Stewed
Carrots thick round.		Spinach.
	Jerusalem Artichokes, fricasseed.	
Cray-fish.		Dried Salmon, in papers.
	Macaroni Pudding.	
Ham, braised large.	Trifle.	Chickens.
	French Pie.	
Casserole of Rice, with Giblets.		Picked Crab.
	Stewed Celery.	
Sea Kale.		Young Sprouts.
	Apple Pie and Custard.	
Fricandeau.		Ox Rumps, and Spanish Onions.
	Rich White Soup.	
Jelly Form.		Cheesecakes.
	FISH, removed with a LOIN OF VEAL.	

## TABLE II.

## FIRST COURSE.

*Green Pea Soup.*

removed with a

CHINE of LAMB,

and Cucumber Sauce.

Two Ducklings

boned à la Broche,

and Ravigot Sauce.

A Raised Pie,

with

Pigeons.

A Chump of Veal

and Stewed Peas.

Sturgeon

à la Broche.

A matelot of

Rabbit with

Mushrooms, &amp;c.

A raised Pie,

with a Neat's

Tongue, &amp;c.

Mutton Cutlets

Riblette.

*A Loin of Veal.*

## SECOND COURSE.

*Two Turkey Poults,*

One Larded.

Spinach and Croutons.

French Beans.

A Trifle,

Asparagus.

An Omelet.

*Six Pigeons.*

## JULY.

## ARTICLES IN SEASON IN JULY.

*Meat.*—Beef, mutton, veal, lamb, buck venison.*Poultry, &c.*—The same as last month; with young partridges, pheasants, and wild ducks, called flappers or moulters.*Fish.*—Cod, haddocks, mullets, mackerel, herrings, soles, plaice, flounders, skate, thornback,

salmon, carp, tench, pike, eels, lobsters, prawns, shrimps, crayfish, and sturgeon.

*Vegetables.*—Carrots, turnips, potatoes, cabbages, sprouts, artichokes, celery, radishes, endive, onions, garlic, finocha, chervil, sorrel, purslane, lettuce, cresses, and all sorts of salad-herbs, rocombole, scorzonera, salsifie, mushrooms, cauliflowers, mint, balm, thyme, and all other pot-herbs, pease of various kinds, kidney-beans, cucumbers.

*Fruit.*—Musk-melons, wood-strawberries, currants, gooseberries, raspberries, red and white jennettings, and several early apples and pears, morella and other cherries, peaches, nectarines, apricots, plums, figs, and grapes. Walnuts in high season to pickle, and rock samphire. The fruit yet lasting of last year is the deunans, winter russetings, and some oranges.

## TABLE I.

### FIRST COURSE.

Soup à la Reine.  
 Civet of Hare.  
 Lamb Cutlets.  
 Calves' Feet en Marinade.  
 Macaroni.  
 Loin of Veal, roasted.

### SECOND COURSE.

Roast Pheasant.  
 Fried Artichokes.  
 Stewed Peas.  
 White Broccoli.  
 Apple Pie, creamed.  
 Neck of Lamb, roasted.

## TABLE II.

## FIRST COURSE.

*Soup à la Flamond,*

removed with a

FAWN, with a piquant Sauce.

Calves' Feet,  
à l'Espagnole.Three Chicken,  
à la Reine.Breast of Veal,  
and Peas.Haunch of Lamb,  
larded,  
and Cucumber.Beef Olives, and  
Scooped Potatoes.Compote of  
Pigeons,  
&c.Small raised Pie,  
with Beef Steaks.Small  
Mutton Pies.Two Ducks,  
à l'Italienne.Neck of Mutton,  
à la Jardinier.Fillet of Veal,  
à la Daube,  
&c.Mutton Cutlets,  
à la Maintenon.Neat's Tongue in  
Cutlets, and  
stewed Greens.Casserole of Rice  
and Rabbit.*Soup,*

removed with a

CHINE of MUTTON.

## SECOND COURSE.

*Two Ducklings.*

Spinach and Croutons.		Stewed Peas.
Preserves.		Pastry.
Mushrooms.		Cauliflower.
Ragout Mellé.		Fondue in a Case.
Four Sweetbreads.	<i>Frame.</i>	Shoulder of Lamb.
An Omelet of		Peths au Gratin.
Asparagus.		Artlets of Livers.
Small Puddings.		Preserves.
Pastry.		French Beans.
Peas, plain.		

*Two Chicken.*

## AUGUST.

## ARTICLES IN SEASON IN AUGUST.

*Meat.*—Beef, mutton, veal, lamb, buck venison.

*Poultry, &c.*—Green geese, turkey-poults, ducklings, pullets, fowls, chicken, leverets, rabbits, pigeons, young pheasants, wild ducks, wheat-ears, plovers.

*Fish.*—Cod, haddock, plaice, skate, flounders, thornback, mullets, mackerel, eels, herrings, pike and card, trout, turbot, soles, grigs, salmon, sturgeon, chub, lobsters, crabs, crayfish, prawns, oysters, and shrimps.

*Vegetables.*—Beans and peas of various kinds, cabbages, sprouts, cauliflowers, artichokes, cabbage-lettuce, beets, carrots, potatoes, turnips, kidney beans, all sorts of kitchen herbs, radishes, horse-radish, cucumbers, cresses, and small salad, onions, garlic, shalots, rocomboles, mushrooms, celery, endive, finocha, cucumbers for pickling.

*Fruit.*—Gooseberries, raspberries, currants, figs, mulberries, filberts, apples, bergamot, Windsor, and other pears; Bordeaux and other peaches, nectarines, plum, cluster, muscadine, and Cornelian grapes, melons and pine-apples.

## TABLE I.

## FIRST COURSE.

Cod's Head.

Breast of Lamb,  
with celery.

Roast Pullet.

Potatoes.

Ducks.

Cauliflower.

Fillet of Beef, larded  
and glazed.

Pigeon Pie.

Salmon.

## SECOND COURSE.

Larded Fowl.

Orange Puffs.

Jelly with Peaches.

Stewed  
Peas.

Sturgeon.

Mushrooms,  
stewed white.

Almond Custard.

Apple Puffs.

Ribbs of Lamb.



## TABLE II.

## FIRST COURSE.

*Soup Santé,*  
removed with a  
HAUNCH of VENISON.

Calves' Feet au  
Gratin, and Italian  
sauce.

Breast of Lamb  
grilled, and  
cucumbers.

Leg of Lamb.  
boiled, and  
spinach.

Ham and  
beans.

Three  
Chicken,  
à la Reine.

Matelot of Rabbit.

Sheep's Rumps and  
Kidneys, and Rice.

*Sirloin of Beef.*

## SECOND COURSE.

*Two Turkey Poults.*

Ragout Mellé.

Pease.

Ratifie Pudding.

Picked Crab.

French Beans.

Ham and Toast.

Crayfish.

Chantillie Cake.

*Two Rabbits.*

## SEPTEMBER.

## ARTICLES IN SEASON IN SEPTEMBER.

*Meat.*—Beef, mutton, lamb, veal, pork, buck venison.

*Poultry, &c.*—Geese, turkeys, teal pigeons, larks, pullets, fowls, hares, rabbits, chicken, ducks, pheasants, partridges.

*Fish.*—Cod, haddock, flounders, plaice, thornbacks, skate, soles, salmon, carp, tench, pike, lobsters, oysters.

*Vegetables.*—Carrots, turnips, potatoes, shalots, onions, leeks, garlic, scorzonera, salsifie, peas, beans, kidney-beans, mushrooms, artichokes, cabbage, sprouts, cauliflowers, cardoons, endive, celery, parsley, finocha, lettuces and small salad, chervil, sorrel, thyme, and all sorts of soup herbs.

*Fruit.*—Peaches, plums, apples, pears, grapes, walnuts, filberts, hazel nuts, medlars, quinces, lazaroles, currants, morella cherries, melons, pine-apples.

## TABLE I.

## FIRST COURSE.

	Fish.	
Boiled Chicken.	Lamb.	Veal Collops.
Oyster Loaves.	Soup.	Small Timbales.
Haricot of Mutton.	Roast Beef.	Nut Ham.
	Fish.	

## SECOND COURSE.

	Wild Fowls.	
Peas.	Cheesecakes.	Lobsters.
Almond Cake.		Italian Basket.
	Gateau Millefeuille.	
Crayfish.	Tartlets.	Fried Artichokes.
	Partridges.	

## TABLE II.

## FIRST COURSE.

*Soup à la Flamond.*

removed with a

NECK of VENISON.

Three Sweetbreads,  
larded, and  
sorrel sauce.Salmie of  
Partridges.

Neck of Venison, roasted.

A Fowl à la  
Bechemel.Ox Rumps  
and Roots.*Loin of Veal.*

## SECOND COURSE.

*Six Pigeons.*

Ragout Mellé.

Macaroni.

A Damson Pie.

Spinach and  
Croutons.

Poultry Livers.

*Shoulder of Lamb.*

## OCTOBER.

## ARTICLES IN SEASON IN OCTOBER.

*Meat.*—Beef, mutton, lamb, veal, pork, doe venison.

*Poultry, &c.*—Geese, turkeys, pigeons, pullets, fowls, chicken, rabbits, wild ducks, teal, widgeons, woodcocks, snipes, larks, dotterels, hares, pheasants, partridges.

*Fish.*—Dorees, holibets, bearbet, smelts, brills, gudgeons, pike, carp, tench, perch, salmon trout, lobsters, cockles, muscles, oysters.

*Vegetables.*—Cabbages, sprouts, cauliflowers, artichokes, carrots, parsnips, turnips, potatoes, skirrets, salsifie, scorzonera, leeks, shalots, garlic, rocombole, celery, endive, cardoons, chervil, finocha, chard, beets, corn salad, lettuce, all sorts of young salad, thyme, savoury, all sorts of pot herbs.

*Fruit.*—Peaches, grapes, figs, medlars, services, quinces, black and white bullace, walnuts, filberts, hazel nuts, pears, apples.

## TABLE I.

## FIRST COURSE.

*Mock Turtle,*  
removed with

*Sweetbread à la Dauphine.*

Lamb Cutlets.

Mutton Chops,  
à la Maintenon.

Haricot of Venison.

Fricandeau of Veal.

Larks.

Fricassée of  
Pigs' Ears.

*Rump of Beef.*

removed with

RICE SOUP.

	<i>Ducklings.</i>	
Pintard à la Daube, and Truffles.		Ragout of Lambs' Tails.
	Almond Cakes.	
Tartlets.		Ribs of Lamb.
	Crayfish.	
Blancmange.		French Beans, à la Crème.
	<i>Roasted Capon.</i>	

## TABLE II.

## FIRST COURSE.

	<i>Giblet Soup,</i> removed with a LEG of LAMB boiled, LOIN fried, and SPINACH.	
Beef Steaks and shalot sauce.		Three Partridges, à la Perigord.
A Matelot of Tench and Eels, &c.	Neck of Pork, roasted.	A Turkey, and celery sauce.
Rump of Veal, and sorrel sauce.		Lamb Cutlets, with fine herbs, &c.
	<i>Chump of Beef.</i>	

## SECOND COURSE

	<i>A Pheasant.</i>	
Escaloped Oysters.		Artichoke Bottoms, and Italian sauce.
Damson Tourte.	Gateau Millefeuille.	Rhenish Cream.
Macaroni.		Fat Livers.
	<i>Two Wild Ducks.</i>	

## NOVEMBER.

## ARTICLES IN SEASON IN NOVEMBER.

*Meat.*—Beef, mutton, veal, house-lamb, doe venison.

*Poultry.*—Geese, turkeys, fowl, chicken, pullets, pigeons, woodcocks, snipes, larks, wild ducks, teal, widgeons, hares, rabbits, dotterels, partridges, pheasants.

*Fish.*—Gurnets, dorees, salmon, trout, smelts, gudgeons, lobsters, holibets, bearbet, salmon, carp, pike, tench, oysters, cockles, muscles.

*Vegetables.*—Cauliflowers in the green-house, and some artichokes, carrots, parsnips, turnips, beets, skirret, scorzonera, horseradish, potatoes, onions, garlic, shalots, rocombole, celery, parsley, sorrel, thyme, savoury, sweet marjoram, dry and early cabbages and their sprouts, savoy cabbage, spinach, late cucumbers, hot-herbs on the hot-bed, burnet, cabbage, lettuce, endive, blanched Jerusalem artichokes, and all sorts of pot-herbs.

*Fruit.*—Bullace, medlars, walnuts, hazel nuts, chestnuts, pears, apples, services, grapes, oranges.

## TABLE I.

## FIRST COURSE.

*A Tureen of Mutton and Broth, with Roots,*  
removed with a

LOIN of VEAL, à la Bechemel.

Fillets of Hare, larded,                      Beef Collops,  
and small onions.                              à l'Espagnole.

A Ham braised,  
and greens.

A Fricassée of Chicken,                      A Salmie of  
and Mushrooms.                              Plover, &c.

*Chine of Mutton.*

## SECOND COURSE.

*Two Chicken.*Brocoli, and  
Italian Sauce.Salsifie,  
fried, &c.

Apple Pie.

Peths.

Crayfish au Gratin.

*Six Pigeons.*

## TABLE II.

## SINGLE COURSE.

Salmon Trout.

Apple Tarts.

Custards.

Boiled Fowl.

Greens.

Ham.

Spinach.

Roast Fowl.

Mince Pies.

Damson Tarts.

Hare.

## D E C E M B E R.

## ARTICLES IN SEASON IN DECEMBER.

*Meat.*—Beef, mutton, veal, house-lamb, pork, doe venison.

*Poultry, &c.*—Geese, turkies, pullets, pigeons, capons, fowls, hares, chicken, rabbits, woodcocks, snipes, larks, wild ducks, teal, widgeons, dotterels, partridges, pheasants.

*Vegetables.*—Many sorts of cabbages and savoys, spinach, and some cauliflowers in the conservatory, and artichokes in the sand; roots as in last month: small salading in hot-beds; also mint, tarragon, and cabbage lettuce under glasses; chervil, celery, and endive blanched; sage, thyme, savoury, beet-leaves, tops of young beets, parsley, sorrel, spinach,

leeks and sweet marjoram, marigold flowers, and mint dried ; asparagus on the hot-bed, and cucumbers on the plants sown in July and August ; onions, shalots, and rocombole.

*Fruit.*—Apples, pears, medlars, chesnuts, walnuts, services, grapes, hazel nuts, and oranges

## TABLE I.

## FIRST COURSE.

*Rice Soup,*  
removed with a  
LOIN of VEAL.

Beef Steaks, and Oyster Sauce.

A Tongue,  
and greens.

Salmon and  
Fillets of  
Soles, fried.

Two  
Chicken à  
la Rein.

Matelot of Tench,  
&c.

Breast of Lamb  
grilled, &c.

*A Chine of Mutton.*

## SECOND COURSE.

*Four Partridges.*

Spinach and Eggs,  
poached.

Mushrooms.

Apricot Tartlets.  
Macaroni.

Blancmange.

A Charlotte.

Escaloped Oysters.

*A Hare.*



## TABLE II.

## FIRST COURSE.

*Fish,*  
removed with  
SOUP à la REINE.

Boiled Chicken.	Roasted Pigeons
	Haricot.
Stewed Soles.	Cods' Sounds.
	Chicken Pie.
Semelé of Veal, and Shalot Sauce.	An Emince of Lamb, and Blade Bone, grilled.
Brocoli.	Salad.
	Mock Turtle.
Boiled Turkey.	Small Ham.
Sprouts.	Spinach.
A Souties of Mutton, and Poivrade Sauce.	Sweetbreads.
	Tongue and Udder.
Escaloped Oysters.	Ox Palates.
	Beef Olives.
Stewed Ducks.	Fricasséed Rabbits
	<i>Soup Santé,</i> removed with a HAUNCH of VENISON.

## DIRECTIONS FOR CARVING.

THE carving-knife should be light, of a middling size, and should have a 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. 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 slice, and the parts about the back-bone on the shoulders are the most firm and the best.

Cut a piece quite off down to the bone, observing with each piece to help a part of the sound. There are several delicate parts about the head; the jelly part lies about the jaw bone, and is by some esteemed very fine, and the firm parts will be found within the head.

*Edge-bone of Beef.*

Cut off a slice an inch thick all the length. The soft fat which resembles marrow lies at the back of the bone; the firm fat must be cut in horizontal slices at the edge of the meat. It is proper to ask which is preferred, as tastes differ. The skewer that keeps the meat together 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.

