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THE BRIDE OF THE WHITE HOUSE

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THE

WHITE·HOUSE COOK·BOOK

COOKING, TOILET AND HOUSEHOLD RECIPES,

MENUS, DINNER-GIVING, TABLE ETIQUETTE,

CARE OF THE SICK, HEALTH SUGGESTIONS,

FACTS WORTH KNOWING, Etc., Etc.

THE WHOLE COMPRISING

A COMPREHENSIVE CYCLOPEDIA OF INFORMATION FOR THE HOME

BY

MRS. F. L. GILLETTE

AND

HUGO ZIEMANN, Steward of the White House

1894.

CHICAGO:
THE WERNER COMPANY.

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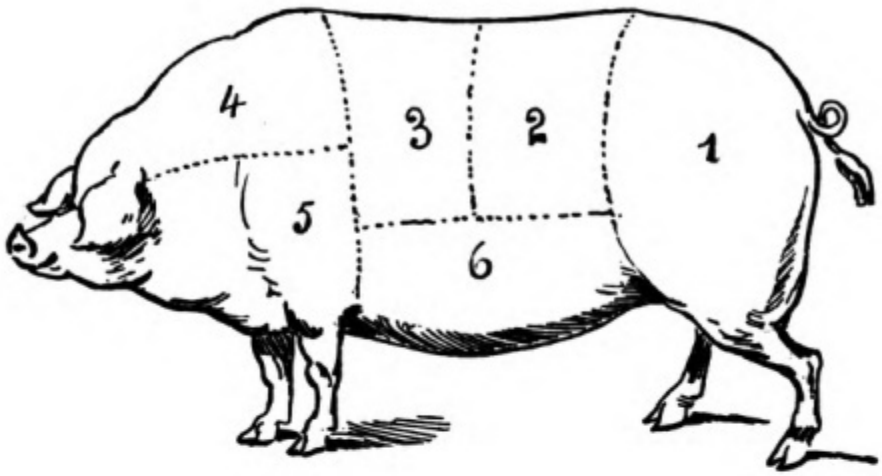

PORK.

No. 1. Leg, used for smoked hams, roasts and corned pork.
No. 2. Hind-loin, used for roasts, chops and baked dishes.
No. 3. Fore-loin or ribs, used for roasts, baked dishes or chops.
No. 4. Spare-rib, used for roasts, chops, stews
No. 5. Shoulder, used for smoked shoulder, roasts and corned pork.
No. 6. Brisket and flank, used for pickling in salt, and smoked bacon.

The cheek is used for pickling in salt, also the shank or shin. The feet are usually used for souse and jelly.

For family use, the leg is the most economical, that is when fresh, and the loin the richest. The best pork is from carcases weighing from fifty to about one hundred and twenty-five pounds. Pork is a white and close meat, and it is almost impossible to over-roast pork or cook it too much; when underdone it is exceedingly unwholesome.

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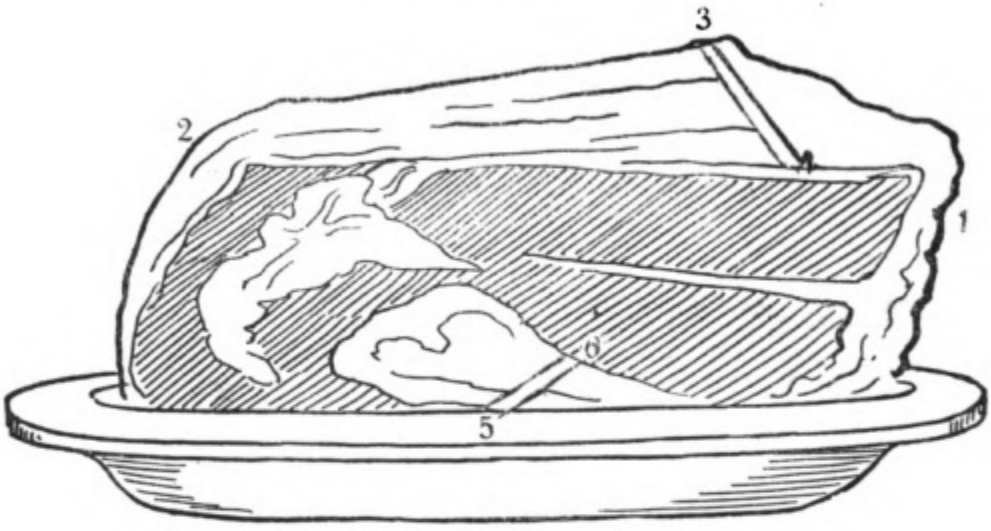

SIRLOIN OF BEEF.