*Round or Buttock of Beef*

Is cut in the same way as 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 gristle; 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.*

Cut out slices, observing to pass your knife close into the bone; at the thick part of the neck, is situated the sweet-bread, which you should carve a slice of with the other part, that your guests may have a portion of each. If the eye is preferred, which is frequently the case, take it out, cut it in two, and send one half to the person who prefers it, and on removing the jaw-bone, some lean will be found, if required. The palate, generally es-

teemed a peculiar delicacy, is situated under the head: this should be divided into small portions, and a part helped to each person.

### *Shoulder of Mutton.*

Cut into the bone; the prime part of the fat lies in the outer edge, and must be thinly and smoothly sliced; when your company is large, and it becomes necessary to have more meat than can be cut as above directed, some very fine slices may be cut out on each side of the blade bone, but, observe, the blade bone 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. The most delicate part is in the midway between the knuckle and farther end. Begin to help there, by cutting thin deep slices. If the outside is not fat enough, help some from the side of the broad end in slices to the bone. 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 in the back of the leg: turn it up, and cut the broad end; not in the direction you did the other side, but longwise. To cut out the cramp-bone, take hold of the shank with your left hand, and cut down to the thigh-bone; then pass the knife under the cramp-bone.

### *A Fore Quarter of Lamb.*

Separate the shoulder from the breast and ribs, by passing the knife between them; 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, and help either from that, or from the ribs, as may be chosen.

### *Haunch of Venison.*

Let the carver pass his knife down to the bone, to let out the gravy; then turn the broad end of the haunch toward him, put in the knife, and cut as deep as he can to the end of the haunch; then help in thin slices, observing to give some fat to each person. There is more fat (which is a favourite part) on the left side 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.*

The best method of helping ham is to begin in the middle by cutting long slices through the thick

fat. When made use for pies, the meat should be cut from the under side, after 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. The ribs are afterwards 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.*

Separate the apron, and pour a glass of port wine into the body, and a little ready mixed mustard; then cut the whole breast in long slices, but remove them only as you help them; separate the leg from the body by putting the fork into the small end of the bone, pressing it to the body, and having passed the knife, turn the leg back. To take off the wing, put your fork into the small end of the pinion, and press it close to the body; then put in the knife, and divide the joint down. However, practice can alone render persons expert at this; when you have thus taken off the leg and wing on one side, do the same by the other, if it be necessary, which will not be the case unless your company is large; by the wing there are two side bones, which may be taken off, as may the back and lower side bones; but the breast and the thighs, divided from the drum-sticks, afford the finest and most delicate pieces.

*Hare.*

Pass the point of the knife under the shoulder, and cut all the way down to the rump on one side of the backbone, then repeat the same operation on the other side, which will divide the hare into three parts; then cut the back into four pieces, which, with the legs, is esteemed to be the most delicate part; the shoulder must be taken off in a circular line; this done, help your guests, observing to send each person some gravy and stuffing; the head should be divided into two parts, many persons being partial to it. Rabbits are generally carved in the same manner, only observing to cut the back in two pieces instead of four.

*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 off the wing, only dividing the joint with your knife; and then with your fork lift up the pinion, and draw the wings 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 merry-thought and the neck-bones; then lift 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 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 sidesmen, 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 skewers must be taken out before the bird is served ; then fix your fork in the middle of the breast, divide it, and separate the leg from the body ; then cut off the wing on the same side ; do the same by the other side, and then slice the breast which you had previously divided ; take off the merry-thought, by passing the knife under it towards the neck. Divide the other parts as in a fowl ; but observe, the breast, wings, and merry-thought are commonly accounted to be the most delicate parts, but the leg has the finest flavour.

### *Partridge.*

The skewers must be taken out before it is sent to table, and it is then to be carved in the same manner as a fowl. The wings, breast, and merry-thought are the primest parts.

### *Pigeons*

Should be divided right in halves, either lengthways or across, and half helped to each person.

## DIRECTIONS FOR TRUSSING.

There are various reasons why the experienced and prudent housekeeper should be properly acquainted with this necessary preparation to the Art of Cookery. In London every article is generally trussed by the poulterer of whom it is bought; but it frequently happens that either from inexperience or negligence of the servants, and want of knowledge in the cook, the article appears on the table with disgrace. Another very substantial reason for the cook having this knowledge is, that the families in which they serve are frequently where there are no poulterers, and consequently they are under the necessity of killing and trussing their own poultry. To be prepared, therefore, for the execution of this business, we recommend a proper attention to the following general rules: Be careful that all the stubs are perfectly taken out; and when you draw any kind of poultry, you must be very particular to avoid breaking the gall, for should that happen, no means can be used to take away that bitterness, which will totally destroy the natural and proper taste of the article dressed. Great care should likewise be taken that you do not break the gut joining to the gizzard; for, should this happen, the inside will be gritty, and the whole is spoiled. These are to be attended to as general matters. We shall proceed to particulars, beginning with

*Turkeys.*

Having properly picked your turkey, break the leg bone close to the foot, and draw out the strings from the thigh, for which purpose you must hang it

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on a hook fastened against the wall. Cut off the neck close to the back ; but be careful to leave the crop skin sufficiently long to turn over the back. Then proceed to take out the crop, and loosen the liver and gut at the throat end with your middle finger. Then cut off the vent, and take out the gut. Pull out the gizzard with a crooked, sharp-pointed iron, and the liver will soon follow ; but be careful not to break the gall. Wipe the inside perfectly clean with a wet cloth ; having done which, cut the breast-bone through on each side close to the back, and draw the legs close to the crops. Then put a cloth on the breast, and beat the high bone down with a rolling-pin till it lies flat. If the turkey is to be trussed for boiling, cut the legs off ; then put your middle finger into the inside, raise the skin of the legs, and put them under the apron of the turkey. Put a skewer into the joint of the wing and the middle joint of the leg, and run it through the body and the other leg and wing. The liver and gizzard must be put in the pinions ; but be careful first to open the gizzard and take out the filth, and the gall of the liver. Then turn the small end of the pinion on the back, and tie a packthread over the ends of the legs to keep them in their places. If the turkey is to be roasted, leave the legs on, put a skewer in the joint of the wing, tuck the legs close up, and put the skewer through the middle of the legs and body. On the other side, put another skewer in at the small part of the leg. Put it close on the outside of the sidesman, and put the skewer through, and the same on the other side. Put the liver and gizzard between the pinions, and turn the point of the pinion on the back. Then put, close above the pinions, another skewer through the body of the turkey.

If turkey-poults, they must be trussed as follows : take the neck from the head and body, but do not

remove the neck skin. They are drawn in the same manner as a turkey. Put a skewer through the joint of the pinion, tuck the legs close up, run the skewer through the middle of the leg, through the body, and so on the other side. Cut off the under part of the bill, twist the skin of the neck round, and put the head on the point of the skewer, with the bill-end forwards. Another skewer must be put in the sidesman, and the legs placed between the sidesman and apron on each side. Pass the skewer through all, and cut off the toe-nails. It is very common to lard them on the breast. The liver and gizzard may or may not be used, as you like.

### *Fowls.*

When you have properly picked your fowls, cut off the neck close to the back. Then take out the crop, and with your middle finger loosen the liver and other matters. Cut off the vent, draw it clean, and beat the breast bone flat with the rolling-pin. If your fowl is to be boiled, cut off the nails of the feet, and tuck them down close to the legs. Put your finger into the inside, and raise the skin of the legs; then cut a hole in the top of the skin, and put the legs under. Put a skewer in the first joint of the pinion, bring the middle of the leg close to it, put the skewer through the middle of the leg, and through the body; and then do the same on the other side. Having opened the gizzard, take out the filth, and the gall out of the liver. Put the gizzard and the liver in the pinion, turn the points on the back, and tie a string over the tops of the legs to keep them in their proper place. If your fowl is to be roasted, put a skewer in the first joint of the pinion, and bring the middle of the leg close to it. Put the skewer through the middle of the

leg, and through the body, and do the same on the other side. Put another skewer in the small of the leg, and through the sidesman; do the same on the other side, and then put another through the skin of the feet. You must not forget to cut off the nails of the feet.

### *Chickens.*

With respect to picking and drawing, they must be done in the same manner as fowls. If they are to be boiled, cut off the nails, give the sinews a nich on each side of the joint, put the feet in at the vent, and then peel the rump. Draw the skin tight over the legs, put a skewer in the first joint of the pinion, and bring the middle of the leg close. Put the skewer through the middle of the legs, and through the body, and do the same on the other side. Clean the gizzard, and take out the gall in the liver; put them into the pinions, and turn the points on the back. If your chicken are to be roasted, cut off the feet, put a skewer in the first joint of the pinions, and bring the middle of the leg close. Run the skewer through the middle of the leg and through the body, and do the same on the other side. Put another skewer into the sidesman, put the legs between the apron and the sidesman, and run the skewer through. Having cleaned the liver and gizzard, put them in the pinions, turn the points on the back, and pull the breast skin over the neck.

### *Geese.*

Having picked and stubbed your goose clean, cut the feet off at the joint, and the pinion off at the first joint. Then cut off the neck almost close to

the back; but leave the skin of the neck long enough to turn over the back. Pull out the throat, and tie a knot at the end. With your middle finger loosen the liver and other matters at the breast end, and cut it open between the vent and the rump. Having done this, draw out the entrails, excepting the soul. Wipe it out clean with a wet cloth, and beat the breast bone flat with a rolling-pin. Put a skewer into the wing, and draw the legs close up. Put the skewer through the middle of the leg, and through the body, and the same on the other side. Put another skewer in the small of the leg, tuck it close down to the sidesman, run it through, and do the same on the other side. Cut off the end of the vent, and make a hole large enough for the passage of the rump, as by that means it will much better keep in the seasoning.

Ducks are trussed in the same manner, except that the feet must be left on, and turned close to the legs.

### *Pigeons.*

When you have picked them, and cut off the neck close to the back, then take out the crop, cut off the vent, and draw out the guts and gizzard, but leave the liver, for a pigeon has no gall. If they are to be roasted, cut off the toes, cut a slit in one of the legs, and put the other through it. Draw the leg tight to the pinion, put a skewer through the pinions, legs, and body, and with the handle of the knife break the breast flat. Clean the gizzard, put it in one of the pinions, and turn the points on the back. If you intend to make a pie of them, you must cut the feet off at the joint, turn the legs, and stick them in the sides close to the pinions. If they are to be stewed or boiled, they must be done in the same manner.

*Wild Fowl.*

Having picked them clean, cut off the neck close to the back, and with your middle finger loosen the liver and guts next the breast. Cut off the pinions at the first joint, then cut a slit between the vent and the rump, and draw them clean. Clean them properly with the long feathers on the wing, cut off the nails, and turn the feet close to the legs. Put a skewer in the pinion, pull the legs close to the breast, and run the skewer through the legs, body, and the other pinion. First cut off the vent, and then put the rump through it. The directions here given are to be followed in trussing every kind of wild fowl.

*Pheasants and Partridges.*

Having picked them very clean, cut a slit at the back of the neck, take out the crop, and loosen the liver and gut next the breast with your fore finger, then cut off the vent and draw them. Cut off the pinion at the first joint, and wipe out the inside with the pinion you have cut off. Beat the breast-bone flat with a rolling-pin, put a skewer in the pinion, and bring the middle of the legs close. Then run the skewer through the legs, body, and the other pinion, twist the head, and put it on the end of the skewer, with the bill fronting the breast. Put another skewer into the sidesman, and put the legs close on each side the apron, and then run the skewer through all. If you would wish to make the pheasant (if it is a cock) have a pleasing appearance on the table, leave the beautiful feathers on the head, and cover them gently with paper to prevent their being injured by the heat of the fire. You may likewise save the long feathers in the tail to stick in the rump when roasted. If they are

for boiling, put the legs in the same manner as in trussing a fowl.

All kinds of moor game must be trussed in the same manner.

### *Woodcocks and Snipes.*

As these birds are remarkably tender to pick, especially if they should not happen to be quite fresh, the greatest care must be taken how you handle them; for even the heat of the hand will sometimes take off the skin, which will totally destroy the beautiful appearance of the bird. Having picked them clean, cut the pinions at the first joint, and with the handle of a knife beat the breast-bone flat. Turn the legs close to the thighs, and tie them together at the joints. Put the thigh close to the pinions, put a skewer into the pinions, and run it through the thighs, body, and the other pinion.—Skin the head, turn it, take out the eyes, and put the head on the point of the skewer, with the bill close to the breast. Remember that these birds must never be drawn.

### *Larks.*

When you have picked them properly, cut off their heads, and the pinions of the first joint. Beat the breast-bone flat, and turn the feet close to the legs, and put one into the other. Draw out the gizzard, and run a skewer through the middle of the bodies. Tie the skewer fast to the spit when you put them down to roast.

Wheat-ears, and other small birds, must be done in the same manner.

### *Hares.*

Having cut off the four legs at the first joint,



raise the skin of the back, and draw it over the hind legs. Leave the tail whole, draw the skin over the back, and slip out the fore legs. Cut the skin off the neck and head; but take care to leave the ears on, and mind to skin them. Take out the liver, lights, &c., and be sure to draw the gut out of the vent. Cut the sinews that lie under the hind legs, bring them up to the fore legs, put a skewer through the hind leg, then through the fore leg under the joint, run it through the body, and do the same on the other side. Put another skewer through the thick part of the hind legs and body, put the head between the shoulders, and run a skewer through to keep it in its place. Put a skewer in each ear to make them stand erect, and tie a string round the middle of the body over the legs, to keep them in their place. A young fawn must be trussed just in the same manner, except that the ears must be cut off.

Rabbits must be cased much in the same manner as hares, only observing to cut off the ears close to the head. Cut open the vent, and slit the legs about an inch up on each side of the rump. Make the hind legs lie flat, and bring the ends to the fore-legs. Put a skewer into the hind-leg, then into the fore-leg, and through the body. Bring the head round, and put it on the skewer. If you want to roast two together, truss them at full length with six skewers run through them both, so that they may be properly fastened on the spit.

## BEEF.

*Hind Quarter.*

- 1 Sirloin
- 2 Rump
- 3 Edge-bone
- 4 Buttock
- 5 Mouse-buttock
- 6 Veiny piece
- 7 Thick flank
- 8 Thin flank
- 9 Leg
- 10 Fore-rib, five-ribs

*Fore Quarter.*

- 11 Middle-rib, four ribs
- 12 Chuck, three ribs
- 13 Shoulder, or leg of mutton piece.
- 14 Brisket
- 15 Clod
- 16 Neck, or sticking-piece
- 17 Shin
- 18 Cheek.

## VENISON.

1 Haunch

2 Neck

3 Shoulder

4 Breast

## VEAL.

1 Loin, best end

2 Loin, chump end

3 Fillet

4 Hind knuckle

5 Fore knuckle

6 Neck, best end

7 Neck, scrag end

8 Blade-bone

9 Breast, best end

10 Breast, brisket end

## PORK.

1 The spare rib

2 Hand

3 Belly, or spring

4 Fore loin

5 Hind loin

6 Leg

## MUTTON

1 Leg

2 Loin, best end

3 Loin, chump end

4 Neck, best end

5 Neck, scrag end

6 Neck

7 Breast

A chine is two necks

A saddle is two loins

**BOILED AND ROASTED MEATS, POULTRY,  
&c.***General Observations on Boiling.*

In boiling butchers' meat, in general, allow a full quarter of an hour to every pound: a leg of pork, or of lamb, will require about twenty minutes, in the whole, above that allowance.

Remember that all meat should be boiled as slowly as possible, but in plenty of water, which will make it rise and look plump.

All fresh meat should be put in when the water boils, but salt meat when the water is warm.—If the latter has lain too long in salt, it should be put in with the water quite cold.

Be careful that your pot constantly boils: otherwise you will be disappointed in dressing any joint, though it may have been a proper time over the fire.

Also be particular in skimming it well; for from every thing a scum will arise, which, if boiled down again, will make the meat black.

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

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

Vegetables must never be dressed with the meat, except carrots or parsnips with boiled beef.

Poultry must be boiled by itself, and in a good deal of water.

Skim the pot clean, or it will be of a bad colour.

*General Observations on Roasting.*

Meat, in general, requires about the same length of time to roast as to boil; namely, a quarter of an hour to a pound: but allowance must be made

for the strength of the fire, the heat or coldness of the weather, &c.

Always take care to let your fire be made in proportion to the piece you are to dress; that is, if it be a little or thin piece, make a small brisk fire, that it may be done quick and nice; but if a large joint, the fire must be in proportion, and let it be always clear at the bottom.

Do not put salt on your meat before you lay it to the fire, as it will draw out the gravy.

Old meat does not require so much roasting as young; for it should be eaten with more of the gravy in it.

Meat, in general, should be placed at a good distance from the fire, and be brought gradually nearer when the inner part becomes hot, which will prevent its being scorched. Meat should be much basted; and, when nearly done, it should be floured, in order that it may have a frothy appearance.

A very good method of basting is to put a little salt and water into the dripping-pan, and baste for a little while with it before using the meat's own fat, or dripping. When dry, dust it with flour, baste as usual; and, a little before it is done, sprinkle it with salt. This will greatly improve its flavour; and will cause the gravy to flow on cutting.

Large joints of beef, or of mutton, and always of veal, should have paper placed over the fat, to preserve it from being scorched. When it is nearly done, which you will know by the smoke drawing to the fire, take off the paper; then baste it well, and dredge it with flour to make it frothy.

Be particular in letting pork, veal, and lamb be well done, otherwise they are unwholesome, and will nauseate; beef and mutton are the better for being rather underdone, unless the family prefer it the contrary.

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Remember to twist a piece of writing paper round the bone, at the knuckle of a leg or shoulder of lamb, mutton, or venison, when roasted, before they are served.

Be careful to spit meat so as not to run the spit through the best parts; and observe that the spit is well cleaned before and at the time of serving, or a black stain will appear on the meat. In many joints the spit will pass along the bones for some distance, so as not to injure the prime of the meat.

Spits should never be cleaned with any thing but sand and water, washed clean, and wiped with a dry cloth; for oil, brick-dust, and such things, will injure the meat.

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

Poultry should always be roasted with a clear brisk fire, and when they are frothy, and of a light brown colour, they are done enough. Great care must be taken not to overdo them, as the loss of gravy will impair the flavour.

Tame fowls require more roasting than wild ones, and must be often basted, in order to keep up a strong froth, which will make them look well when placed on the table.

Large poultry should be papered; but chicken, wild fowl, rabbits, &c., do not require it.

Pigs and geese must be done with a quick fire, turned quick, and frequently basted.

Hares and rabbits require time and care, otherwise the body will be done too much, and the ends too little.

The best way to keep meat hot, should it be done before the required time, or should it be necessary to wait for the arrival of company, is to take it up when done, set the dish over a pan of boiling water, put a deep cover over it so as not to

touch the meat, and then tarow a cloth over that. This will not dry up the gravy.

*These General Observations applied.*

That professed cooks will find fault with my touching on a branch of cookery which they never thought worth their notice, is what I expect. However, this I know, it is the most necessary part of it; and few servants know how to roast and boil to perfection.

I shall begin with roast and boiled of all sorts, and the cook must order her fire according to what she is to dress. If any thing little or thin, then a brisk little fire, that it may be done quick and nice. If a very large joint, be sure a good fire be laid to cake: let it be clear at the bottom, and when the meat is half done, move the dripping-pan and spit a little from the fire, and stir up a brisk fire: for according to the goodness of the fire, your meat will be done soon or late.

*Beef.*

To roast a piece of beef of ten pounds, will take an hour and a half, at a good fire. Twenty pounds weight will take three hours, if it be a thick piece; but if a thin piece of twenty pounds weight, two hours and a half will do it; and so on according to the weight of your meat, more or less. Observe, in frosty weather your beef will take half an hour longer.

Be sure to paper the top, and baste it well, while roasting, and throw a handful of salt on it. When you see the steam draw to the fire, it is near enough; take off the paper, baste it well, and dredge it with a little flour to make a fine froth. Never salt roast meat before you lay it to the fire, for it draws out the gravy. If you would keep it a

few days before you dress it, dry it with a cloth, and hang it where the air will come to it; be sure there is no damp place about it. When you take up your meat, garnish the dish with horse-radish.

### *Round or Brisket of Beef.*

To boil either of these joints, follow the general directions, and serve with greens and carrots.

### *To keep Beef.*

Take out the kernels in the neck pieces, where the shoulder-clod is taken off; two from each round of beef; one 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, if in summer.

### *Neat's Tongue.*

A dried tongue should be soaked over night; when you dress it, put it into cold water, and let it have room; it will take four or five hours. A green tongue out of the pickle need not be soaked, but it will require nearly the same time. An hour before you dish it up, take it out and blanch it; then put it into the pot again till you want it; this will make it eat the tenderer.

### *Mutton and Lamb.*

A leg of mutton of six pounds will take an hour at a quick fire; if frosty weather, an hour and a

quarter: nine pounds an hour and a half: a leg of twelve pounds will take two hours; if frosty, two hours and a half. A large saddle of mutton three hours, because of papering it; a small saddle will take an hour and a half; and so on, according to the size: a breast half an hour, at a quick fire; a neck, if large, an hour; if very small, better than half an hour: a shoulder much the same time as a leg.

In roasting of mutton, the loin, haunch, and saddle must be done as the beef above; but all other sorts of mutton and lamb, must be roasted with a quick clear fire, and without paper; baste it when you lay it down; and just before you take it up, dredge it with a little flour; but be sure not to use too much, for that takes away all the fine flavour of the meat. Some choose to skin a loin of mutton, and roast it brown without paper; but that you may do just as you please; but be sure always to take the skin off a breast of mutton.

#### *Leg of Mutton.*

Boil it according to the general directions, and serve with turnips and caper sauce.

Or cut a leg of mutton venison fashion, and boil it in a cloth. Boil two fine cauliflowers in milk and water, cut them into sprigs, and stew them with butter, pepper, salt, and a little milk; stew some spinach, and put to it a quarter of a pint of gravy, with a piece of butter, and a little flour. Put the mutton into a dish, the spinach round it, and the cauliflower over the whole. Melt the butter the cauliflower was stewed in, to a smooth cream, and pour it over.

#### *Leg of Lamb.*

Follow the general directions, and serve with stewed spinach and melted butter.



*Leg of Lamb, with the Loin fried round it.*

Boil the leg in a cloth, very white. Cut the loin in steaks, beat them, and fry them of a good brown; after which stew them a little in strong gravy. Put your leg on the dish, and lay your steaks round it. Pour on your gravy, and put spinach and crisped parsley on every steak. Garnish with lemon, and serve with gooseberry sauce, or with stewed spinach and melted butter.

*Grass Lamb.*

Follow the general directions, and serve it with spinach, cabbage, broccoli, or any other suitable vegetable.

*Lamb's Head.*

Wash it clean, take the black from the eyes, and the gall from the liver. Lay it in warm water; boil the heart, lights, and part of the liver. Chop them, flour them, and put them into some gravy, with ketchup, a little pepper, salt, lemon-juice, and a spoonful of cream. Boil the head white, lay it in a dish, and the mince-meat round it. Place the other part of the liver, fried with small bits of bacon, on the mince-meat, and the brains fried in little cakes round the rim, with crisped parsley put between. Pour melted butter over the head; and garnish with lemon.

*Veal.*

Veal takes much the same time in roasting as pork. Be careful to roast your veal of a fine brown: if a large joint, a good fire; if small, a little brisk fire. If a fillet or loin, be sure to paper the fat, that you loose as little of that as possible: lay it some distance from the fire, till it is soaked; then lay it near the fire. When you lay it

down, baste it well with good butter; and when it is near enough, baste it again, and drudge it with a little flour. The breast you must roast with the caul on till it is enough, and skewer the sweet-bread on the back side of the breast. When it is nigh enough, take off the caul, baste it, and drudge it with a little flour.

### *Calf's Head.*

Soak it in water; clean it well, that it may look white; take out the tongue to salt, and the brains to make a separate dish. Boil the head tender, then strew it over with crumbs, and chopped parsley, and brown them. Bacon and greens to be served with it.

The brains to be soaked in cold water, then boiled. Mix them with melted butter, scalded sage chopped, pepper and salt, and lay the tongue, which should be very tender, upon them in a dish.

### *Pork.*

Pork must be well done, or it is apt to surfeit. When you roast a loin, take a sharp pen-knife and cut the skin across, to make the crackling eat the better. Cut the chine, and all pork that has the rind on. Roast a leg of pork thus: take a knife and score it; stuff the knuckle part with sage and onion, chopped fine with pepper and salt; or cut a hole under the twist, and put the sage, &c., there, and skewer it up with a skewer. Roast it crisp, because most people like the rind crisp, which they call crackling. Make apple sauce, and send up in a boat: then have a little drawn gravy to put in the dish. This they call a mock goose. The spring, or hand of pork, if young, roasted like a pig, eats very well, otherwise it is better boiled. The spare-rib should be basted with a bit of butter,

a little dust of flour, and some sage shred small - but we never make any sauce to it but apple. The best way to dress pork griskins is to roast them, baste them with a little butter and sage, and pepper and salt. Few eat any thing with these but mustard.

Beef, mutton, and pork, may be basted with fine nice dripping. Be sure your fire be very good and brisk, but do not not lay your meat too near, for fear of burning or scorching.

#### *Pickled Pork.*

Wash and scrape it clean; boil it till the rind be tender; and serve with such greens as may be in season.

#### *Leg of Pork.*

Let it lie in salt for six or seven days; in boiling it, follow the general directions. Serve with pease-pudding, melted butter, greens, and carrots.

#### *Pig's Pettitoes.*

Boil them till they are quite tender. Also boil the heart, liver, and lights, but take them up when they have boiled ten minutes, and shred them small. Then take out the feet and split them; thicken your gravy with flour and butter, and put in your mince-meat, a spoonful of white wine, a slice of lemon, and a little salt, and give it a gentle boil. Beat the yolk of an egg; put to it two spoonfuls of cream, and a little grated nutmeg. Then put in the pettitoes, and shake the whole over the fire till it is quite hot, but do not let it boil. Put sippets into the dish, pour over the whole, and garnish with sliced lemon.

*Spare-rib*

must be basted with a very little butter and flour, and then sprinkled with dry sage crumbled. Applesauce and potatoes for roasted pork.

*Pork Griskin*

is usually very hard ; to prevent this, 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. Lay it in a dish on melted butter and mustard. It should be seasoned with pepper and salt before roasting.

*To Roast a Pig.*

If just killed, it will take an hour ; if killed the day before, an hour and a quarter. If a very large one, an hour and a half. Spit the pig, and lay it to the fire, which must be a very good one at each end, or hang a flat iron in the middle of the grate. Before you lay the pig down, take a little sage shred small, a piece of butter as big as a walnut, and pepper and salt ; put them in the pig, and sew it up with coarse thread ; flour it well over, and keep flouring it till the eyes drop out, or you find the crackling hard. Be sure to save all the gravy that comes out of it, which you must do by setting basons or pans under the pig in the dripping pan, as soon as you find the gravy begins to run. When the pig is enough, stir the fire up brisk ; take a coarse cloth, with about a quarter of a pound of butter in it, and rub the pig over till the crackling is crisp, then take it up. Lay it in a dish, and with a sharp knife cut off the head, then cut the pig in two, before you draw out the spit. Cut the ears

off the head, and lay them at each end; cut the under jaw in two, and lay on each side: melt some good butter, take the gravy you saved, and put in it, boil it, and pour it in the dish with the brains bruised fine and the sage mixed together, and then send it to table.

*Another way to Roast a Pig.*

Chop sage and onion very fine, a few crumbs of bread, a little butter, pepper and salt, rolled up together; put it in the belly, and sew it up: before you lay down the pig, rub it all over with sweet oil. When done, take a dry cloth, and wipe it, then put it in a dish, cut it up, and send it to table with the sauce as above.

*To Bake a Pig.*

If you cannot roast a pig, lay it in a dish, flour it all over well and rub it over with butter, butter the dish you lay it in, and put it in the oven. When it is enough, draw it out of the oven's mouth and rub it over with a buttery cloth; then put it in the oven again till it is dry; take it out and lay it in a dish; cut it up, take a little veal gravy; and take off the fat in the dish it was baked in, and there will be some good gravy at the bottom; put that to it with a little piece of butter rolled in flour; boil it up and put it in the dish with the brains and sage in the belly. Some love a pig brought whole to table, then you are only to put what sauce you like in the dish.

*Hind Quarter of a Pig, Lamb Fashion.*

When house-lamb bears a high price, the hind quarter of a large pig will be a good substitute for it. Take off the skin and roast it, and it will eat like lamb. Serve it with mint sauce or salad. Half an hour's roasting will be sufficient.

*Porker's Head.*

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

*Haunch of Venison.*

Attend to the weight of the haunch, remembering that, if it be doe, it will require a quarter of an hour less than buck. Venison should always be rather under than over done.

Place your haunch on the spit, lay it over a large sheet of paper, and then a thin common paste, with a paper over that. Tie it fast, to keep the paste from dropping off; if the haunch be large, it will take four hours roasting. As soon as it is done, take off the paper and paste, dredge it well with flour, and baste it with butter. As soon as it is of a light brown, dish it, with brown gravy, or currant-jelly sauce. Serve with the same in a tureen.

*Haunch of Mutton, Venison Fashion.*

Cut it in the venison form; keep it as long as possible, in the same manner as venison; dress it also in the same manner, and serve with the same sauces.

Or, having taken a fine leg, cut haunch fashion, lay it in a pan with the back side of it down, and pour a bottle of red wine over it, in which let it lie twenty-four hours. Spit it, roast it at a good quick fire, and baste it all the time with the same liquor and butter. Serve with good gravy, and sweet sauce, in separate tureens.

A good fat neck of mutton done in this manner is very fine.

*Ham.*

A ham of twenty pounds will take four hours and a half to boil, and so in proportion for a larger or

smaller size. An old large ham requires sixteen hours' soaking in a large tub of soft water; but a green one does not require any soaking.

#### *To dress Hams.*

Wrapped in a linen bag let it lie, either in a hole dug in the earth, or on stones sprinkled with water, two or three days, to mellow; covering it with a heavy tub, to keep vermin from it. Wash and brush it well; put it into a boiler of water, and let it *simmer* from three hours and a half to five hours, according to its size. It is best to allow time enough, as it is easy to take up the ham when done, and keep it hot over boiling water, covered closely. Take off the skin as whole as you can, as it keeps the cold ham moist. Strew raspings over the ham, and garnish with carrot sliced. It should be carefully pared, before boiling, to remove the rusty parts. If some cloves, bay and laurel leaves, and a bunch of herbs be boiled with a ham, it will have a fine flavour. If to be *braised*, cover it well with meat in slices, over and under, and put in roots and spices.

#### *Ham Baked.*

After soaking your ham, lay it in an earthen pan of convenient size; with a little water at the bottom make a crust of barley flour to cover over the pan, and set in the oven. A ham of twenty pounds will take about five hours in baking. Many consider this mode as most effectual in preserving the flavour of the ham.

#### *Ham, or Gammon of Bacon.*

Take off the skin, and lay it in lukewarm water for two or three hours. Then put it into a pan, pour upon it a bottle of white wine, and let it steep

for ten or twelve minutes. When spitted, put sheets of paper over the fat side, pour the wine in which it was soaked into the dripping-pan, and baste it all the time it is roasting. When roasted enough, pull off the paper, and dredge it well with crumbled bread and parsley shred fine. Make the fire brisk, and brown it. If you serve it hot, garnish it with raspings of bread; but if cold, serve it with parsley.

#### *To boil a Tongue.*

A tongue, if soft, put in a pot over night, and do not let it boil till about three hours before dinner, then boil all that three hours: if fresh out of the pickle, two hours and a half, and put it in when the water boils.

#### *Hare.*

Having skinned it, let it be extremely well washed, and then soaked an hour or two in water; and if old, let it lie in vinegar, to make it tender; after which, wash it well again in water.

A hare will take about an hour and a half to roast; make the following stuffing: about three handfuls of bread crumbs, one of beef suet, chopped very fine, a little lemon, thyme, and parsley, and two eggs; roll it up, and put it into the belly of the hare; cover the back of the hare with fat bacon, to keep it moist, and baste it very often. Serve with gravy in the dish, butter and currant jelly.

#### *Rabbits.*

In roasting, case them, baste them with butter, and dredge them with a little flour. Half an hour will do them at a very quick clear fire; and if very small, twenty minutes will do them. Take the



livers, with a little bunch of parsley, and boil them, and then chop them very fine together. Melt some good butter, and put half the liver and parsley into the butter, pour it into the dish, and garnish the dish with the other half. Let the rabbits be done of a fine light brown.