This choice roasting-piece should be cut with one good firm stroke from end to end of the joint, at the upper part, in thin, long, even slices in the direction of the line from 1 to 2, cutting across the grain, serving each guest with some of the fat with the lean; this may be done by cutting a small thin slice from underneath the bone from 5 to 6, through the tenderloin.

Another way of carving this piece, and which will be of great assistance in doing it well, is to insert the knife just above the bone at the bottom, and run sharply along, dividing the meat from the bone at the bottom and end, thus leaving it perfectly flat; then carve in long, thin slices the usual way. When the bone has been removed and the sirloin rolled before it is cooked, it is laid upon the platter on one end, and an even, thin slice is carved across the grain of the upper surface.

Roast ribs should be carved in thin, even slices from the thick end towards the thin in the same manner as the sirloin; this can be more easily and cleanly done if the carving knife is first run along between the meat and the end and rib-bones, thus leaving it free from bone to be cut into slices.

Tongue.—To carve this, it should be cut crosswise, the middle being the best; cut in very *thin* slices, thereby improving its delicacy, making it more tempting; as is the case of all well-carved meats. The root of the tongue is usually left on the platter.

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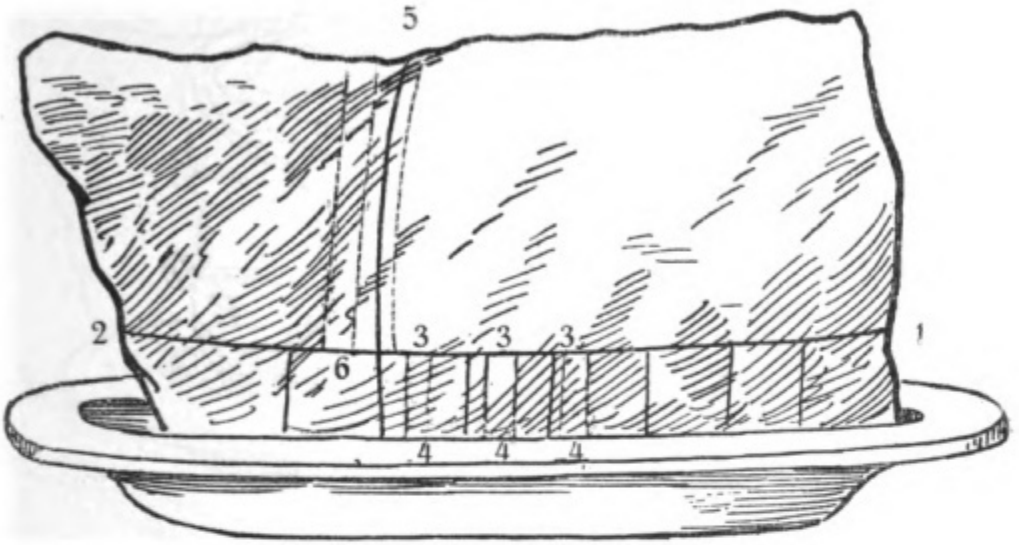

BREAST OF VEAL.

This piece is quite similar to a fore-quarter of lamb after the shoulder has been taken off. A breast of veal consists of two parts, the rib-bones and the gristly brisket. These parts may be separated by sharply passing the carving knife in the direction of the line from 1 to 2; and when they are entirely divided, the rib bones should be carved in the direction of the line from 5 to 6, and the brisket can be helped by cutting slices from 3 to 4.

The carver should ask the guests whether they have a preference for the brisket or ribs; and if there be a sweetbread served with the dish, as is frequently with this roast of veal, each person should receive a piece.

Though veal and lamb contain less nutrition than beef and mutton, in proportion to their weight, they are often preferred to these latter meats on account of their delicacy of texture and flavor. A whole breast of veal weighs from nine to twelve pounds.

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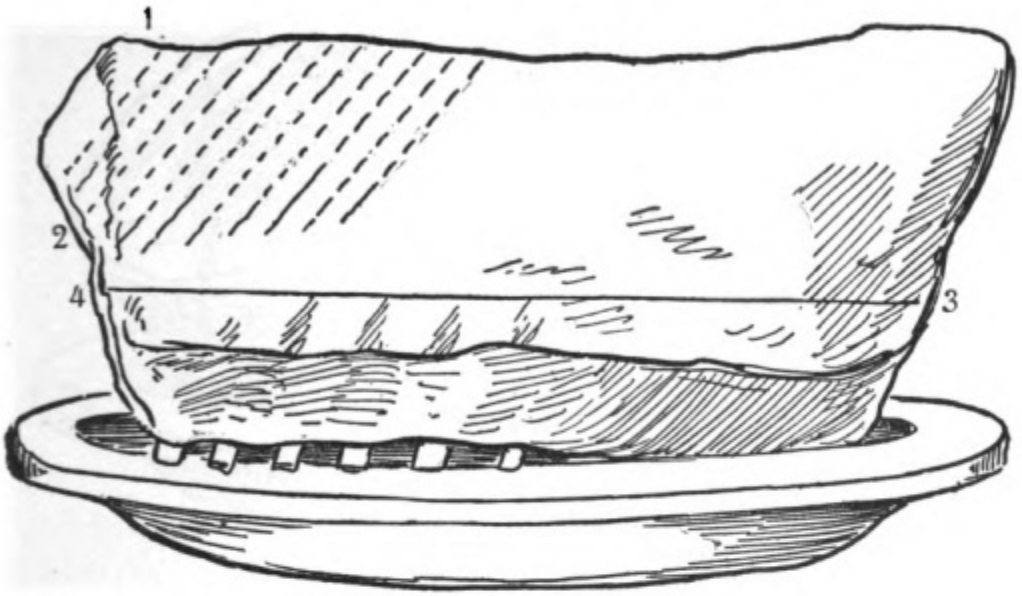