Rabbits may also be roasted hare fashion; or the same as the above, with fried pork-sausages round the dish.

For boiling, case them, skewer them with the head upright, the fore legs brought down, and the hind legs straight. Boil them at least three quarters of an hour, and smother them with onion sauce. Pull out the jaw-bones, stick them in the eyes, and serve them with a sprig of myrtle or barberries in the mouth.

Instead of onion sauce, they may be served with parsley and butter.

Or take the livers, which, when boiled, bruise with a spoon, very fine, and take out all the strings; put to this some good veal stock, a little parsley shred fine, and some barberries clean picked from the stalks; season it with mace and nutmeg; thicken it with a piece of butter rolled in flour, and a little white wine: let your sauce be of a good thickness, and pour it over your rabbits. Garnish them with lemons and barberries.

### *Turkeys.*

For roasting, draw the sinews of the legs, twist the head under the wing; and, in drawing the bird, be careful not to tear the liver, nor let the gall touch it.—Use 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 must constantly be to that part; for the breast is often not done enough. A slip of paper should be put on the bone,

to hinder it from scorching while the other parts roast. Baste it well, and froth it up. Serve with gravy in the dish, and bread sauce in a saucetureen.

To boil a large turkey, with a force-meat in his crop, will take two hours; one without, an hour and a half; a hen turkey, three quarters of an hour. Turkeys should not be dressed till three or four days after they have been killed, as they will otherwise not boil white, neither will they eat tender.

When you have plucked a turkey, draw it at the rump, cut off the legs, put the ends of the thighs into the body, and tie them with a string.

Having cut off the head and neck, make a stuffing of bread, herbs, salt, pepper, nutmeg, lemon-peel, a few oysters, or an anchovy, a piece of butter, some suet, and an egg; put this into the crop, fasten up the skin, and boil the turkey in a floured cloth. Pour oyster sauce over it; make rich with butter, a little cream, and a spoonful of soy, if approved; or liver and lemon sauce. Hen birds are best for boiling, and should be young.

### *Goose.*

Roasted. After plucking and singeing carefully, let it be well washed and dried, and seasoning put in of onion, sage, and pepper and salt. Fasten it tight at the neck and rump; and put it first at a distance from the fire. Paper the breast-bone. Baste it very well; and, when the breast is rising, take off the paper. Serve the bird before the breast falls, or it will be spoiled by coming flatted to table. Let a good gravy be sent in the dish. Some persons, before they cut the breast, cut off the apron, and pour into the body a glass of port

wine, and two tea-spoonfuls of mustard. Serve with potatoes, gravy, and apple sauce.

A *green goose* should be served with gooseberry sauce.

**Boiled.** After you have singed your goose, pour over it a quart of boiling milk. Let it continue in the milk all night; then take it out, and dry it well with a cloth. Stuff it with sage and onion cut small, sew it up at the neck and vent, and let it hang up by the neck and vent till the next day. Put it into cold water, cover it close, and let it boil gently for an hour. Serve it up with onion sauce.

#### *Ducks.*

For roasting, prepare them the same as geese, with sage and onion. A good fire will roast them in about twenty minutes.

Dress wild ducks in the same way.

**To boil.** After scalding and drawing them, let them remain for a few minutes in warm water; then let them lie in an earthen pan, with a pint of boiling milk, for two or three hours; take them out, dredge them with flour, put them in cold water, and cover them close. Having boiled them slowly for twenty minutes, smother them with onion sauce, and serve them hot.

#### *Fowls.*

For roasting, put them down to a good fire; singe, dust, and baste them well with butter. They must be near an hour roasting. Make gravy of the necks and gizzards, and, when strained, put in a spoonful of browning. Take up the fowls, pour some gravy into a dish, and serve them with egg sauce.

For boiling, pluck and carefully draw them; cut off the head, neck, and legs. Skewer the ends of

their legs in their bodies, and tie them. Singe and dust them with flour, put them into cold water, cover the pot close, and set it on the fire; but take it off as soon as the scum rises.—Cover them close again, and let them boil gently twenty minutes; then take them off, and the heat of the water will do them sufficiently in half an hour. Melted butter and parsley is the usual sauce; but you may serve them up with bechemel, or white sauce.

### *Chickens.*

For roasting, the same as for fowls. A quarter of an hour will roast them; and, when they are done, froth them, and lay them on a dish. Serve with parsley and butter poured over them.

For boiling, draw them, lay them in skimmed milk two hours, and truss them. Singe them, dust them with flour, cover them close in cold water, and set them over a slow fire. Take off the scum, boil them slowly five or six minutes, take them off the fire, and keep them close covered for half an hour in the water, which will do them sufficiently, and make them plump and white. Before you dish them, set them on the fire to heat; drain them, and pour bechemel, or white sauce, over them.

### *Pigeons.*

Before roasting, cleanse them thoroughly, in several waters; and, after you have dried them, roll a lump of butter in chopped parsley, and season it with pepper and salt. Put this into the pigeons, and spit, dust, and baste them. A good fire will roast them in twenty minutes. Serve with parsley and butter, and peas or asparagus.

In boiling draw your pigeons, take out the craw as clean as possible. Wash them in several waters, cut off the pinions, and turn the legs under the

wings. Boil them very slowly a quarter of an hour, and they will be sufficiently done. Dish them up, and pour over them melted butter; lay round the dish a little broccoli, and serve with melted butter and parsley in sauce-tureens. They should be boiled by themselves, and may be eaten with bacon, greens, spinach, or asparagus.

#### *Larks, and other small Birds.*

Having drawn and skewered them, tie the skewer to the spit. Baste them gently with butter, and strew bread crumbs upon them till half done; brown them, and serve with fried crumbs round.

#### *Pheasants and Partridges.*

Roasted. Dress them the same as turkeys. A pheasant will take twenty minutes; a partridge a quarter of an hour. Serve with gravy and bread sauce.

Fowls may be dressed in the same manner.

Boil them quick in a good deal of water; fifteen minutes will be sufficient. For sauce, take a quarter of a pint of cream, and a small piece of fresh butter. Stir it one way till it is melted, and then pour it over the birds.

#### *Guinea and Pea Fowl.*

These must be roasted in the same manner as partridges and pheasants.

#### *Wild Ducks, Widgeons, Teal, &c.*

Wild fowl are in general liked rather underdone; and, if your fire is very good and brisk, a duck or widgeon will be done in a quarter of an hour; for,

as soon as they are well hot through, they begin to lose their gravy, and, if not drawn off, will eat hard. A teal is done in little more than ten minutes. A rich brown gravy should be sent in the dish; and when the breast is cut into slices, before taking off the bone, a squeeze of lemon, with pepper and salt, is a great improvement to the flavour.

To take off the fishy taste which wild fowl sometimes have, put an onion, salt, and hot water into the dripping-pan, and baste them for the first ten minutes with this; then take away the pan, and baste constantly with butter.

#### *Woodcocks, Snipes, and Quails.*

These birds must never be drawn. Spit them on a small bird-spit; flour them, and baste them with butter; have ready a slice of bread toasted brown, which lay in a dish, and set it under your birds, for the trail to drop on. When they are enough, take them up, and lay them on the toast; put some good gravy in the dish, serve with butter, and garnish with orange or lemon.

#### *Ruffs and Rees.*

Draw them, and truss them cross-legged, as you do snipes, and spit them the same way; lay them upon a buttered toast, pour good gravy into the dish, and serve them up quick.

#### *Plovers.*

*Green* plovers should be roasted in the same way as woodcocks, without drawing; and serve on a toast. *Grey* plovers may be either roasted or stewed with gravy, herbs, and spice.

## BAKED MEATS, &amp;c.

*Rump of Beef.*

Cut the bone out, beat the flesh with a rolling pin; season with pepper, salt, and cloves, and lard the meat across. Put the beef into an earthen pan, with the broken bones, some butter, bay-leaves, whole pepper, one or two shalots, and sweet herbs; cover it close, and put it in the oven; it will be done in six hours. Skim off the fat, dish the meat, and serve it with dried sippets and its own liquor.

*Leg of Beef.*

Cut the meat off, and break the bones. Put all into an earthen pan, with two onions, and a bundle of sweet herbs, and season it with whole pepper, cloves, and a blade of mace. Cover it with water, tie the top close with brown paper, and put it in the oven. When done, skim off the fat, strain the liquor, pick out the fat and sinews, and put them into a saucepan with a little of the gravy and butter rolled in flour.—When thoroughly hot, pour it into the dish with the meat, and serve.

*Ox Check.*

This must be done in the same way. Should the liquor be too rich, it may be weakened with boiling water.

*Calf's Head.*

When properly cleaned, put it into a large earthen dish, and rub the inside with butter. Place

iron skewers across the top of the dish, and lay the head on them. Grate some nutmeg over the head, with sweet herbs shred small, crumbs of bread, and a little lemon-peel. Flour it, stick butter in the eyes, and on different parts of the head, and send it to the oven. Throw a little pepper and salt over it, and put into the dish a bunch of sweet herbs, an onion, a blade of mace, some whole pepper, two cloves, and a pint of water, and boil the brains with sage. When done, lay it on a dish, before the fire; then mix the seasoning, and put it into a saucepan. When hot, strain it off, and put it again into the saucepan. Put into it butter rolled in flour, the brains and sage chopped fine, a spoonful of ketchup, and two of red wine. Boil the whole for a minute, pour it over the head, and serve hot.

### *Pig.*

Lay your pig in a dish well buttered, flour it all over, rub some butter on it, and send it to the oven. When done, take it out, rub it over with a buttered cloth, and put it into the oven again till it is dry; then lay it in the dish, and cut it up. Take the fat from the dish it was baked in, and some gravy will remain at the bottom. Put this to a little veal gravy, with butter rolled in flour, and boil it up with the brains; pour it into a dish, and mix it well with the sage that comes out of the belly. Serve with apple sauce.

### *Bullock's or Calf's Heart.*

Stuff it with crumbs of bread, chopped suet, sweet marjoram, lemon-peel, grated pepper, salt, nutmeg, and the yolk of an egg, and put it into the oven. When done, serve it up with gravy, melted butter, and currant jelly. The same methods must be observed whether baked or roasted.



## B R O I L I N G.

*General Observations.*

The best general rule for the broiling of steaks, chops, &c., is to keep a clear fire, that the meat may be done with nicety, and have no ill taste. Grease the gridiron, to prevent the meat from burning; turn it often and quickly, by which the juices will be retained, and its natural flavour preserved. Keep the dish quite warm while you broil, that the meat may be served as hot as possible.

*Broiled Hare.*

The flavour of broiled hare is exceedingly fine; the legs or wings must be seasoned first; rub with cold butter, and serve very hot.

The other parts, warmed with gravy, and a little stuffing, may be served separately.

*Beef Steaks.*

Have them cut from the rump, about half an inch thick; broil on one side till brown: turn them, and, when the other side is brown also, lay them on a dish, with butter between each steak; sprinkle with pepper and salt, and let them stand two or three minutes; slice a shalot thin into a spoonful of water; then lay on the steaks again, turn them till they are done; then put them in the dish, pour the shalot and water over them, garnish with horse-radish, and serve with potatoes.

*Mutton Steaks.*

Have them cut about half an inch thick; if from the loin, take off the skin and part of the fat. Lay on the steaks, and turn them quickly; slant the gridiron to prevent the fat's dropping into the fire and smoking them. When done, put them on a

hot dish, rub them with butter, slice a shalot into a spoonful of water, and pour on, with a spoonful of ketchup: serve hot, with horse-radish and pickles.

### *Pork Chops.*

The same rules must be observed as for mutton chops, except that they require more doing. When done, add a little good gravy to them; and, in order to give them a pleasant flavour, strew over a little sage shred fine. Serve with potatoes.

### *Beef Palates.*

After peeling your palates, put them into a stew-pan, with a bit of butter rolled in flour, salt, and pepper, two shalots, a clove of garlic, two cloves, parsley, a laurel-leaf, thyme, and as much milk as will simmer them till tender. When done, take them out, and rub over them the yolks of eggs with bread crumbs; boil them slowly, and, when enough, serve with piquant sauce.

### *Pigeons.*

These may be boiled whole or split, over a clear fire. If whole, shred some parsley fine, with a piece of butter, pepper, and salt, and put into their bellies, tying both ends. If you split them, season the inside with pepper and salt; and, when done, serve with parsley and butter poured over them.

### *Chicken.*

Slit your chicken down the back, season them with pepper and salt, and lay them on a gridiron over a clear fire, and at a great distance. Let the insides continue next the fire till about half done; then turn them, taking care that the fleshy sides

do not burn, and broil them till of a fine brown. Have ready gravy sauce, with mushrooms; and garnish with lemon, and the livers broiled; the gizzards cut, slashed, and broiled, with pepper and salt; or with the following sauce: take a handful of sorrel, and dip it in boiling water; then drain it, and have ready half a pint of good gravy, a shalot shred small, and some parsley boiled; thicken it with butter rolled in flour, and add a glass of red wine; then lay your sorrel in heaps round the chicken, and pour the sauce over them.

### *Eggs.*

Put a salamander into the fire; then cut a slice of bread, toast it brown, butter it, lay it in a dish, and set it before the fire; poach six or seven eggs just enough to set the whites, take them out carefully, and lay them on your toast: brown them with the salamander, grate some nutmeg, and squeeze a Seville orange over. Garnish with orange sliced.

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## FRYING.

### *Beef Steaks.*

Fry your steaks in butter, over a brisk fire, and, when they are of a good light brown, put them in a dish before the fire. Then take half a pint of hot gravy, and put it into the pan, with pepper and salt, and two or three shalots chopped fine. Boil them up in the pan for two or three minutes, and then pour the whole over the steaks. Garnish with horse-radish.

### *Staffordshire 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 stewpan, 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.

### *Neat's Tongue.*

When boiled till tender, cut it into slices, and season with nutmeg, cinnamon, and sugar. Beat up the yolk of an egg with a little lemon-juice, and rub it over the slices with a feather. Make some butter boiling hot in the frying-pan, and then put in the slices. When done, serve with melted butter, sugar, and white wine, made into a sauce.

### *Neat's Feet.*

Cut the feet in two, take out all the bones, and put the meat into the frying-pan with some butter. When it has fried a few minutes, put in some mint and parsley shred fine, a little salt, and some beaten butter. Add the yolks of two eggs beaten fine, half a pint of gravy, the juice of a lemon, or of an orange, and a little nutmeg. When done, put it into your dish, and pour the sauce over it.

### *Venison.*

Cut the meat into slices, and make a gravy of the bones. Fry it of a light brown, and keep it hot before the fire. Put butter rolled in flour into the pan, and stir it till thick and brown. Put in half a pound of powdered sugar, with the gravy made from the bones, and some red wine. Have it the thickness of cream ; squeeze in a lemon, warm the venison in it, put it in the dish, and pour the sauce over.

*Veal Cutlets.*

Cut the veal into thin slices; dip them into the yolks of eggs beaten up fine, and strew over them crumbs of bread, sweet herbs, lemon-peel, and grated nutmeg, and fry them with fresh butter. When the meat is done, lay it in a dish before the fire. Shake a little flour in the pan, and stir it round; put in some good gravy, with the juice of a lemon; stir the whole together, and pour it over the cutlets. Garnish with sliced lemon.

*Sweetbreads.*

Cut them into long slices, beat up the yolk of an egg, and rub it over them with a feather. Make a seasoning of pepper, salt, and grated bread; strew this over, and fry them in butter. Garnish with crisped parsley, and small thin slices of toasted bacon.

*Calf's Brains.*

Cut them in four, and soak them in common stock and white wine; with lemon, pepper, salt, thyme, laurel, cloves, parsley, and shalots. In about half an hour take them out, and soak them in butter made of white wine, a little oil, and a little salt, and fry them of a fine colour. Strew over them crumbs of bread mixed with the yolks of eggs. Garnish with fried parsley. Serve with melted butter.

*Neck or Loin of Lamb.*

When cut in thin slices, pepper and salt, and put a little nutmeg on them, and fry them in fresh butter; when done. take out the steaks, lay them in a dish before the fire to keep them hot; pour out the butter, shake a little flour into the pan, pour in a quarter of a pint of boiling water, and

put in a piece of butter: shake all together, boil it, pour it over the steaks, and send them to table.

*Best end of a Neck of Lamb.*

Cut it into steaks, and chop each bone so short as to make the steaks 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 steak on another with the small bone upward, all round the potatoes.

*Tripe.*

Cut your tripe into small square pieces, dip them in some small beer batter, or yolks of eggs, and fry them in good dripping, till of a nice light brown; then take them out, let them drain for a minute, and serve with plain melted butter.

*Sausages.*

In addition to the usual method of frying sausages, take six apples, and slice four of them; cut the other two into quarters, and take the cores out. Fry the slices with the sausages till they are of a nice light brown. When done, put the sausages into the middle of the dish, and the apples round them. Garnish with the apples quartered.

*Chicken.*

Cut them into quarters, rub them with the yolk of an egg; strew on crumbs of bread, pepper, salt, grated nutmeg, lemon-peel, and chopped parsley. Fry them in butter; and, when done, put them in a dish before the fire. Thicken some gravy with flour, add a small quantity of Cayenne pepper, some mushroom powder or ketchup, and a little lemon-juice. Pour it over the chicken, and serve them.

## STEWING.

*Rump of Beef.*

Roast it till about half done; then put it into a large stew-pan, 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, some onions, cloves, and Cayenne; cover it close, and simmer for two or three hours. When done, lay it into a deep dish, set over hot water, and cover it close. Skim the gravy; put in pickled mushrooms, truffles, morels; thicken the gravy with flour and butter, heat the whole together, and pour over the beef. Force-meat balls are an agreeable addition.

*Beef Gobbets.*

Cut any piece, except the leg, into small pieces, and put them into a stewpan. Cover with water, and, when stewed an hour, put in a little mace, cloves, and whole pepper, tied loosely in a muslin rag, with some celery cut small. Then add salt, turnips and carrots pared and cut in slices, parsley, a bunch of sweet herbs, a crust of bread, and an ounce of barley or rice. Cover it close, and let it stew till it is tender. Then take out the herbs, spices, and bread; have a French roll nicely toasted, and cut into four parts. Put these into your dish, pour in the meat and sauce, and send it hot to table.

*Beef Steaks.*

Season your steaks, and lay them in a stewpan. Put half a pint of water, a blade or two of mace,

an anchovy, a small bunch of herbs, a piece of butter rolled in flour, a glass of white wine, and an onion. Cover close, and let it stew till the steaks are tender; then take them out, strew some flour over them, fry them in fresh butter till they are of a nice brown, and pour off the fat. Strain the sauce that they were stewed in, pour it into the pan, and toss it up altogether till the sauce is quite hot and thick. Then lay your steaks in the dish, pour the sauce over them, and serve with horse-radish and pickles.

#### *Another Way.*

Take rump steaks cut thick; brown them in a stewpan with some butter and a little water. Add a few spoonfuls more water, an onion sliced, two or three anchovies, with white pepper and salt. Cover close, and stew the steaks over a slow fire for the space of an hour, or till sufficiently done. When stewed completely tender, skim off the fat, and add a glass of port wine, a few oysters, some ketchup, and a little anchovy liquor. Serve up hot.

#### *Fillet of Veal.*

Take a fillet of a cow calf, stuff it well under the udder, and at the bone-end quite through to the shank. Set it into the oven, with a pint of water under it, till brown; then put to it three pints of gravy. Stew it till it is tender, and add a few morels, truffles, a tea-spoonful of lemon-pickle, a large one of browning, one of ketchup, and a little Cayenne pepper. Thicken it with a lump of butter rolled in flour. Put your veal into a dish; then strain the gravy over it, and lay round force-meat balls. Garnish with sliced lemon and pickles.



*Browning.*

To make browning, a very useful culinary preparation, alluded to in the above article, beat small four ounces of treble-refined sugar, and put it into a frying-pan, with one ounce of butter. Set it over a clear fire: mix it well together; and, when it begins to be frothy, by the sugar dissolving, hold it higher over the fire. Have ready a pint of red wine; and, when the sugar and butter are of a deep brown, pour in a little of the wine, and stir the whole well together; then add more wine, stirring it all the time. Add half an ounce of Jamaica pepper, six cloves, four shalots peeled, two or three blades of mace, three spoonfuls of ketchup, a little salt, and the rind of a lemon. Boil it slowly about ten minutes, and then pour it into a bason. When cold, take off the scum very clean, and bottle it up for use.

*Shoulder of Mutton with Oysters.*

Hang it several 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 peppercorns, 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 stewpan should be kept close covered.

*Breast of Veal.*

Stew it gently till tender, in some stock, a glass of white wine, some sweet herbs, mushrooms, two or three onions, some pepper and salt. When done, strain and skim the sauce. Garnish with force-meat balls.

*Knuckle of Veal.*

Put your veal into a stewpan, upon four wooden skewers, placed crossways, with two or three blades of mace, some whole pepper, an onion, a crust of bread, and two quarts of water. Cover close, and after boiling, let it simmer for two hours. When done, put it into your dish, and strain the liquor over it. Garnish with lemon.

*Neck of Veal.*

Lard it with pieces of bacon rolled in pepper and salt, shalots, and spices. Put it into your stewpan with about three pints of common stock, two onions, a laurel-leaf, and a little brandy. Let it simmer gently till it is tender; then pour it into your dish, take the scum clean off the liquor, and pour it on the meat.

*Calf's Head.*

Having well cleaned it, lay it in water for an hour. Take out the eyes, brains, bones, and tongue; but do not break the meat. Chop the eyes with a pound of ham, veal, beef-suet, two anchovies, a bit of lemon-peel, some nutmeg, and sweet herbs; mix with it the yolks of three eggs; reserve enough meat to make about twenty balls; take some fresh mushrooms, the yolks of six eggs chopped, half a pint of oysters, or pickled cockles; mix all together, having first stewed your oysters. Stuff the head and close it, tie it tight, put it into a deep stewpan, and add two quarts of gravy, with a blade or two of mace. Cover close, and let it stew two hours; beat up the brains with lemon-peel cut fine, parsley chopped, nutmeg grated, and the yolk of an egg; fry half the brains in little cakes, also fry the balls, and keep them both hot; strain the gravy that the head was stewed in, and add half an

ounce of truffles and morels ; boil all together, put in the rest of the brains that are fried, stew all together for a minute or two, pour it over the head, and lay the fried brains and balls round it. Garnish with lemon.

Lamb's head done in this way is excellent.

### *Ox Cheek.*

Bone and wash the cheek, tie it up as a rump of beef, and put it into a braising pan, with some stock ; when it boils, skim it, add two bay-leaves, garlic, onions, champignons, celery, carrots, half a small cabbage, turnips, sweet herbs, whole black pepper, allspice, and mace ; stew it till nearly done ; then cut off the strings, put the cheek into another stewpan, strain the liquor, and skim off the fat ; season with lemon-juice, Cayenne pepper, and salt ; add a little browning, clear it with eggs, strain it through a tamis-cloth to the cheek, and stew it till tender.

### *Neat's Tongue.*

Cover it with water, and let it simmer two hours. Peel, and put it into the liquor again, with pepper, salt, mace, cloves, and whole pepper, tied in a bit of fine cloth ; a few capers, chopped turnips, carrots sliced, half a pint of beef gravy, a little white wine, and some sweet herbs. Stew it gently till tender ; take out the spice and sweet herbs, and thicken it with butter rolled in flour.

### *Neat's Palates.*

Lay them in warm water for half an hour, wash them clean, put them in a pot, cover it with brown paper, tie it close, and send it to the oven with as much water as will cover them. When tender, take them out, skin them, and cut them into pieces about

half an inch in breadth, and three inches long. Put them into a stewpan, with a pint of veal gravy, one spoonful of white wine, the same of ketchup and browning, one onion stuck with cloves, and a slice of lemon. Stew them half an hour; then take out the onion and lemon, thicken the sauce, and pour the whole into a dish. Have ready boiled some artichoke-bottoms, cut them into quarters, and lay them over the palates, with force-meat balls and morels. Garnish with sliced lemon.

### *Turkey or Fowl.*

Put a turkey or fowl into a stewpan, with a sufficient quantity of gravy, some celery cut small, and a muslin rag filled with mace, pepper, and all-spice, tied loose, an onion, and sprig of thyme. When done, take up your fowl; thicken the liquor it was stewed in with butter and flour; and, having dished it, pour the sauce into the dish.

### *Chicken.*

Half boil in as much water as will just cover them; then take them out, cut them up, and take out the breast bones. Put them into your stewpan with the liquor, adding a blade of mace and a little salt. Cover the pan close, set it over a slow fire, and let it stew till the chicken are enough; then put the whole into your dish, and send it to table.

### *Goose or other Giblets.*

Well scald them; then cut the neck into four pieces, the pinions into two, and slice the gizzard. Put them into your stewpan with two quarts of water or common stock, with some sweet herbs, an anchovy, a few peppercorns, three or four cloves, a

spoonful of ketchup, and an onion. When tender, put in a spoonful of good cream, thicken with flour and butter, pour the whole into a soup-dish, with sippets, and serve it up.

#### *Duck.*

Take two ducks, properly picked and drawn, dust them with flour, and set them before the fire to brown. Put them into a stewpan, with a quart of water, a pint of red wine, a spoonful of walnut ketchup, the same of browning, an anchovy, half a lemon, a clove of garlic, a bunch of sweet herbs, Cayenne pepper, and salt. Let them stew gently till tender; then lay them on a dish, and keep them hot. Skim off the fat from the liquor, strain it through a hair sieve, add a few morels and truffles; boil it quick, till reduced to about half a pint; then pour it over your ducks, and serve them up.

#### *Duck, with Green Peas.*

Half roast a duck. Put it into a stewpan, with a pint of good gravy, some mint, and three or four leaves of sage cut small. Close cover, and let the duck continue in the pan for half an hour. Put a pint of green peas, boiled as for eating, into the pan, after having thickened the gravy. Dish up the duck, and pour the gravy and peas over it.

#### *Pigeons.*

Make a seasoning of pepper, salt, cloves, mace, sweet herbs, and a piece of butter rolled in flour, and put it into their bodies. Tie up their necks and vents, and half roast them: stew them in a quart of good gravy, a little white wine, whole pepper, mace, lemon, sweet herbs, and a small onion: take them out when done, and strain the liquor through a sieve: skim it, and thicken with

a piece of butter rolled in flour; then put in the birds with some pickled mushrooms, and stew them about five minutes; put them into a dish, pour the sauce over, and serve them.

### *Pheasants.*

Put a pheasant into a stewpan, with as much veal stock as will cover it; stew it till there is liquor enough left for sauce: then skim, and put in artichoke-bottoms parboiled, beaten mace, a glass of wine, pepper, and salt; thicken with a piece of butter rolled in flour, and a little lemon-juice. Take up the pheasants, pour the sauce over it, put force-meat balls into the dish, and serve it.

### *Partridges.*

Truss them as for roasting, stuff the craws, and lard them down each side of the breast: roll a bit of butter in pepper, salt, and beaten mace, and put it into the bellies. Sew up the vents, dredge them with flour, and fry them of a light brown; then put them into a stewpan, with a quart of good gravy, a spoonful of white wine, the same of ketchup, a tea-spoonful of lemon-pickle, half the quantity of mushroom-powder, one anchovy, half a lemon, and a sprig of sweet marjoram. Cover close, and stew them half an hour; take them out, thicken the gravy, boil it a little, pour it on the partridges. Lay round them artichoke-bottoms boiled and cut in quarters, and the yolks of four hard eggs.

### *Woodcocks, &c.*

The same as the above.

## HASHING AND MINCING

*Beef.*

Cut beef that has been dressed into thin slices, put them into a stewpan, with slices of pickle, either walnuts or onions; then make a sauce with chopped shalots or onions, passed with a bit of fresh butter over a slow fire, till nearly done; after which add a pint of veal stock or gravy, and a little ketchup. Boil it ten minutes, season with Cayenne pepper and salt; then strain it to the beef, let it stew gently till thoroughly hot, and add a small quantity of browning.

*Mutton.*

This may be done in the same way.

*Calf's Head.*

Chop a head in two, without the scalp; wash and blanch it; peel the tongue, cut it in slices, and likewise the meat from the head. Add blanched morels and truffles, egg and force-meat balls, stewed mushrooms, artichoke-bottoms, and well-seasoned cullis. Stew the meat gently till nearly done, and then add slices of throat sweetbreads. When served up, put the brains and broiled rashers of bacon round the hash.

If preferred, half the head may be put on the top, prepared thus: one half when blanched, to be done over with the yolk of a raw egg, seasoned with pepper and salt, strewed with bread crumbs, baked till tender, and coloured with a salamander. The brains must be egged, rolled in bread crumbs, and fried in boiling lard.

*Minced Veal.*

Cut some dressed veal into small pieces, put it into a stewpan, with grated lemon-peel, and a little

bechemel; season to the palate with Cayenne pepper, lemon-juice, and salt; stew the veal gently ten minutes, and serve it with sippets.

#### *Venison.*

Cut your venison into small pieces, and put it into a stewpan, with a glass of red wine, a spoonful of ketchup, the same of browning, an onion stuck with cloves, and half an anchovy chopped small. When it boils, put in your venison, and let it remain till thoroughly heated. Then pour the whole together into a soup-dish, with sippets. Garnish with red cabbage or currant jelly.

#### *Turkeys, Fowls, or Rabbits.*

Cut into neat pieces turkeys, fowls, or rabbits, that have been dressed; put them into a stewpan; make a thickening with fresh butter, flour, and chopped shalots or onions, mixed over a slow fire. Add veal stock, a little lemon-pickle, and ketchup; season to the palate; put a small quantity of browning, boil it for ten minutes, strain it to the poultry, and let it stew gently: or, instead of the thickening and veal stock, add cullis, with lemon-pickle and ketchup. Serve it with a few pieces of the fowl grilled round it.

#### *Ducks.*

Cut a cold duck into joints; and warm it, without boiling, in gravy, a glass of port wine, a teaspoonful of made mustard, and a little butter and flour.

#### *Hare, Wild Fowl, Pheasant, and Partridge.*

Cut as above into small pieces; put them into a stewpan, and add a liquor made in the same way as for venison; or put cullis and red port, with their own gravy.



*Jugged Hare.*

Case the hare, cut off the shoulders and legs, and divide the back into three pieces. Daub them well with fat bacon, and put them into a stewpan with the trimmings. Add allspice, mace, and whole pepper, a clove of garlic, three onions, two bay-leaves, parsley, thyme, and savory, tied together; a quart of veal stock, three gills of red port; simmer them over a fire till nearly done. Then take out the shoulders, legs, and back; put them into another stewpan, strain the liquor to them, and add some butter and flour to thicken it. Let it stew till tender, skim off the fat, season with Cayenne, salt, and lemon-juice, and serve it up in a deep dish.

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**FRICASSEEING.***Cold Roast Beef.*

Take thin slices of underdone beef, shred a handful of parsley very small, cut an onion into quarters, and put all together into a stewpan, 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 over the fire a minute or two, rub the dish with shalot, and turn the fricassee into it.

*Neat's Tongue.*

Boil the tongue till tender, then peel and cut it into slices. Put them into a fryingpan with butter, and fry them till brown. Pour the butter from the pan, and put in some good gravy, with sweet herbs, an onion, pepper, salt, a blade or two

of mace, and a gill of wine. When they have simmered half an hour, take out the tongue, strain the gravy, and put all again into the pan, with yolks of two eggs beaten fine, a little nutmeg grated, and some butter rolled in flour. Shake the whole well together, and, when it has simmered for about five minutes, put the tongue into your dish, pour over the sauce, and serve hot.

### *Beef Palates.*

Boil them till tender; then blanch and scrape them. Rub them over with mace, nutmegs, cloves, pepper beaten fine, mixed with crumbs of bread. Put them into a stewpan with hot butter, and fry them brown on both sides. Pour off the fat, put as much beef or mutton gravy into a stewpan as of sauce, an anchovy, a little lemon-juice, salt to make it palatable, and a piece of butter rolled in flour. When these have simmered a quarter of an hour, dish them up, and garnish with sliced lemon.

### *Sweetbreads, brown.*

Scald and cut your sweetbreads into slices. Beat up the yolk of an egg fine, and put to it some pepper, salt, and nutmeg. Dip the slices of sweetbread into this, and fry them of a light brown. Thicken a little good gravy with flour; boil it well, and add ketchup or mushroom powder, juice of lemon, and Cayenne pepper. Stew the sweetbreads in this about five minutes, put the whole in a dish, and serve it up. Garnish with sliced lemon.