NECK OF VEAL.

The best end of a neck of veal makes a very good roasting-piece; it however is composed of bone and ribs that make it quite difficult to carve, unless it is done properly. To attempt to carve each chop and serve it, you would not only place *too* large a piece upon the plate of the person you intend to serve; but you would waste much time, and should the vertebræ have not been removed by the butcher, you would be compelled to exercise such a degree of strength that would make one's appearance very ungraceful, and possibly, too, throwing gravy over your neighbor sitting next to you. The correct way to carve this roast is to cut diagonally from figure 1 to 2, and help in slices of moderate thickness; then it may be cut from 3 to 4, in order to separate the small bones; divide and serve them, having first inquired if they are desired.

This joint is usually sent to the table accompanied by bacon, ham, tongue, or pickled pork on a separate dish and with a cut lemon on a plate. There are also a number of sauces that are suitable with this roast.

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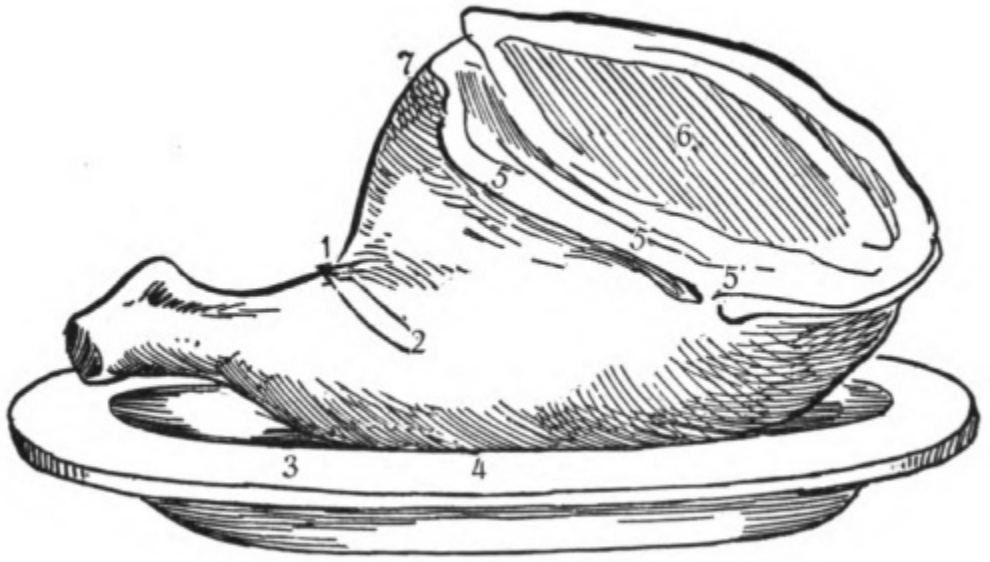

LEG OF MUTTON.

The best mutton, and that from which most nourishment is obtained, is that of sheep from three to six years old, and which have been fed on dry sweet pastures; then mutton is in its *prime*, the flesh being firm, juicy, dark colored, and full of the richest gravy. When mutton is two years old, the meat is flabby, pale and savorless.

In carving a roasted leg, the best slices are found by cutting quite down to the bone, in the direction from 1 to 2, and slices may be taken from either side.

Some very good cuts are taken from the broad end from 5 to 6, and the fat on this ridge is very much liked by many. The cramp-bone is a delicacy, and is obtained by cutting down to the bone at 4, and running the knife under it in a semicircular direction to 3. The nearer the knuckle the drier the meat, but the under side contains the most finely grained meat, from which slices may be cut lengthwise. When sent to the table a frill of paper around the knuckle will improve its appearance.

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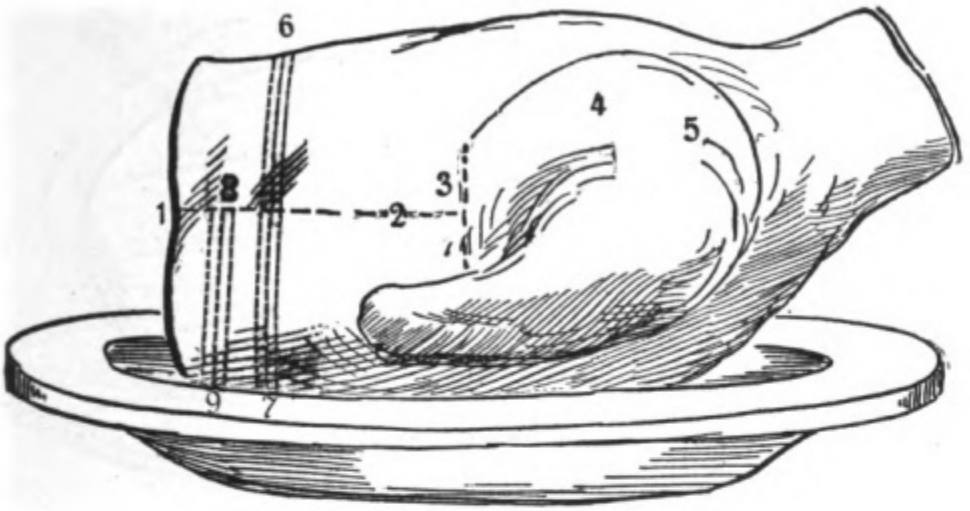

FORE-QUARTER OF LAMB.

The first cut to be made in carving a fore-quarter of lamb is to separate the shoulder from the breast and ribs; this is done by passing a sharp carving knife lightly around the dotted line as shown by the figures 3, 4, and 5, so as to cut through the skin, and then, by raising with a little force the shoulder, into which the fork should be firmly fixed, it will easily separate with just a little more cutting with the knife; care should be taken not to cut away too much of the meat from the breast when dividing the shoulder from it, as that would mar its appearance. The shoulder may be placed upon a separate dish for convenience. The next process is to divide the ribs from the brisket by cutting through the meat in the line from 1 to 2; then the ribs may be carved in the direction of the line 6 to 7, and the brisket from 8 to 9. The carver should always ascertain whether the guest prefers ribs, brisket or a piece of the shoulder.

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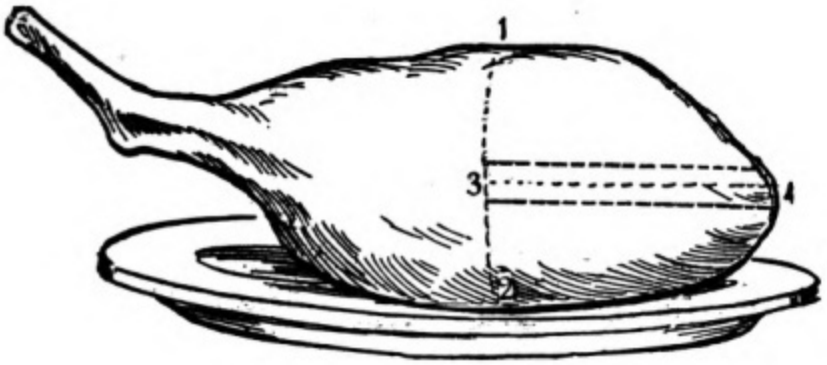

HAUNCH OF VENISON.

A haunch of venison is the *prime* joint, and is carved very similar to almost any roasted or boiled leg; it should be first cut crosswise down to the bone following the line from 1 to 2; then turn the platter with the knuckle farthest from you, put in the point of the knife, and cut down as far as you can, in the directions shown by the dotted lines from 3 to 4 then there can; be taken out as many slices as is required on the right and left of this. Slices of venison should be cut thin, and gravy given with them, but as there is a special sauce made with red wine and currant jelly to accompany this meat, do not serve gravy before asking the guest if he pleases to have any.

The fat of this meat is like mutton, apt to cool soon, and become hard and disagreeable to the palate; it should therefore be served always on warm plates, and the platter kept over a hot-water dish, or spirit lamp. Many cooks dish it up with a white paper frill pined around the knuckle-bone.

A haunch of mutton is carved the same as a haunch of venison.