### *Sweetbreads, white.*

Scald and cut those as before, thicken some veal gravy with a piece of butter rolled in flour, a little

cream, some grated lemon-peel and nutmeg, white pepper, salt, and a little mushroom powder. When these have stewed about ten minutes, put in the sweetbreads, shake the pan, and let them simmer; then squeeze in a little lemon-juice, pour the whole into a dish, and serve it up.

#### *Lamb's Stones.*

Fry them in lard till of a nice brown; then take them out, and place them before the fire: thicken about half a pint of veal gravy with some flour, add a slice of lemon, a little ketchup, a teaspoonful of lemon-pickle, grated nutmeg, the yolk of an egg beaten fine, and two spoonfuls of thick cream. Put these into a saucepan over the fire, and shake it till it looks white and thick; then put in the lamb's stones, give them a shake, and, when hot, put them on a dish, with boiled force-meat balls round, intermixed with thin slices of lemon as a garnish.

#### *Calf's Feet.*

Parboil, and take out the long bones, split them, and then put them into a stewpan, with some veal gravy and a glass of white wine. Add the yolks of two or three eggs beaten up with a little cream, grated nutmeg, salt, and a bit of butter. Stir it till of a good thickness; and, when the whole has gently simmered for about ten minutes, pour it into your dish. Garnish with sliced lemon.

#### *Chicken, or Rabbits.*

Cut them into pieces; blanch and drain them. Then put them into a stewpan, with a little veal stock, a blade of mace, and a whole onion. Stew them gently till three parts done; then add slices

of blanched throat sweetbreads, stewed with button mushrooms, egg-balls, and pieces of artichoke-bottoms. When they are all nearly stewed, season with salt and lemon-juice, add a liaison of three eggs, and serve it up very hot, with the mace and onion taken out.

### *Pigeons.*

Cut the pigeons in pieces, and fry them of a light brown. Put them into a stewpan, with good gravy; when stewed an hour, throw in a slice of lemon, half an ounce of morels, and a spoonful of browning; stew them five minutes longer, take them up in a dish, thicken the gravy with butter rolled in flour, and strain it on the pigeons. Lay forcemeat-balls round, and garnish with pickles.

### *Tripe.*

Cut it into small square pieces; put them into your stewpan, with as much white wine as will cover them, white pepper, shred ginger, a blade of mace, sweet herbs, and an onion. Stew it a quarter of an hour, take out the herbs and onion, and put in a little shred parsley, the juice of a lemon, half an anchovy cut small, a gill of cream, and either the yolk of an egg or a piece of butter. Season to your taste, and garnish with lemon.

### *Eggs.*

Boil them hard, and take out some of the yolks whole; then cut the rest in quarters, yolks and white together. Set on some gravy, with a little shred thyme and parsley in it, and, when it boils up, put in your eggs, with a little grated nutmeg, and shake them up with a piece of butter till it is of a proper thickness. Serve it up hot.

*Eggs with Onions and Mushrooms.*

When the eggs are boiled hard, take out the yolks entire, and cut the whites in slips, with some onions and mushrooms. Fry the onions and mushrooms, throw in the whites, and turn them about a little. Pour off the fat, if there be any; flour the onions, &c., and put to them a little good gravy. Boil this up; then put in the yolks, and add a little pepper and salt. Let the whole simmer for about a minute. Serve it up.

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 R A G O U T S
*Beef.*

Take a piece of fat beef, cut the meat from the bones, flour, and fry it in a large stewpan with butter till brown, and cover it in the pan with a gravy made in the following manner: take a pound of coarse beef, half a pound of veal cut small, sweet herbs, an onion, whole black and white pepper, mace, cloves, a piece of carrot, a slice of lean bacon steeped in vinegar, and a crust of bread toasted brown. Add a quart of white wine, and let it boil till it is half wasted. Pour a quart of boiling water into the stewpan, and let it stew gently. As soon as the gravy is done, strain it, and pour it into the stewpan with the beef. Take an ounce of truffles and morels cut small, with some fresh or dried mushrooms, and two spoonfuls of ketchup. Cover it close, and let it stew till the sauce is thick and rich. Have ready some artichoke-bottoms quartered, and a few pickled mushrooms. Boil the whole together, lay the meat in a dish, pour the sauce over it, and serve it hot.

*Beef Palates.*

Boil them till tender, and cut them into square and long pieces. Melt a piece of butter into the stewpan, and stir in a large spoonful of flour; put to it a quart of good gravy, three shalots chopped fine, a gill of white wine, two or three slices of lean ham, and half a lemon. Boil them twenty minutes, strain the liquor through a sieve, and put it into a pan, with the palates and force-meat; some truffles and morels, and pickled or fresh mushrooms stewed in gravy; season it with pepper and salt. Toss them all up for five minutes, dish them, and garnish with lemon or beetroot.

*Breast of Veal.*

Half roast it, then take out the bones, and put the meat into a stewpan, with a quart of veal gravy, and two ounces of truffles and morels. When the meat is tender, and just before you thicken the gravy, put in some oysters, pickled mushrooms, and pickled cucumbers, in small square pieces, and the yolks of four eggs boiled hard. In the meantime, cut your sweetbread into pieces, and fry it of a light brown. When the veal is well stewed, dish, and pour the gravy hot upon it. Lay your sweetbread, morels, truffles, and eggs, round it, and garnish with pickled barberries.

*Calves' Feet.*

Boil them, bone, and cut the meat in slices: brown them in the frying-pan, and then put them in some good beef gravy, with morels, truffles, and pickled mushrooms, the yolks of four eggs boiled hard, some salt, and butter rolled in flour.

*Mutton.*

Cut some slices, the right way of the grain, off a leg of mutton ; pare off all the skin and fat. Then put some butter into your stewpan, and shake flour over it ; add two or three slices of lemon, with half an ounce cut small, a bunch of sweet herbs, and a blade of mace. Put these and your meat into the pan, stir them together for five or six minutes, and then put in half a pint of gravy, with an anchovy minced, and a piece of butter rolled in flour. Stir the whole well together, and, when it has stewed about ten minutes, serve it hot. Garnish with pickles and sliced lemon.

*Fore Quarter of Lamb.*

Take off the knuckle-bone, and cut off all the skin. Lard well with bacon, and fry it of a nice brown. Put it into a stewpan, and just cover it with gravy, a bunch of sweet herbs, pepper, salt, beaten mace, and a little whole pepper. Cover it close, and let it stew half an hour. Strain off the gravy, and have ready half a pint of fried oysters. Pour off the fat, and put them into the gravy, with two spoonfuls of red wine, a few mushrooms, and a piece of butter rolled in flour. Boil all together with the juice of half a lemon. Lay the lamb in the dish, pour the sauce over it, and send it to table.

*Pigs' Feet and Ears.*

Boil them till tender, cut the ears into long narrow slices, and split the feet down the middle. Put into a stewpan half a pint of beef gravy, a tea-spoonful of lemon-pickle, two of ketchup, the same of browning, and a little salt. Thicken with butter rolled in flour, and put in the feet and ears. Let them boil gently, and when done lay the feet in the

middle of the dish, and the ears round them. Strain the gravy, pour it over, and garnish with crisped parsley.

### *Sweetbreads.*

Rub them with the yolk of an egg, strew over crumbs of bread, parsley, thyme, and sweet marjoram shred small, pepper and salt; make a roll of force-meat like a sweetbread, put it in a veal caul, and roast them in a Dutch oven; take brown gravy, a little lemon pickle, mushroom ketchup, and the end of a lemon; boil the gravy, and when the sweetbreads are done enough, lay them in a dish, with a force-meat in the middle; take the end of the lemon out, and pour the gravy into the dish.

### *Goose.*

Skin and dip the goose into boiling water, and break the breast bone, that it may lie quite flat. Season with pepper, salt, and a little beaten mace; lard it, and flour it all over. Take about a pound of beef suet, and put it into your stewpan, to melt; when boiling hot, put in the goose. As soon as you find the goose brown all over, put in a quart of boiling beef gravy, sweet herbs, and a blade of mace, some cloves, whole pepper, two or three small onions, and a bay leaf. Cover the pan close, and let it stew gently over a slow fire. If the goose be small, it will be done in an hour; but if large, an hour and a half. Make a ragout for it in the following manner: cut turnips and carrots into small pieces, with three or four onions sliced; boil and put them, with half a pint of rich beef gravy, into a saucepan, with some pepper, salt, and a piece of butter rolled in flour. Let them stew a quarter of an hour. When done, take the goose out of the stew-pan, drain the liquor well from it, put it into a dish, and pour the ragout over it.



*Livers of Poultry.*

Put the livers of a turkey, and half a dozen fowls, for a short time into cold water; take the fowl livers from the water, and put them into a pan, with a quarter of a pint of gravy, a spoonful of pickled or fresh mushrooms, one of ketchup, and a piece of butter rolled in flour. Season with pepper and salt, and stew them gently ten minutes. In the meantime, boil the turkey's liver nicely, and lay it in the middle, with the stewed livers round it. Pour the sauce over, garnish with lemon, and serve it.

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**TO DRESS FISH.***General Observations.*

For the sake of simplicity, and to save the cook the trouble of turning to different parts of the volume, we shall, in giving the principal kinds of fish in succession, also furnish instructions for the various modes of dressing each.

When the fish comes in, examine whether it has been properly cleaned. Cod, whiting, and haddock are better for being a little salted, and kept a day; and if not very hot weather, they will be good in two days.

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

The boiling of most kinds of fish is very easy; and there are but few sorts which cannot be plainly dressed; nothing more is necessary than to put them into boiling spring water, sparingly salted,

and to garnish with parsley and scraped horse-radish.

With respect to flat fish, take great care in the boiling of them; be sure to let them be done enough, but do not let them break; drain them well, and cut the fins off.

For broiling, fish in general should be floured, except herrings, which should be scored with a knife.

When you fry fish, dry them in a cloth, and flour them. Put in the frying-pan plenty of dripping, or hog's lard, and let it boil before you put in the fish. When fried, lay them in a dish or hair sieve, to drain. If you fry parsley, pick it cautiously, wash it well, dip it into cold water, and throw it into the pan of boiling fat. This will crisp it of a fine green, if it does not remain too long in the pan.

In the stewing of fish, the following general rules may be observed. Put to some cullis a few chopped shalots, anchovies, a bay leaf, horse-radish scraped, a little quantity of lemon-peel, and some red port; season it well with Cayenne pepper, salt, and juice of lemon; boil till of a proper thickness, then strain it to the fish: stew the whole gently, and serve it in a deep dish, with the liquor and fried bread round it. Observe, in stewing carp or tench, to garnish with some of the hard roe mixed in batter, and fried in pieces. The roes of different fish may be stewed in the same way, and served as a dish.

Salt fish, of which cod and ling are the best, should be soaked in water all night. A glass of vinegar thrown into the water will take out the salt, and make the fish as mild as though it were fresh. When you dress it, put it into the water cold; and, if it be good, about fifteen minutes' gentle boiling will do it.

The cod fish should not be all boiled at once ; 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 reasonably ; and the lower half, if sprinkled and hung up, will be in high perfection one or two days.

Scotch haddocks should be soaked all night. You may boil or broil them ; if you broil, split them in two.

All the different kinds of dried fish, except stockfish, are salted, dried in the sun, in prepared kilns, or by the smoke of wood fires ; and require to be softened and freshed, in proportion to their bulk, nature, or dryness ; the very dry sort, as cod, whiting, &c., should be steeped in lukewarm milk and water, kept as near as possible to an equal degree of heat. The larger fish should be steeped twelve hours ; the smaller, about two ; after which they should be taken out and hung up by the tails until they are dressed. The reason for hanging them up is, that they soften equally as in the steeping, without extracting too much of the relish, which would render them insipid. When thus prepared, the small fish, as whiting, tusk, &c., should be floured and laid on the gridiron ; and, when a little hardened on the one side, must be turned and basted with sweet oil upon a feather ; and when basted on both sides, and well heated through, taken up. A clear charcoal fire is the best for cooking them, and the fish should be kept at a good distance, to broil gradually. When they are enough, they will swell a little in the basting ; and you must not let them fall again.

If boiled, as the larger fish generally are, it should be in milk and water. They should be kept just simmering over an equal fire : in which way,

half an hour will do the largest fish, and five minutes the smallest.

Dried salmon, though a large fish, does not require more steeping than a whiting; and, when laid on the gridiron, should be moderately peppered.

Dried or red herring, instead of milk and water, should be steeped in small beer. To herring, as to all kinds of broiled salt fish, sweet oil is the best basting, and will be no ways offensive even to those who do not love oil.

We shall now proceed to particulars, in which we shall commence with dressing salmon.

#### *Salmon to boil.*

In this, as in every other instance of boiling fish, be particular in attending to the general directions of putting salt and horse-radish in the water. Clean the fish and scrape it carefully, boil it gently, and take it out of the water as soon as done. Let the water be warm if the fish are split. If underdone, it is very unwholesome. Serve it with shrimp, lobster, or anchovy sauce.

#### *Salmon to broil.*

If fresh, cut the fish into slices, wipe them dry, and season with pepper and salt; fold them in pieces of writing paper well buttered, broil them over a clear fire six or eight minutes, and serve them up as hot as possible.

If dried, soak it for two or three hours, then put it on the gridiron, and shake over it a little pepper. It will take but a short time; and when done, serve it up with melted butter.

#### *Salmon to pot or bake.*

Scale and dry a fresh salmon; slit it down the back, take out the bone, and mix some grated nut-

meg, mace, pepper, and salt, and strew it over the fish; let it lie for two or three hours, then lay it in a large pot, and put to it half a pound of butter, and bake it an hour. When done, lay it to drain; then cut it up, and lay the pieces on layers, with the skin uppermost, in pots; put a board over the pots, and lay on a weight to press it till cold; then take the board and weight off, and pour over clarified butter. It may be sent to table in pieces, or cut in slices.

*Salmon to collar.*

Take a side of salmon, cut off some of the tail; wash the fish well, dry it with a clean cloth, and rub it over with the yolks of eggs. Then make force-meat with what has been cut off the tail; but take off the skin, and put to it a handful of sweet herbs chopped small, a little salt, mace, nutmeg, pepper beat fine, and grated bread. Work all these together into a body, lay it all over the fleshy part, with a little more pepper and salt. Roll the fish up into a collar, bind it with broad tape, then boil it in water, salt, and vinegar, with a bunch of sweet herbs, sliced ginger, and nutmeg. Let it boil near two hours; when it is enough, take it up into your sousing pan, and, when the pickle is cold, put it to your salmon, and let it stand in it till used.

*Salmon to souse or pickle.*

Boil the fish, as at first directed; after which, take it out and boil some of the liquor with bay leaves, peppercorns, and salt; add vinegar when cold, and pour it over the fish, which should not be eaten under four days.

*Salmon to dry.*

Split the fish, take out the inside and roe; and, after scaling it, rub the whole with common salt.

Let it hang twenty-four hours to drain. Pound three or four ounces of saltpetre, according to the size of the fish, half the quantity of bay salt, and half the quantity of coarse 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 twenty-four hours more it will be fit to dry. Be careful to dry it well after draining; hang it either in a chimney with a wood fire, or in a dry place, keeping it open with two small sticks.

*Trout to boil.*

They must be boiled according to the general directions, and served up with anchovy sauce and plain butter.

*Trout to broil.*

When your fish is clean washed and well dried, tie it round with packthread, to keep its shape entire: melt some butter, with a good deal of basket salt, and cover the trout with it; put on a clear fire at a good distance, and broil it gradually. Wash and bone an anchovy, cut it small, and chop some capers; melt some butter with a little flour, pepper, salt, nutmeg, and half a spoonful of vinegar. Pour this over the trout, and serve it hot

*Turbot to boil.*

Cover the fish in cold water, throw a handful of salt and a glass of vinegar into it, and let it gradually boil. Should the fish not be done in the middle, cut a small slit down the back, close to the bone, and the same on the belly side, with a sharp knife. Skim it well. Garnish with a complete fringe of curled parsley, lemon, and horse-radish. Serve with lobster, anchovy butter, and plain butter, plentifully in separate tureens.

*Turbot to fry.*

Your fish must be small ; cut it across as if it were ribbed ; when dry, flour, and put it in a large frying-pan, with boiling lard enough to cover it. Fry it till brown, and then drain it. Clean the pan, and put into it white wine almost enough to cover it, anchovy, salt, nutmeg, and a little ginger. Put in the fish, and let it stew till half the liquor is wasted. Take out your fish, and put into the pan a piece of butter rolled in flour, and some minced lemon. Let them simmer till of a proper thickness : rub a hot dish with a piece of shalot, lay the turbot in the dish, pour the hot sauce over it, and serve it.

*Soles to boil.*

Skin and gut a pair of soles. Wash, and lay them in vinegar, salt, and water, for two hours ; dry them in a cloth, put them into a stew-pan, with a pint of white wine, a bunch of sweet herbs, an onion stuck with six cloves, some whole pepper, and a little salt. Cover them, and, when done enough, take them up, and lay them in your dish ; strain the liquor, thicken it with butter and flour. Pour the sauce over, and garnish with horse-radish and lemon.

*Another way.*

Take three quarts of spring water, and a handful of salt ; let it boil, then put in your soles, and boil them gently for ten minutes. Serve with anchovy or shrimp sauce in tureens.

*Flounders, Plaice, or Dabs, to boil.*

The method of dressing either may be used with all ; cut off the fins, nick the brown side under the head, and take out the guts ; dry them with a cloth, and boil them in salt and water. Serve them up

with shrimp, cockle, or muscle sauce, and garnish with red cabbage.

*Skate, or Thornback, to boil.*

First cut it into long slips, crossways, about an inch broad, and put it into spring water and salt. Afterwards boil it, according to the general directions, for a quarter of an hour, and serve it with melted butter and anchovy sauce.

*Skate to roast.*

Take off the fins, after they have hung a day or two in the open air; and, while they are roasting, baste with butter. Serve with melted butter and anchovy sauce.

*Skate to broil.*

Take off the fins, as above; and, when sufficiently broiled, rub them over with cold butter, and serve immediately.

*Skate, &c., to fry.*

It should be dipped in batter, or done with bread crumbs; if dipped in batter, it requires more lard or butter to fry it.

*Fresh Sturgeon.*

Cut the fish in slices, like cutlets, an inch thick, rub egg over them, and sprinkle with crumbs of bread, pepper, salt, and parsley; fold them in paper, and boil gently. Butter, anchovy, and soy, to be used as sauce. Garnish with fried oysters, scraped horse-radish, and slices of lemon.

*Sturgeon to roast.*

Put it on a lark spit, and tie it on the roasting spit; baste it well with butter, make a good sauce



of cullis, white wine, anchovies, a squeeze of Seville orange, and a little sugar.

#### *Cod to boil.*

Put a good deal of water into your fish-kettle, which must be of a proper size for the cod, with a quarter of a pint of vinegar, some salt, and half a stick of horse-radish. When it boils, put in the fish. When it is done (which will be known by feeling the fins, and the look of the fish), lay it to drain, put it on a hot fish-plate, and then in a warm dish, with the liver cut in half, and laid on each side. Serve it up with shrimp or oyster-sauce, and garnish with horse-radish, double parsley, and lemon.

#### *Cod's Head to boil.*

Wash it well; take out the gills and blood, and wash the head; rub it with salt and vinegar; boil it gently half an hour; but if it be a large one it will take three quarters. Take it up and skin it carefully; put it before a brisk fire, dredge it with flour, and baste it with butter. When the froth begins to rise, throw crumbs of bread over it, and baste it till it froths well. When brown, dish it. Garnish with small fish, or oysters fried, barberries, horse-radish, and lemon. Serve with lobster, shrimp, or anchovy sauce.

#### *Cod's Sounds to boil.*

Clean and cut them into small pieces, boil them in milk and water, and then let them drain. Put them into a saucepan, and season them with beaten mace, nutmeg, pepper, and salt. When tender, serve them in a napkin, with egg sauce. Dress cod tongues in the same way.

*Cod to broil.*

Cut it into slices two inches thick, dry and flour them well; rub the gridiron with a piece of chalk, set it high from the fire, and turn them often, till of a fine brown colour. Care must be taken in turning them that they do not break. Serve with lobster and shrimp sauce.

*Crimped Cod to broil.*

Put a gallon of spring water into a saucepan over the fire, with a handful of salt. Boil it up several times, and when well cleared from the scum, put a middling-sized cod into some fresh spring water for a few minutes, cut it into slices two inches thick, put them in the hot brine, and let them boil briskly a few minutes; then take the slices out, and put them on a sieve till drained; flour them, and lay them at a distance, upon a good fire, to broil. Serve them with lobster, shrimp, or oyster sauce.

*Cod's Sounds to broil.*

First lay them in hot water a few minutes; take them out and rub them well with salt, to take off the skin and black dirt; they will then look white; put them into water, and give them a boil. Take them out, and flour, pepper, and salt them; then broil them; when they are done lay them in your dish, and pour melted butter and mustard over them. Broil them whole.

*Cod to stew.*

Cut your cod in slices an inch thick, lay them in a large stew-pan, season with nutmeg, beaten pepper, and salt, a bundle of sweet herbs, and an onion, half a pint of white wine, and a quarter of a pint of water; cover close, and let it simmer gently for five or six minutes; then squeeze in a lemon;

put in a few oysters and the liquor strained, a piece of butter rolled in flour, and a blade or two of mace; cover it close, and let it stew gently, shaking the pan often. When done, take out the sweet herbs and onion, and dish it up; pour the sauce over it.

*Cod's Head to bake.*

When you have thoroughly cleaned and washed it, lay it in the dish, which you must first rub round with butter. Put in some sweet herbs, an onion stuck with cloves, three or four blades of mace, some black and white pepper, a nutmeg bruised, a little lemon-peel, a piece of horse-radish, and a quart of water. Dust with flour, grate a little nutmeg over, stick bits of butter on various parts, sprinkle raspings all over it, and send it to the oven. When done, take the head out of the dish, and put it into that in which it is to be served up. Set the dish over boiling water, and cover it to prevent its getting cold. In the mean time, as expeditiously as you can, pour all the liquor out of the dish in which it was baked into a saucepan, and let it boil two or three minutes; then strain it, and put to it a gill of red wine, two spoonfuls of ketchup, a pint of shrimps, half a pint of oysters, a spoonful of mushroom pickle, and a quarter of a pound of butter rolled in flour. Stir it well together, and let it boil till it is thick; then strain it, and pour it into the dish. Have ready some roasted bread cut corner ways, and fried crisp. Stick some pieces of toast about the head and mouth, and lay the remainder round the head. Garnish with crisped parsley, lemon, and horse-radish.

*Cod's Sounds to fricassee.*

Having well cleaned them, cut them into small pieces, boil them in milk and water, and set them

to drain. Then put them into a clean saucepan, season them with beaten mace, grated nutmeg, pepper, and salt. Add to them a gill of cream, with a piece of butter rolled in flour; shake it till it is thoroughly hot, and of a good thickness. Then pour all into your dish, and serve it up with sliced lemon.

*Salt Cod to boil.*

Soak it all night, as before directed. The next day boil it, and, when done, separate it in flakes in your dish. Pour egg sauce over it, or parsnips boiled and beaten fine with butter and cream. As it will soon grow cold, send it to table on a water-plate.

*Haddocks and Whitings to boil.*

Boil these the same as cod.

*Haddocks and Whitings to broil.*

When you have cleaned and washed your fish, dry them in a cloth, and rub a little vinegar over them, which will prevent the skin from breaking. Dredge them with flour; rub the gridiron with beef suet, and let it be hot when you lay on the fish. While broiling, turn them two or three times. Serve them up with plain melted butter, or shrimp sauce.

*Mackerel to boil.*

After having well cleaned, dry them in a cloth, rub them with vinegar, and lay them on a fish-plate; be very careful in handling them, for fear of breaking: when the water boils, put them in with a little salt, and boil them gently for a quarter of an hour; then take them up, drain, and put the water that runs from them into a saucepan, with a large spoonful of ketchup, a blade or two of mace, an

anchovy, and a slice of lemon. Boil these together about a quarter of an hour, strain through a hair sieve, and thicken with flour and butter. Put this sauce into one tureen, and melted butter and parsley in another. Dish them with their tails in the middle, and garnish with horse-radish and barberries.

#### *Mackerel to broil.*

Wash them clean, cut off their heads, take out their roes at the neck end, and boil them in a little water; then bruise them with a spoon; beat up the yolk of an egg with a little nutmeg, lemon-peel cut fine, herbs boiled and chopped fine, salt, pepper, and some crumbs of bread; mix these together, and put it into the bellies of the fish; flour them well, and broil them nicely. For sauce, use melted butter, with a little ketchup, or walnut pickle.

#### *Mackerel to collar.*

Clean your mackerel, slit it down the belly, cut off the head, take out the bones, lay it on its back, season it with mace, nutmeg, pepper, salt, and a handful of shred parsley; strew it over them, roll them tight, and tie them separately in cloths; let them boil gently twenty minutes in vinegar, salt, and water; then take them out, put them into a pan, and pour the liquor on them, or the cloth will stick to the fish; the next day take the cloth from the fish, add a little vinegar to the pickle; and, when you send them to table, garnish with fennel and parsley, and put some liquor in the dish.

#### *Mackerel to pot.*

Clean, season, and bake them in a pan, with plenty of spice, bay leaves, and butter; when cold, put them into a potting-pot, and cover them with butter.

*Pickled Mackerel, called Caveach.*

Take half a dozen large mackerel, and cut them into round pieces. Then take an ounce of beaten pepper, three nutmugs, a little mace, and a handful of salt. Mix the salt and beaten spice together, then make two or three holes in each piece, and thrust the seasoning into the holes. Rub the pieces all over with the seasoning, fry them brown in oil, and let them stand till they are cold. Put them into vinegar, and cover them with oil. If well covered, they will keep a considerable time, and are very fine eating.

*Herrings to boil.*

Clean, wash, dry them in a cloth, and rub them over with a little salt and vinegar; skewer their tails in their mouths, and lay them on a fish-plate; when the water boils, put them in; ten or twelve minutes will do them; then take them up, let them drain properly, and turn their heads into the middle of the dish. Serve with melted butter and parsley, and garnish with horse-radish.

*Herrings to broil.*

Scale, wash, and dry them in a cloth, then cut off their heads; dust them well with flour, and broil them. Wash the heads, and boil them in small beer or ale, with a little pepper and onion. When they have boiled a quarter of an hour, strain them off, thicken with butter and flour, and a good deal of mustard. Lay them, when done, in a plate or dish, pour the sauce into a tureen, and serve them up.

*Herrings to fry.*

Clean them as for broiling, but do not take the heads off. Dredge them with flour. Fry them with

butter over a brisk fire, and, when done, set their tails up one against another in the middle of the dish. Fry a handful of parsley crisp and green, lay it round the fish, and serve with melted butter, parsley, and mustard.

#### *Herrings to bake.*

Wash, scale, and wipe them dry with a cloth; lay them on a board, mix black pepper, a few cloves, with plenty of salt, and rub the dish all over. Lay them straight in a pan, cover them with vinegar, put in a few bay leaves, tie a strong paper over, and bake them in a moderate oven. They may be eaten either hot or cold; use the best vinegar, and they will keep two or three months.

#### *Herrings to pot.*

After having cleaned them, cut off the heads, remove the scales, and lay them close in an earthen pot. Between every layer of herrings strew salt, but not too much: put in cloves, mace, whole pepper, and pieces of nutmeg; fill up the pan with vinegar, water, and a quarter of a pint of white wine. Cover and tie it down, bake it, and, when cold, pot it for use.

#### *Herrings to smoke.*

Clean and lay your herrings 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, into which put some sawdust, and in the midst of it a red-hot heater; fix the stick over the smoke, and let them remain twenty-four hours.

#### *Red Herrings to dress.*

Those that are large and moist are much best cut them open, and soak them in boiling small beer for half an hour; drain them quite 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, may be served with them.

### *Sprats.*

Dress these the same as herrings, except in the broiling: which, if you have not a sprat gridiron, do as follows: when properly cleaned, they should be fastened in rows by a skewer run through the heads, then broiled, and served hot and hot.

### *Carp to boil.*

Save all the blood in killing your carp, and have ready some rich beef gravy, seasoned with pepper, salt, mace, and onions. Before you put in your fish, strain it off, and boil your carp before you put it to your gravy. Set it on a slow fire a quarter of an hour, and thicken with a large piece of butter rolled in flour; or you may make the sauce thus: take liver of the carp clean from the inside, with three anchovies, a little parsley, thyme, and an onion. Chop these small together, and take half a pint of white wine, four spoonfuls of vinegar, and the blood of the carp. When all these are stewed gently together, put it to the carp, which must first be boiled in water, with some salt, and a pint of wine; but take care not to do it too much after adding the carp to the sauce.

### *Carp to fry.*

After having cleaned and dried them in flour, fry them of a fine light brown; fry some toast cut three-corner-ways with the roes: let the sauce be butter and anchovy, with a squeezed lemon. Lay the carp in the dish, the roes on each side, and garnish with the toast and lemon.



*Carp to stew.*

Scale and clean your fish. Lay them in a stew-pan, with some good gravy, an onion, eight cloves, a dessert-spoonful each of Jamaica and black pepper, and a small quantity of gravy of port; simmer close covered; when nearly done, add two anchovies chopped fine, a dessert-spoonful of made mustard, some fine walnut ketchup, and a bit of butter rolled in flour: shake it, let the gravy boil a few minutes, and add a spoonful of soy. Serve with sippets of fried bread, the roe fried, and a good deal of horse-radish and lemon.

*Tench and Perch.*

Place them in cold water, then boil them carefully, and serve them up with melted butter and soy. They do not preserve their flavour so well in stewing as in boiling.

*Pike to boil.*

Wash, clean, and gill it; make a force-meat of chopped oysters, crumbs of bread, a little chopped lemon-peel, a lump of butter, the yolks of two eggs, and some sweet herbs; season it with salt, pepper, and nutmeg; put them into the belly of the fish, sew it up, and skewer it round. Boil in hard water with some salt, and a gill of vinegar. When the water boils, put in the fish, which, if of a middling size, will be done in half an hour. Serve with oyster sauce in a tureen.

*Pike to roast.*

Wash, scale, and clean your pike; then make a stuffing in the following manner: the crumb of a roll soaked in cream, a quarter of a pound of butter, an anchovy, some parsley, and sweet herbs chopped, the liver or roe of the fish bruised, a

little chopped lemon-peel, some grated nutmeg, pepper, and salt, the yolks of two eggs; mix all together, and put it in the belly of your fish, and tie it round; rub the yolk of an egg over, and strew some crumbs of bread on it; put some butter here and there on it; roast it before the fire in a tin oven. Serve with anchovy sauce, and plain melted butter. Garnish with horse-radish and barberries.

*Pike to pot.*

Scale, clean, and cut off the head, split it, and take out the chine-bone; then strew over the inside some bay salt and pepper, roll it up round, and lay it in a pot; cover, and bake it an hour; then take it out, and lay it to drain; when it is cold, put it into your pot, and cover it with clarified butter.

*Smelts to fry.*

After having washed and taken away the gills, dry them in a cloth; then beat up an egg very fine, rub it over them with a feather, and strew on crumbs of bread. Fry them in hog's lard over a clear fire, and put them in when the fat is boiling hot. When they are done of a fine brown, take them out, and drain off the fat. Garnish with fried parsley and lemon.

*Smelts to pot.*

Carefully gut and clean them; then season with salt, pounded mace, and pepper; put them into a pan, with butter on the top, and set them in a very slack oven. When they are done, and nearly cold, take them out, and lay them on a cloth; then put them in pots, take the butter from the liquor, clarify it with more, pour it on them, tie them down close, and set them by for use.

*Mullets to boil.*

These must be boiled in salt and water. When done, pour away part of the water, and add to what remains a pint of red wine, some salt and vinegar, two onions sliced, with a bunch of sweet herbs; some nutmeg, beaten mace, and the juice of a lemon. Boil them well together, with two or three anchovies. Then put in the fish, and, when they have simmered some time, put them into a dish, and strain the sauce over them. You may add shrimp or oyster sauce.

*Mullets to fry.*

Scale and gut them, score them across the back, and dip them in melted butter. Clarify some butter, fry the mullets in it, and, when done, lay them on a warm dish, and serve them with anchovy sauce.

*Gudgeons to fry.*

Gudgeons, as well as all other small fish, should be fried brown, and be well drained from the fat. They may be served with anchovy sauce or plain butter, and garnished with lemon.