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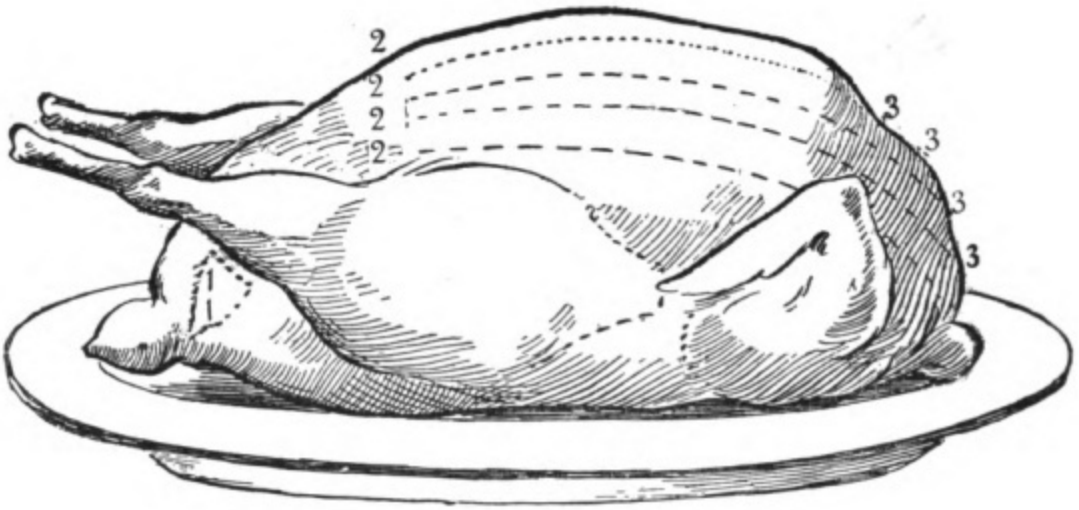

TURKEY.

A turkey having been relieved from strings and skewers used in trussing should be placed on the table with the head or neck at the carver's right hand. An expert carver places the fork in the turkey, and does not remove it until the whole is divided. First insert the fork firmly in the lower part of the breast, just forward of fig. 2, then sever the legs and wings on both sides, if the whole is to be carved, cutting neatly through the joint next to the body, letting these parts lie on the platter. Next, cut downward from the breast from 2 to 3, as many even slices of the white meat as may be desired, placing the pieces neatly on one side of the platter. Now unjoint the legs and wings at the middle joint, which can be done very skillfully by a little practice. Make an opening into the cavity of the turkey for dipping out the inside dressing, by cutting a piece from the rear part 1, 1, called the apron. Consult the tastes of the guests as to which part is preferred; if no choice is expressed, serve a portion of both light and dark meat. One of the most delicate parts of the turkey, are two little muscles, lying in small dish-like cavities on each side of the back, a little behind the leg attachments; the next most delicate meat fills the cavities in the neck bone, and next to this, that on the second joints. The lower part of the leg (or drumstick, as it is called) being hard, tough, and stringy is rarely ever helped to any one, but allowed to remain on the dish.

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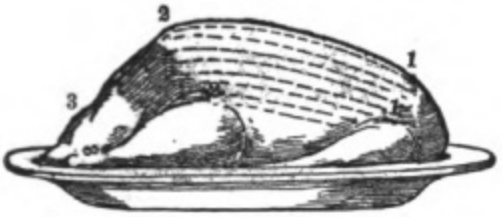

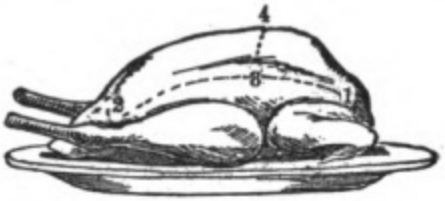

ROAST GOOSE.

To carve a goose, first begin by separating the leg from the body, by putting the fork into the small end of the limb, pressing it closely to the body, then passing the knife under at 2, and turning the leg back as you cut through the joint. To take off the wing, insert the fork in the small end of the pinion, and press it close to the body; put the knife in at figure 1, and divide the joint. When the legs and wings are off, the breast may be carved in long even slices, as represented in the lines from 1 to 2. The back and lower side bones, as well as the two lower side bones by the wing, may be cut off; but the best pieces of the goose are the breast and thighs, after being separated from the drum-sticks. Serve a little of the dressing from the inside, by making a circular slice in the apron at figure 3. A goose should never be over a year old; a tough goose is very difficult to carve, and certainly most difficult to eat.

FOWLS.

First insert the knife between the leg and the body, and cut to the bone; then turn the leg back with the fork, and if the fowl is tender the joint will give away easily. The wing is broken off the same way, only dividing the joint with the knife, in the direction from 1 to 2. The four quarters having been removed in this way, take off the merry-thought and the neck-bones; these last are to be removed by putting the knife in at figure 3 and 4, pressing it hard, when they will break off from the part that sticks to the breast. To separate the breast from the body of the fowl, cut through the tender ribs close to the breast, quite down to the tail. Now turn the fowl over, back upwards; put the knife into the bone midway between the neck and the rump, and on raising the lower end it will separate readily. Turn now the rump from you, and take off very neatly the two side-bones and the fowl is carved. In separating the thigh from the drum-stick, the knife must be inserted exactly at the joint, for if not accurately hit, some difficulty will be experienced to get them apart; this is easily acquired by practice. There is no difference in carving roast and boiled fowls if full grown; but in very young fowls, the breast is usually served whole; the wings and breast are considered the best part, but in young ones the legs are the most juicy. In the case of a capon or large fowl, slices may be cut off at the breast, the same as carving a pheasant.

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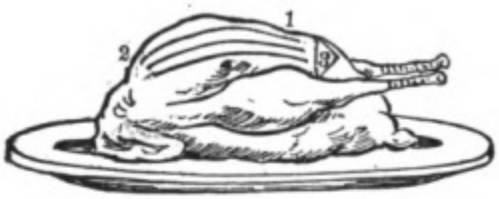

ROAST DUCK.

A young duckling may be carved in the same manner as a fowl, the legs and wings being taken off first on either side. When the duck is full size, carve it like a goose; first cutting it in slices from the breast, beginning close to the wing and proceeding upward towards the breast bone, as is represented by the lines 1 to 2. An opening may be made, by cutting out a circular slice as shown by the dotted lines at number 3.

Some are fond of the feet, and when dressing the duck, these should be neatly skinned and never removed. Wild duck is highly esteemed by epicures; it is trussed like a tame duck, and carved in the same manner, the breast being the choicest part.

PARTRIDGES.

Partridges are generally cleaned and trussed the same way as a pheasant, but the custom of cooking them with the heads on is going into disuse somewhat. The usual way of carving them is similar to a pigeon, dividing it into two equal parts. Another method is to cut it into three pieces, by severing a wing and leg on either side from the body, by following the lines 1 to 2, thus making two servings of those parts, leaving the breast for a third plate. The third method is to thrust back the body from the legs, and cut through the middle of the breast, thus making four portions that may be served. Grouse and prairie-chicken are carved from the breast when they are large, and quartered or halved when of medium size.

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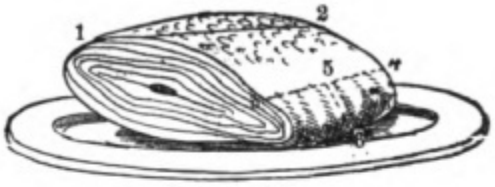

MACKEREL.

The mackerel is one of the most beautiful of fish, being known by their silvery whiteness. It sometimes attains to the length of twenty inches, but usually, when fully grown, is about fourteen or sixteen inches long, and about two pounds in weight. To carve a baked mackerel, first remove the head and tail by cutting downward at 1 and 2; then split them down the back, so as to serve each person a part of each side piece. The roe should be divided in small pieces and served with each piece of fish. Other whole fish may be carved in the same manner. The fish is laid upon a little sauce or folded napkin, on a hot dish, and garnished with parsley.

BOILED SALMON.

This fish is seldom sent to the table whole, being *too* large for any ordinary sized family; the middle cut is considered the choicest to boil. To carve it, first run the knife down and along the upper side of the fish from 1 to 2, then again on the lower side from 3 to 4. Serve the thick part, cutting it lengthwise in slices in the direction of the line from 1 to 2, and the thin part breadthwise, or in the direction from 5 to 6. A slice of the thick with one of the thin, where lies the fat, should be served to each guest. Care should be taken when carving not to break the flakes of the fish, as that impairs its appearance. The flesh of the salmon is rich and delicious in flavor. Salmon is in season from the first of February to the end of August.

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Consommé, or Stock, forms the basis of all meat soups, and also of all principal sauces. It is, therefore, essential to the success of these culinary operations to know the most complete and economical method of extracting from a certain quantity of meat the best possible stock or broth. Fresh uncooked beef makes the best stock, with the addition of cracked bones, as the glutinous matter contained in them renders it important that they should be boiled with the meat, which adds to the strength and thickness of the soup. They are composed of an earthy substance—to which they owe their solidity—of gelatine, and a fatty fluid, something like marrow. *Two ounces* of them contain as much gelatine as *one pound* of meat; but in them, this is so encased in the earthy substance, that boiling water can dissolve only the surface of the whole bones, but by breaking them they can be dissolved more. When there is an abundance of it, it causes the stock, when cold, to become a jelly. The flesh of old animals contains more flavor than the flesh of young ones. Brown meats contain more flavor than white.

Mutton is too strong in flavor for good stock, while veal, although quite glutinous, furnishes very little nutriment.

Some cooks use meat that has once been cooked; this renders little nourishment and destroys the flavor. It might answer for ready soup, but for stock to keep it is not as good, unless it should be roasted meats. Those contain higher fragrant properties; so by putting the remains of roast meats in the stock-pot you obtain a better flavor.