*Eels to boil.*

After cleaning them, cut off their heads, dry, and twist them round on your fish-plate. Boil them in salt and water. Serve with parsley and butter.

*Eels to broil.*

After having cleaned, rub them with the yolk of an egg; strew over them crumbs of bread, chopped parsley and sage, pepper and salt. Baste them well with butter, and then put them on a gridiron over a clear fire. When done, serve them up with melted butter and parsley.

*Eels spitchcocked.*

Wash, and rub with salt, but not to crack the skin, two large eels; bone, flatten, and cut them in lengths of between three and four inches. Put butter in a stewpan, with some chopped onion or shalots, parsley, thyme, sage, salt, and pepper; and, when the butter is melted, add the yolks of two eggs, with a squeeze of Seville orange, or some lemon-juice, and mix the whole together. In the mean time, have ready some crumbs of bread, in which roll the pieces of eel, after they have been dipped in the stew-pan. Broil them on a clean gridiron, first rubbed over with beef suet, till they are of a fine brown colour; then lay them on a cloth, to soak up the superfluous moisture, and put them round the inside of the dish, with a little parsley in the centre, and small sprigs on the border. Serve with anchovy sauce, and plain butter.

*Eels to fry.*

Make them very clean, cut them into pieces, season them with pepper and salt, flour them, and fry them in butter; let your sauce be plain melted butter, with the juice of lemon. Drain them well from the fat.

*Eels to pot.*

Skin and clean a very large eel. Dry and cut it in pieces about four inches long; season them with a little beaten mace, nutmeg, pepper, salt, and a little sal-prunella beaten fine. Lay them in a pan, and just cover with clarified butter; bake them half an hour in a quick oven; but the size of the eel must determine how long to bake it: take them out with a fork, and lay them on a cloth to drain. When cold, season them again with the same seasoning, and lay them close in the pot; take off the butter they were baked in from the

gravy of the fish, and set it in a dish before the fire. When melted, pour it over them, and put them by for use.

*Eels to collar.*

Bone, but do not skin, a large eel, take off the head and tail, and lay them flat on the dresser. Shred sage as fine as possible, and mix it with black pepper beaten, nutmeg, and some salt. Lay it all over the eel, and roll it up hard in little cloths, tying it tight at each end. Then put on some water, with pepper and salt, five or six cloves, three or four blades of mace, and a bay leaf or two. Boil these, with the bones, head, and tail; then take out the bones, head, and tail, and put in the eel. Boil it till tender, then take it out of the liquor, and boil the liquor still longer. Take it off, and, when cold, put it to the eels; but do not take off the cloths till the collars are to be used.

*Lampreys to fry.*

Bleed them, and save the blood; then wash them in hot water, and cut them to pieces; fry them in fresh butter not quite enough, pour out the fat, and put in a little white wine; give the pan a shake, season it with whole pepper, nutmeg, salt, sweet herbs, and a bay leaf; put in a few capers, a good piece of butter rolled in flour, and the blood; shake the pan often, and cover them close; when done, take them out, strain the sauce; then give them a quick boil, squeeze in a little lemon, and pour over the fish. Garnish with lemon.

*Lobster to roast.*

Half boil a lobster, take it out of the water while hot, rub it well with butter, and lay it before the fire; continue basting it with butter till it froths, and the shell looks of a dark brown. Then

put it into your dish, and serve it up with melted butter in a sauce tureen.

*Lobster to pot.*

Half boil a live lobster in salt and water, and stick a skewer in the vent, to prevent the water getting in. When cold, take out all the flesh, beat it fine in a mortar, and season it with beaten mace, nutmeg, pepper, and salt. Mix all together, melt a small piece of butter, and mix it with the lobster as you beat it. When beaten to a paste, put it into your pot, and press it down close. Set some butter in a deep broad pan before the fire, and, when it is all melted, take off the scum, if any, and pour the clear butter over the fish as thick as a crown piece. Your butter must be very good, or you will spoil all. If you prefer it, you may put in the meat whole, with the body mixed among it, laying them as close together as you can, and pouring the butter over them.

*Prawns, Shrimps, and Cray-fish, to stew.*

Pick out the tails; take the bodies, bruise them, and put them into a pint of white wine, with a blade of mace; let them stew a quarter of an hour, stir them together, and strain them; put the bodies to the strained liquor and tails; grate a small nutmeg, a little salt, and a bit of butter rolled in flour; shake it all together, toast some thin bread, cut it into six pieces, lay it close together in your dish, and pour your fish and sauce over it.

*Shrimps to pot.*

After having boiled your shrimps, season them with pepper, salt, and some pounded cloves. Put them close into a pot, set them for a few minutes into a slack oven, and then pour over them clarified butter.

*Crab to stew.*

Pick the meat of a fine large crab, and clean it from the skin; put it into a stew-pan, with half a pint of white wine, a little nutmeg, pepper, and salt, over a slow fire; throw in a few crumbs of bread, beat up the yolk of an egg with a spoonful of vinegar, put it all in, shake the saucepan a minute, and serve it up on a plate.

*Oysters to stew.*

Put the liquor of your oysters into a pan, with a little beaten mace; thicken it with flour and butter, boil it three or four minutes, toast a slice of bread and cut it cornerways, lay them round your dish, add a spoonful of good cream, put in your oysters, and shake them in your pan; you must not let them boil, for, if they do, it will make them hard, and look small; serve them up hot.

*Oysters to ragout.*

Chop some fresh mushrooms, shalots, and parsley; put these into a stew-pan with a piece of butter, some good gravy, some of the liquor, and a little white wine. Make it of a proper consistence. Then having ready two or three dozen of oysters, bearded, and gently parboiled, put them to the sauce, to be warmed without boiling.

*Oysters to escalop.*

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

*Oysters to pickle*

Procure three dozen of the largest oysters, wash them in their own liquor, strain and wipe them dry,

add a large tea-spoonful of pepper, two blades of mace, a dessert spoonful of salt, three of white wine, and four of vinegar. Simmer them a few minutes in the liquor, put them in jars, and boil the pickle up, skim it, and when cold, pour over the oysters; and cover them up close.

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## SOUPS AND BROTHS.

### *General Observations.*

In our instructions respecting the larder, we have sufficiently dwelt upon the necessity of keeping particularly clean every utensil connected with cookery. We have also treated of the mode of attending to the stocks, cullisses, braisings, &c. On these subjects we have, therefore, only the following general remarks to make :

The best and most wholesome soup is obtained from the freshest meat, those parts of it being selected which afford the most and richest succulencoe or juice.

When there is any fear that gravy-meat will spoil before it may be wanted, season it well, and fry it lightly, which will preserve it two days longer ; but the stock is best when the juices are fresh.

Observe, that whatever has vegetables in it is apt to ferment, or turn sour, sooner than without. On this account, roots are much less frequently put into stock than formerly.

Soups, in general, are better if made the day before they are wanted ; for by that means, as long boiling is necessary to give the full flavour of all



the ingredients, they may thus have the requisite advantage.

When fat is found to remain on soup, a tea-cupful of flour and water mixed quite smooth, and boiled in it, will take it off.

Should soup be found deficient in richness or consistency, a large piece of butter mixed with flour, and boiled in it, will impart either of these qualities.

It should also be observed, that, if they are too weak, they ought not to be covered whilst boiling.

It should be particularly remembered that, in all soups and broths, the taste of one ingredient should not predominate over that of another; the taste should be equal, and the whole should have a fine agreeable flavour, according to what it is designed for.

*Stock.*—Every person is aware that, in all families where much cooking is required, it is indispensably necessary to have in constant readiness what is denominated store or stock, without which, neither soups, gravies, nor made dishes, can be prepared. This necessary provision, which must be considered as the basis of all good cookery, is chiefly of two descriptions—beef and veal.

#### *For Beef Stock.*

Take twenty pounds of coarse lean beef cut into small pieces, and put into a pot, or preferably a digester, with water sufficient to cover it. As it begins to simmer, take particular care to keep it well skimmed; in the mean time, add such pot-herbs as may suit it to the desired flavour. Season with salt and ground pepper; and keep it simmering till the meat becomes quite tender. Skim it well, strain the liquor through a fine hair sieve, and keep it in a covered pan for use.

It was formerly usual to put onions, leeks, carrots, turnips, &c., into stock; but they are much better omitted, and the fewer the herbs that are used the better, as they prevent it from keeping, and render it less applicable to general purposes. When requisite, sufficient time may always be obtained for making use of them.

#### *For Veal Stock.*

Take ten or twelve pounds of the coarser parts of veal, such as the leg, neck, &c., to which add about a pound of lean ham, with the addition of the bone, where it happens to be at hand. Cut the meat into small pieces, chopping or breaking the bones, and putting the whole into two quarts of water, with herbs, &c., to suit the palate, as directed in the preparation of the beef stock. Let these ingredients simmer till the meat be nearly tender, but the liquid not discoloured, that it may be fit for white soups, &c. Then add as much of the beef stock as will cover the veal, which may afterwards be kept simmering half an hour longer. Skim it free from fat, strain it through a sieve, and keep it for use, in the same manner as is directed for the beef stock. Thus there are always in complete readiness those excellent assistants of the cook, for the various purposes to which they are applicable.

#### *Gravy Stock.*

For a strong gravy stock, take a slice of bacon or lean ham, and lay it in a stewpan; then take a pound of beef, cut it thin, lay it on the bacon, slice a large piece of carrot in, an onion sliced, a good crust of bread, a few sweet herbs, a little mace, cloves, nutmeg, whole pepper, and an anchovy; cover it, and set it on a slow fire for five or

six minutes, and pour in a quart of beef stock; cover it close, and let it boil softly till half is wasted: this will be a rich, high-brown gravy, useful for various kinds of soup, sauce, made dishes, &c.

#### *Jelly Stock.*

There is also a jelly stock, which is very useful to keep in the house, and frequently serves as a great improvement to soups and gravies. The mode of preparing it is as follows:—Take a sufficient number of calves' feet, and put them into a stewpan, with about three pints of water to each foot, and let them boil gently for four hours or longer; then take out the meat part, and put it into cold water. When cold, trim it for any use it is intended; throw the trimmings back into the stock, and let it boil until you think it is come to its proper strength. Four feet should produce about two quarts of stock; and so in proportion.

#### *Fish Stock.*

For this, which will not keep more than two or three days, take a pound of skate, four or five flounders, and two pounds of eels. Clean them well, cut them into pieces, cover them with water, and season them with mace, pepper, salt, an onion stuck with cloves, a head of celery, two parsley-roots sliced, and a bunch of sweet herbs. Simmer it an hour and a half, closely covered, and then strain it off for use.

#### *Mock Turtle.*

In arranging the different kinds of soup and broth, there is no particular order to be followed. We shall, however, commence with Mock Turtle.

Take a calf's head, scald and wash it very clean, boil it for half an hour; then cut all the skin off by itself, and take the tongue out. Take some

veal stock, and put the tongue and skin in, with three large onions, half an ounce of cloves and mace, and half a nutmeg, beat very fine, all kinds of sweet herbs, and three anchovies; stew it all together, and, when tender, take out the meat, cut it in pieces of about two inches square, and the tongue, which must be skinned, in square pieces, the same as the head. Strain off the liquor, put half a pound of butter into the stewpan, melt it, and put in a quarter of a pound of flour, which must be kept stirring till smooth; then add the liquor, stirring it till all is in; if lumpy, it must be again strained through a sieve; then add to it a pint of white wine, season it pretty high, put in force-meat balls, and egg-balls broiled or fried, some lemon-juice, and let it stew gently for an hour. If it be too thick, put some broth before stewing it the last time: serve it up quite hot in the tureen.

*Soup Santé or Gravy Soup.*

Take turnips and carrots, shred them small with celery-heads about two inches long; wash and steam them separately in a little water till nearly done; when quite done, cut the white of the celery small, likewise a small quantity of leeks, cabbage, cos lettuces, endive, and chervil; put all the vegetables to boil till quite tender, with three quarts of cleared brown consumes; if in season, add green pease, tops of asparagus, and button onions steamed, &c.

You may put in a small piece of bouilli beef stewed; but dry it with a cloth, and put it in the soup with the vegetables when you serve it. This, however, is not very general.

*Spring Soup*

The same as the above; but it is called spring soup when turnips and carrots are first to be had.

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*Soup Julien.*

This also is the same as Gravy Soup, or Soup Santé, omitting the lettuce and chervil.

*Vermicelli Soup.*

Take three quarts of the common stock, and one of the gravy, mixed together; put a quarter of a pound of vermicelli, blanched in two quarts of water, into the soup; boil it up for ten minutes, and season with salt, if requisite; put it in a tureen, with a crust of a French roll baked.

*White Vermicelli Soup.*

The same as the above, with the addition of the yolks of four eggs, half a pint of cream, and a little salt, mixed well together. Simmer it for five minutes. Be very careful to stir it all the time it is on the fire, otherwise it will curdle.

*Hare Soup.*

Take a large hare, cut in pieces; put it into an earthen mug, with three blades of mace, two large onions, a little salt, a red herring, or a couple of anchovies, half a dozen large morels, a pint of red wine, and three quarts of water. Bake it three hours in a quick oven, and then strain the liquor into a stewpan. Have ready boiled four ounces of French barley, which put in; just scald the liver, and rub it through a sieve with a wooden spoon; put it into the soup, and set it over the fire, and keep it stirring till near boiling, and then take it off. It must not boil. Put some crisped bread into the tureen, and pour the soup on it.

*Partridge Soup.*

Skin and cut in pieces two large partridges, with three or four slices of ham, a little celery,

and three or four onions. Fry them in butter till brown, but mind they do not burn. Afterwards put them into a stewpan, with three quarts of boiling water, a few pepper-corns, and a little salt. After stewing gently for two hours, strain the soup through a sieve, put it again into the stewpan, with some stewed celery and fried bread. When near boiling, pour it into a tureen, and serve it up quite hot.

#### *Another Way.*

Take the breasts of four partridges, throw away the fat and skins, and put them, for half an hour, into cold water. Cut the meat from the remaining parts, and pound it in a marble mortar. Add four pounds of veal cut small, a slice of lean ham, the above pounded meat, together with the bones, some white pepper and salt, three table-spoonfuls of crumbs of bread, a large onion stuck full of cloves, and some scraped carrots and celery. Stew these in a proper quantity of water, till all the goodness has been drawn from the meat and vegetables. Then strain the soup through a sieve, and take off the fat. Into this soup put the partridge breasts that have till now been preserved, and stew them for half an hour, adding some white pepper, and plenty of pounded mace. Thicken with cream and flour, and serve up in a tureen.

#### *Portable Soup.*

Take two legs of beef, of about fifty pounds' weight, and take off all the skin and fat. Then cut all the meat and sinews clean from the bones, put it into a large pot, and add to it eight or nine gallons of soft water; when it boils, put in twelve anchovies, an ounce of mace, a quarter of an ounce of cloves, an ounce of whole pepper, black and white together, six large onions cut in two,

bunches of sweet herbs, and the crust of a stale two-penny loaf; stir it all together and cover it close; lay a weight on the cover to keep it close down, and let it boil gently eight or nine hours; then uncover it, and stir it together; cover it close again, and let it boil till it is a very fine rich jelly, which you will know by taking a little out now and then, and letting it cool: when thick enough, take it off, strain it through a coarse hair bag, and press it hard; then strain it through a hair sieve into a large earthen pan; when it is quite cold, skim off the fat, and take the fine jelly clear from the settleings at bottom, and put it into a large deep well-tinned stewpan; set it over a stove with a slow fire, stir it often, and take great care it neither sticks to the pan nor burns: when you find the jelly very stiff and thick, as it will be, in lumps about the pan, take it out, and put it into large deep china cups, or well-glazed earthenware, or into moulds purposely made. Fill the pan two-thirds full of water, and when the water boils set your cups in it; but be careful that no water gets into them. Keep the water boiling softly till you find the jelly is like a stiff glue; then take out the cups, and when they are cool turn out the glue into a coarse new flannel: let it lie till the next day, and then put it into the sun till it is quite hard and dry. Put it into tin boxes, with a piece of writing paper between each piece, and keep them in a dry place.

When you use it, pour boiling water on it, and stir it till it is melted; season with salt to your palate. A piece as big as a large walnut will make a pint of water very rich; if for soup, fry a French roll, and lay it in the middle of the dish, and, when the glue is dissolved in the water, give it a boil, and pour it over it. It is excellent when boiled with either rice or barley, vermicelli, celery cut small, or truffles or morels; but they must be very