The shin bone is generally used, but the neck or "sticking piece," as the butchers call it, contains more of the substance that you want to extract, makes a stronger and more nutritious soup, than any other part of the animal. Meats for soup should always be put on to cook in *cold* water, in a covered pot, and allowed to simmer slowly for several hours, in order that the essence of the meat may be drawn out thoroughly, and should be carefully skimmed to pre-

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MODES OF FRYING.

The usual custom among professional cooks is to entirely immerse the article to be cooked in boiling fat, but from inconvenience most households use the half-frying method of frying in a small amount of fat in a frying-pan. For the first method a shallow iron frying-kettle, large at the top and small at the bottom, is best to use. The fat should half fill the kettle, or an amount sufficient to float whatever is to be fried; the heat of the fat should get to such a degree that, when a piece of bread or a teaspoonful of the batter is dropped in it, it will become brown almost instantly, but should not be so hot as to burn the fat. Some cooks say that the fat should be smoking, but my experience is, that is a mistake, as that soon ruins the fat. As soon as it begins to smoke it should be removed a little to one side, and still be kept at the boiling point. If fritters, crullers, croquettes, etc., are dropped into fat that is too hot, it crusts over the outside before the inside has fully risen, making a heavy hard article, and also ruining the fat, giving it a burnt flavor.

Many French cooks prefer beef fat or suet to lard for frying purposes, considering it more wholesome and digestible, does not impart as much flavor, or adhere or soak into the article cooked as pork fat.

In families of any size, where there is much cooking required, there are enough drippings and fat remnants from roasts of beef, skimmings from the soup-kettle, with the addition of occasionally a pound of suet from the market, to amply supply the need. All such remnants and skimmings should be clarified about twice a week, by boiling them all together in water. When the fat is all melted, it should be strained with the water and set aside to cool. After the fat on the top has hardened, lift the cake from the water on which it lies, scrape off all the dark particles from the bottom, then melt over again the fat; while hot strain into a small clean stone jar or bright tin pail, and then it is ready for use. Always after frying anything, the fat should stand until it settles and has cooled somewhat; then turn off carefully so as to leave it clear from the sediment that settles at the bottom.

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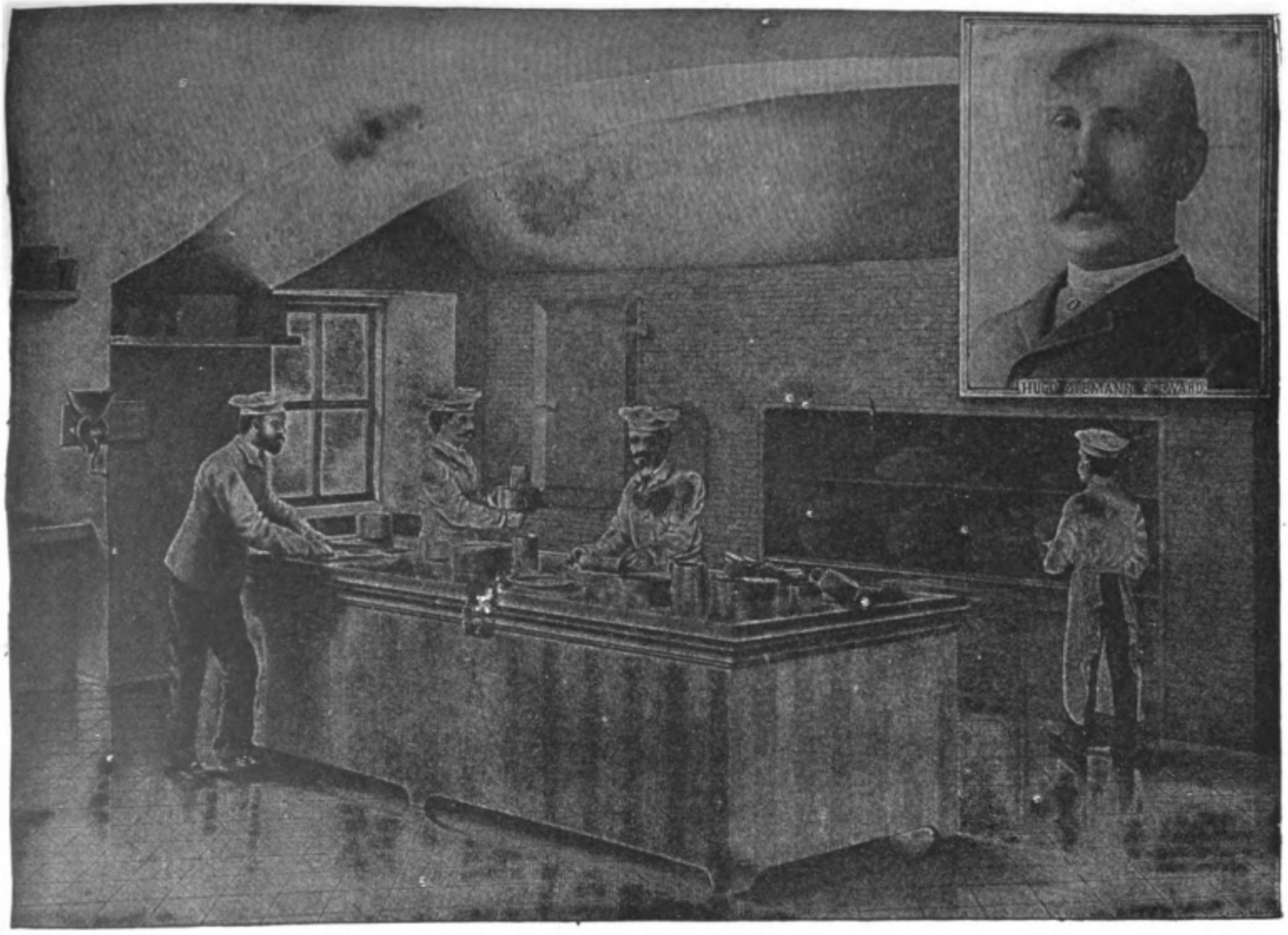

THE WHITE HOUSE KITCHEN.

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POULTRY AND GAME.

In choosing poultry, select those that are fresh and fat, and the surest way to determine whether they are young, is to try the skin under the leg or wing. If it is easily broken, it is young; or, turn the wing backwards, if the joint yields readily, it is tender. When poultry is young the skin is thin and tender, the legs smooth, the feet moist and limber, and the eyes full and bright. The body should be thick and the breast fat. Old turkeys have long hairs, and the flesh is purplish where it shows under the skin on the legs and back. About March they deteriorate in quality.

Young ducks and geese are plump, with light, semi-transparent fat, soft breast-bone, tender flesh, leg-joints which will break by the weight of the bird, fresh-colored and brittle beaks, and wind-pipes that break when pressed between the thumb and forefinger. They are best in fall and winter.

Young pigeons have light red flesh upon the breast, and full, fresh-colored legs; when the legs are thin and the breast very dark the birds are old.

Fine game birds are always heavy for their size; the flesh of the breast is firm and plump, and the skin clear; and if a few feathers be plucked from the inside of the leg and around the vent, the flesh of freshly-killed birds will be fat and fresh-colored; if it is dark and discolored, the game has been hung a long time. The wings of good ducks, geese, pheasants, and woodcock are tender to the touch; the tips of the long wing feathers of partridges are pointed in young birds and round in old ones. Quail, snipe and small birds should have full, tender breasts. Poultry should never be cooked until six or eight hours after it has been killed, but it should be picked and drawn as soon as possible. Plunge it in a pot of scalding hot water; then pluck off the feathers, taking care not to tear the skin; when it is picked clean, roll up a piece of white paper, set fire to it, and singe off all the hairs. The head, neck and feet should be cut off, and the ends of the legs skewered to the body, and a string tied tightly around the body. When roasting a chicken or small fowl there is danger of the legs brown-

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MEATS.

In the selection of meat it is most essential that we understand how to choose it; in beef it should be a smooth, fine grain, of a clear bright red color, the fat white, and will feel tender when pinched with the fingers. Will also have abundant kidney fat or suet. The most choice pieces for roast are the sirloin, fore and middle ribs.

Veal, to be good, should have the flesh firm and dry, fine grained and of a delicate pinkish color, and plenty of kidney fat; the joints stiff.

Mutton is good when the flesh is a bright red, firm and juicy and a close grain, the fat firm and white.

Pork: if young, the lean will break on being pinched smooth when nipped with the fingers. also the skin will break and dent; if the rind is rough and hard it is old.

In roasting meat, allow from fifteen to twenty minutes to the pound, which will vary according to the thickness of the roast. A great deal of the success in roasting depends on the heat and goodness of the fire; if put into a cool oven it loses its juices, and the result is a tough, tasteless roast; whereas, if the oven is of the proper heat, it immediately sears up the pores of the meat and the juices are retained.

The oven should be the hottest when the meat is put into it, in order to quickly crisp the surface and close the pores of the meat, thereby confining its natural juices. If the oven is too hot to hold the hand in for only a moment, then the oven is right to receive the meat. The roast should first be washed in pure water, then wiped dry with a clean dry cloth, placed in a baking-pan, without any seasoning; some pieces of suet or cold drippings laid under it, but *no water* should be put into the pan, for this would have a tendency to soften the outside of the meat. The water can never get so hot as the hot fat upon the surface of the meat, and the generating of the steam prevents its crispness, so desirable in a roast.

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